

*The Boulder Center for Conscious Living presents:*

**THE HENDRICKS INSTITUTE**

Conscious Loving and Living:

*The Foundation Seminar*

and

*The Couples Course*

with

**DR. KATHLYN HENDRICKS**

Boulder, Colorado

Foundation: October 2-4, 2009

Couples Course: October 9-11, 2009



*photo: Nancy Grimes*

**Locations:**

FOUNDATION SEMINAR  
Chautauqua Community House  
900 Baseline Road, Boulder  
<http://www.chautauqua.com>

COUPLES COURSE  
Boulder Center for Conscious Living  
1637 28<sup>th</sup> Street, Boulder  
<http://www.consciousboulder.com>

**Registration/Contact Information:**

***Please note that the 3-Day Foundation Seminar is a prerequisite for both partners enrolling in The Couples Course.***

Visit <http://www.hendricks.com/> to access the online enrollment form (click on “Trainings” and then “The Foundation Seminar” or “The Couples Course” located on the left side of the screen or call 1-800-688-0772 Ext. 1 (Mountain Time Zone).

**Schedule:**

***Foundation Seminar:***

Friday October 2, 9:30AM – 6:00PM (Registration begins at 9:00AM)

Saturday October 3, 9:30AM – 6:00PM

Sunday October 4, 2007 9:30AM – 4:00PM

***Couples Course:***

Friday, October 9, 9:30AM – 6:00PM (Registration begins at 9:00AM)

Saturday, October 10, 9:30AM-6:00PM

Sunday, October 11, 12:00PM-6:00PM

**Seminar Cost and Cancellation Policy:**

***Foundation Tuition:***

\$595 per person

Early Bird Special - \$495 per person on or before September 3, 2009

Repeat Attendee Tuition - \$300 (if you’ve taken a Foundation in the past)

***Couples Course Tuition:***

\$795 per couple

Early Bird discount - \$695 per couple on or before September 10, 2009

***Cancellation Policy:***

Cancellation Policy – 90% refund (10% withheld as a cancellation fee)

Transfer Policy – 10% transfer fee assessed; remainder of tuition may be transferred to another training. Early Bird discount may be forfeited, requiring additional monies to meet the full tuition amount.

**Accommodations** – Contact the lodging office at Chautauqua directly to book cottages at our training location [http://www.chautauqua.com/lodging\\_overview.htm](http://www.chautauqua.com/lodging_overview.htm) (or call 303-442-3282x611). *These cottages usually sell out early!*

A group rate is available at the Boulder Outlook Hotel (800 28<sup>th</sup> St). ([www.boulderoutlook.com](http://www.boulderoutlook.com)) Room rates are \$89/night for a double room or \$99/night for an inside pool room. (There is an additional \$10 charge for 3 or 4 people per room). To reserve, call 1-800-542-0304 and ask for the “Hendricks Institute” rate. The Boulder Outlook Hotel is the only zero-waste lodging in Boulder.

Other lodging options can be found at <http://www.boulderlodging.com/>

FYI - Hotel options nearest The Foundation Seminar training location (Chautauqua) include The Boulder Outlook Hotel and The Best Western Boulder Inn. Hotel options nearest The Couples Course training location (The Boulder Center for Conscious Living) include The Boulder Outlook Hotel, The Boulder Marriott, Best Western Golden Buff Lodge, and The Millenium Harvest House Boulder,

**Weather** in Boulder at this time of year can range from cool fall temperatures to snow. Please check <http://bcn.boulder.co.us/weather/> for forecasts. We recommend layers and comfortable clothing. **Altitude** can have an impact (Boulder is at 5430' elevation). It's advisable to stay well-hydrated while you're (up) here!

### **Boulder Information**

[www.bouldercoloradousa.com](http://www.bouldercoloradousa.com), [www.boulderdowntown.com](http://www.boulderdowntown.com), [www.bouldermag.com](http://www.bouldermag.com)

**Restaurants in Boulder** are plentiful and excellent! Sponsors will have restaurant and other general information available at the training site. Restaurant information is also available on the above websites.

### **Directions**

*From Denver International Airport:*

1. Easiest and fastest route is via a toll road – exit the airport via Pena Blvd, take E470 North toward Boulder. E470 becomes the Northwest Parkway, which ends at US36. Take US-36 West to Boulder and exit at Baseline Road. Left on Baseline to Chautauqua Park (driveway is on left, follow signs to Community House).
2. Non-toll road; slower route - Take I-70W to I-25N to US-36W. Take US-36 West to Boulder and exit at Baseline Road. Left on Baseline to Chautauqua Park (driveway is on left, follow signs to Community House).

### **Last Minute Delays**

If you experience any delays in arriving, or need to contact us, please call 303-550-9875

### **Commitment**

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 commitment 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 (the last page of this document) and bring it with you to the training. All participants are required to sign this form in order to participate in the training.

### **Pre-Training Resources**

The Hendricks Institute website – [www.hendricks.com](http://www.hendricks.com) - has a variety of useful resources, including books, videos, CDs, and online courses. Reading *Conscious Loving* or *Conscious Living* is highly recommended for the Foundation Training, and *Conscious Heart*, *Lasting Love*, and *Spirit-Centered Relationships* are recommended for the Couples Course. For additional information or questions, call our Enrollment Consultant at 1-800-688-0772 Ext. 1, or sponsor at 303-550-9875.

The Foundation Seminar and The Couples Course are sponsored by the Boulder Center for Conscious Living. For more information about this sponsor, visit [www.consciousboulder.com](http://www.consciousboulder.com) or call Kathy Kucsan at 303-550-9875 or Julie Colwell at 303-449-5417.



## ***THE KEY TO OUR WORK IS COMMITMENT***

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### **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 wellbeing.

### **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(s) you are enrolled in \_\_\_\_\_

*Please bring this form with you to the training.*