



## HENDRICKS REPLAY BODY INTELLIGENCE ADVANCED TRAINING 2025

### SCHEDULE

**Body Intelligence Advanced Training Eight-Week Course, Facilitated Group Viewing of Pre-Recorded Class  
Wednesdays, March 26 - May 14, 2025**

**Live, every Wednesday via Zoom on the following eight dates:**

March 26, 8:30-11:50am Pacific time

April 2, 8:30-11:50am Pacific time

April 9, 8:30-11:50am Pacific time

April 16, 8:30-11:50am Pacific time

April 23, 8:30-11:50am Pacific time

April 30, 8:30-11:50am Pacific time

May 7, 8:30-11:50am Pacific time

May 14, 8:30-11:50am Pacific time

#### PLEASE NOTE:

This facilitated viewing is experiential and includes breakout sessions in small groups. If you do not attend class, you will be missing a large portion of the discovery process as well as affecting the experience of participants in the course. **NOTE for Big Leap Coaching Certification: For each of the 8 week courses, you must attend 6 of the 8 weeks of class LIVE in order to qualify for your coaching certification.**

Access to course materials will be provided electronically. Each course will have its own separate and private Mighty Networks group for continued learning and exploration.

### REGISTRATION / INFORMATION / QUESTIONS

You may register online at <https://hendricks.com/facilitated-group-viewing-of-pre-recorded-classes-winter-spring-2023/> Questions? Call our Enrollment Consultant, Michele Yasuda, at 1-800-688-0772 ext. 803. Her email address is [enroll@hendricks.com](mailto:enroll@hendricks.com). Feel free to reach out to her with any questions about this training, the logistics, and more information about our other trainings.

### CANCELLATION POLICY

Cancellation Policy – 90% refund (10% withheld as a cancellation fee) of the training tuition paid. No refunds will be given after midnight on February 20, 2025 Pacific time.

## HOW TO PARTICIPATE/ACCESS THE CLASS EACH WEEK

You will receive an email about a week before the start of the course with the Zoom link to join the course on the designated dates. Be sure to check your Inbox and Spam/Junk folders.

## PREPARATION SUGGESTIONS

- 1) To support your learning and exploration throughout this course, we suggest that you have **water** at hand for drinking, a notepad or journal, writing implements (pens, pencils, colored markers).
- 2) In addition, give attention to dressing in clothing that you like, that makes you happy, and is comfortable and allows you to move freely.

## PREREQUISITE AND OTHER PREPARATION RESOURCES

The prerequisite to this course is completion of our Evolutionary Playground: New Paths to Change for Uncertain Times course, either our past live, in-person version or the Zoom-based version now offered. Evolutionary Playground is offered immediately preceding The Body Intelligence Advanced Training. Both courses are offered back-to-back as part of our Body Intelligence Special with a combined tuition that is lower than registering for each of the two courses on their own. Please see the Seminars page on [www.hendricks.com](http://www.hendricks.com) for more information.

**NOTE for Big Leap Coaching Certification: For each of the 8 week courses, you must attend 6 of the 8 weeks of class LIVE in order to qualify for your coaching certification.**

We recommend reading Gay and Kathlyn Hendricks' book, *At The Speed of Life*, which we recommend picking up at your favorite bookseller. There is an updated edition – we recommend looking for that version!

## COACHING CERTIFICATION REQUIREMENTS

In order to receive certification as a Big Leap Coach you must attend:

-Evolutionary Playground:  
4 of the 6 classes LIVE.

-Body Intelligent and Conscious Loving Advanced Trainings: 6 of the 8 classes LIVE.

The Hendricks Institute website, [www.hendricks.com](http://www.hendricks.com), and The Foundation For Conscious Living website, <https://foundationforconsciousliving.org/>, have a variety of useful resources, including books, videos, CDs and online courses to support your ongoing learning experience.

We also recommend checking out our **Hearts in Harmony with Katie and Gay Hendricks** and **Foundation for Conscious Living** Facebook pages, and lastly, viewing our YouTube Channel for videos that will give you an orientation to our approach, <https://www.youtube.com/user/hendricksinstitute>

## FIND US AND JOIN US ON SOCIAL MEDIA!

[https://www.facebook.com/relationshipadvice/?sk=app\\_2392950137#/relationshipadvice](https://www.facebook.com/relationshipadvice/?sk=app_2392950137#/relationshipadvice)

<https://www.facebook.com/fclconnect/>

<https://twitter.com/@fclconnect>

<https://www.linkedin.com/in/kathlyn-katie-hendricks-9395361/>

<https://www.instagram.com/bigleaphome/>

# COMMITMENT FORM

**The key to the work of The Hendricks Institute is commitment.** Conscious commitment begins the process of positive change. Beginnings matter.

Modern definitions of 'commitment' include a pledge or promise to do something, and dedication to a long-term course of action: engagement, involvement.

We have found several commitments to be extraordinarily powerful in allowing the process of change to happen gracefully and with maximum velocity.

To create the results you desire in your life by participating in this event, it's essential to pause, read, digest, and sign the Commitment Form. We invite you to embrace these commitments as your entry-gate to the creative possibilities of the work you do with us.

We recommend that you keep it near you to inspire you to recommit as needed throughout the course. Celebrate your willingness to give yourself this experience 100%. There is no need to send your signed copy to us. This form is for your reference and for your ongoing exploration!

## **ONE**

I commit to knowing myself authentically and completely. I commit to regarding every interaction as a learning opportunity. I commit to letting go of any of my defensive postures that inhibit rapid learning.

## **TWO**

I commit to expressing myself authentically, and to being an opening in which others can express themselves authentically.

## **THREE**

I commit to the masterful practice of integrity, *including* acknowledging all key feelings, expressing the unarguable truth and keeping my agreements.

## **FOUR**

I commit to taking full responsibility for my feelings and the circumstances of my life, and to being a catalyst for others taking full responsibility. Specifically, I take complete responsibility for my physical, emotional and psycho-spiritual well-being.

## **FIVE**

I commit to the full embrace and expression of my creativity, and to being a catalyst for the full expression of others' creativity.

Sign \_\_\_\_\_ Date \_\_\_\_\_

Print Name \_\_\_\_\_

Training Dates \_\_\_\_\_