

# THE HENDRICKS INSTITUTE 2009 TRAINING LOGISTICS

## THE CONSCIOUS LOVING SPECIAL

We are offering a "**Conscious Loving Special**" this summer!  
Take **BOTH** the Foundation Seminar and the 5-Day Conscious Loving Advanced Training  
for just the price of the Advanced Course -- **\$1,295!**

Contact our Enrollment Consultant at 1-800-688-0772, Ext. 1 (MDT)  
or email her at [Nancy@hendricks.com](mailto:Nancy@hendricks.com) to learn more.



## 5-DAY CONSCIOUS LOVING ADVANCED TRAINING

- Dates **August 3 – August 7, 2009**
- Location **The Ojai Foundation**  
9739 Ojai-Santa Paula Rd., Ojai, CA 93023  
<http://www.ojaifoundation.org/>
- Schedule Monday – Thursday, 9:30AM – 6:00PM  
On Monday registration begins at 9AM  
Friday, 9:30AM – 4:00PM
- Tuition **\$1,295** per person  
Early Bird Special - **\$1,195** per person on or before **July 4, 2009**.  
Repeat Attendee - **\$650** (if you've taken the 5-Day Conscious Loving Training in the past).
- Cancellation Policy  
90% refund (10% withheld as a cancellation fee).
- Transfer Policy  
10% transfer fee will be assessed and the early bird discount may be forfeited, requiring additional monies to meet the full tuition amount.
- Registration Register online at [www.hendricks.com](http://www.hendricks.com) or contact our Enrollment Consultant, [Nancy Stubbs](mailto:Nancy@hendricks.com), at **1-800-688-0772 Ext. 1 (MDT)**.

#### Directions from Northern CA:

Take 101 Fwy S to Ventura; exit N to Ojai on Highway 33. Stay on Route 150 until you reach Ojai. Continue driving through Ojai 8.8 miles on CA-150. The sign for The Ojai Foundation will be on the left – turn up the long drive to reach the destination. **Please Note:** The Hendricks Institute's address is different than the training location.

#### Directions from Southern CA:

Take the 405 N to 101 N. In Ventura, exit N to Ojai on Highway 33. Stay on Route 150 until you reach Ojai. Continue driving through Ojai 8.8 miles on CA-150. The sign for The Ojai Foundation will be on the left – turn up the long drive to reach the destination. **Please Note:** The Hendricks Institute's address is different than the training location.

**Commute** The closest airport is Santa Barbara (SBA), or Oxnard (OXN), and the largest airport is Los Angeles (LAX).

#### Airport Transportation

Contact Roadrunner Shuttle & Limousine Service for shuttle reservations from the LAX, Oxnard or Santa Barbara airports to Ojai. As of April 2009, shuttle service is available from each of these airports, and rates quoted ranged from \$46-\$92 one-way on a shared shuttle, depending upon airport location.

[http://www.rshuttle.com/transportation/california/ojai\\_california\\_airport\\_shuttle.html](http://www.rshuttle.com/transportation/california/ojai_california_airport_shuttle.html)

Please note: There is no public transportation from any of these airports to Ojai. Once in Ojai, limited taxi service is available from the town of Ojai to the training location at The Ojai Foundation. We recommend renting a car and ride sharing to and from the training.

**Car Rentals** [www.rentadeal.com](http://www.rentadeal.com), [Kayak](http://www.kayak.com), [www.priceline.com](http://www.priceline.com)

**Hotels** [sunidoinn.com](http://sunidoinn.com), [www.blueiguanainn.com](http://www.blueiguanainn.com), [www.emeraldiguana.com](http://www.emeraldiguana.com), [www.ojaiinn.com](http://www.ojaiinn.com), [www.ojairesort.com](http://www.ojairesort.com), [www.oaksspa.com](http://www.oaksspa.com), [www.bestwesterncalifornia.com](http://www.bestwesterncalifornia.com), [www.hummingbirdinnofojai.com](http://www.hummingbirdinnofojai.com)  
PLEASE NOTE: We do not recommend the Capri Motel in Ojai.

ALSO: We have a special rate the Best Western Casa Ojai (this hotel recently received it's second Green Certification and is a Green Suites® Certified Green Hotel!). When calling to make your reservation, be sure to mention **Source Code "Hendricks Institute" or "HI"** to save 20% off the current rate.

**Rental** There is a rental house option that sleeps 8 (3 beds and a huge fold out couch). Located right in the middle of town but very quiet. For more information visit: <http://www.vrbo.com/173256>

**Dining** We recommend [www.suzannescuisine.com](http://www.suzannescuisine.com), [www.feastofojai.com](http://www.feastofojai.com), and Ojai Café Emporium at 108 Montgomery St. For complete restaurant guide go to: [www.ojarestaurants.com](http://www.ojarestaurants.com).

**Weather** Expect warm days and cool mornings and evenings. Bring layers of clothing that will allow you to move, stretch and breathe easily during the workshop. For current weather forecast go to [www.weather.com](http://www.weather.com).

## Commitment Form

The key to the work of the Hendricks Institute is commitment. Conscious commitment begins the process of positive change. 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. We invite you to embrace these commitments as your entry-gate to the creative possibilities of the work you do with us. Please read and sign the Commitment Form and bring it with you to the training. All participants are required to sign this form in order to participate in the training. It can be found on page four of this information packet.

## Pre-Training Resources

The Hendricks Institute website, [www.hendricks.com](http://www.hendricks.com) has a variety of useful resources, including books, videos, CD's and online courses. Reading any of our relationship books is recommended.

**1-800 688-0772 Ext. 1 (MDT)**

[nancy@hendricks.com](mailto:nancy@hendricks.com)

[www.hendricks.com](http://www.hendricks.com)

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## THE KEY TO OUR WORK IS COMMITMENT

*Conscious commitment begins the process of positive change. 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. We invite you to embrace these commitments as your entry-gate to the creative possibilities of the work you do with us.*

### 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 \_\_\_\_\_

Training Location \_\_\_\_\_