

## Schedule

Body Intelligence Advanced Training Meets Twice Weekly for Eight Weeks. Participants Register for Either AM or PM Sessions.

### AM Sessions: Mondays and Wednesdays

10:00 am – 12:00 pm Pacific

Week 1: March 17 & 19

Week 2: March 24 & 26\*

Week 3: March 31 & April 2

Week 4: April 7 & 9\*

Week 5: April 14 & 16

Week 6: April 21 & 23\*

Week 7: April 28 & 30

Week 8: May 5 & 6

\* Live sessions with Katie Hendricks

### PM Sessions: Tuesdays and Thursdays

4:00 pm – 6:00 pm Pacific

Week 1: March 18 & 20\*

Week 2: March 25 & 27

Week 3: April 1 & 3\*

Week 4: April 8 & 10

Week 5: April 15 & 17\*

Week 6: April 22 & 24

Week 7: April 29 & May 1\*

Week 8: May 6 and 8

\* Live sessions with Katie Hendricks

**PLEASE NOTE:** Our courses are experiential and include 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. If you wish to complete your coaching certification, you must attend 10 of the 12 sessions. Participants must have their cameras on.

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

## Registration | Information | Questions

You may register online at <https://hendricks.com/seminars/>. 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. We offer a Special price for both this course and Evolutionary Playground when you enroll in both courses back-to-back. See the COURSES pages on our website for more information about our Specials, <https://hendricks.com/seminars/>.

## Cancellation Policy

90% refund (10% withheld as cancellation fee) of the training tuition paid, up until two weeks before the start of the course. No refunds will be given after midnight Pacific time two full weeks before the start of the course.

## 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 you have water at hand for drinking, a notepad or journal, and 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 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. This combined tuition pricing is less than it would be for both trainings separately. Please see the Body Intelligence Advanced Training page on [hendricks.com](http://hendricks.com).

We recommend reading Gay Hendricks' best-seller, *The Big Leap: Conquer Your Hidden Fear and Take Your Life to the Next Level*. It's available for purchase/order through your favorite bookseller!

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/hendricksinstitut>

## Coaching Certification Requirements

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

- Evolutionary Playground: 10 of the 12 classes LIVE.
- Body Intelligence and Conscious Loving Advanced Trainings: 12 of the 16 classes LIVE.

## 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

Sign \_\_\_\_\_

Date \_\_\_\_\_

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

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