



## The Couples Course

*With Kathlyn Hendricks, Ph.D*

### A Three-Day In-Person Course

**March 28 - 30, 2025 in Ojai, California**

### Schedule

Friday, March 28, 2025 at 9:30 am Pacific to Sunday, March 30, 2025 at 4 pm Pacific

### 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.

### Cancellation Policy

90% refund (10% withheld as cancellation fee) of the training tuition paid less \$97 for the Essentials Online self-study program if you have purchased it along with your registration, up until four weeks before the start of the course. No refunds will be given after midnight Pacific time four full weeks before the start of the course.

### What to Bring

We recommend bringing a journal or notepad and something to write with, i.e., pen, markers, pencil. Please also bring a lidded, reusable water bottle and/or hot beverage cup of your own; we provide filtered drinking water at our trainings and appreciate your assistance in reducing non-recyclable and non-compostable waste at our training events. Here is a link to one brand Katie recommends: <https://www.zojirushi.com/app/category/vacuum-insulated-mugs-bottles>.

### What to Wear

Bring Layers of clothing that will allow you to regulate your temperature comfort as well as allow you to move, stretch, and breathe easily during the course. Recommended attire is anything from casual to business casual, i.e., shorts, jeans, slacks, skirts, dresses, yoga/exercise-type wear.

## Prerequisite and Preparation Suggestions

**Prerequisite:** Completion of Evolutionary Playground online through Zoom, or the live in-person 3-day course previously offered, or the Essentials 3-Day Seminar. If you or your partner have not completed Evolutionary Playground or the Essentials 3-Day Seminar, you may instead purchase our online self-study course titled Essentials Online for \$97 when you enroll in The Couples Course. Note that it takes approximately 8 - 10 hours to complete this self-study program, and we suggest planning accordingly so that you'll be able to optimize your experience in The Couples Course.

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

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- <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 \_\_\_\_\_