

THE HENDRICKS INSTITUTE PRESENTS~

CONSCIOUS LOVING AND LIVING: THE FOUNDATION SEMINAR

April 20-22, 2012



LOCATION

Boterdijk 27
1424 NC De Kwakel
The Netherlands

SCHEDULE

Friday, April 20, 9:30 am - 6:00 pm
(Foundation registration begins at 9:00 am)
Saturday, April 21, 9:30 am - 6:00 pm
Sunday, April 22, 9:30 am - 4:00 pm

SEMINAR COST

- Tuition (in Euros): **€495** per individual. Early Bird Rate (in Euros): **€395** per individual on or before **April 1, 2012**
- 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
- For questions, more information, or to enroll - please contact the Training Sponsors, Berry Koeleman at berry@xp.nl, +31 (653) 133085 or Odeke Kwantes at odeke@sp.nl, +31 (621) 281481.

REGISTRATION

You can register by contacting the Training Sponsors, Berry Koeleman at berry@xp.nl, +31 (653) 133085 or Odeke Kwantes at odeke@sp.nl, +31 (621) 281481.

ACCOMMODATIONS

We recommend arriving the day before your training begins.

Het Rechthuis, Schans 32, 1421 BB Uithoorn

This hotel is situated 1 mile from the training location

Phone: +31 (297)-561380; info@hetrechthuis.nl

4 single rooms € 95 per night including breakfast (taxes included)

7 double rooms € 105 per night including breakfast (taxes included)

All rooms in this option at this price held until April 1, 2012 under the name of KWANTES

Hotel Mijdrecht Marickenland, Provincialeweg 3, 3641 RS Mijdrecht

This hotel is located 3 miles from the training location

Phone: +31 (297) 282828; info@hotelmijdrecht.nl

5 double rooms € 102 per night excluding breakfast (+ € 1,50 per person per night tourist tax) + €15 per person per night for breakfast

All rooms in this option at this price held until April 1, 2012 under the name of KWANTES

Hotel Aalsmeer, Dorpsstraat 15, 1431 CA Aalsmeer

This hotel is located 5 miles from the training location

Phone +31 (297) 385500; info@hotelaalsmeer.nl

5 double rooms € 111 per night including breakfast (including taxes)

All rooms in this option at this price held until April 1, 2012 under the name of KWANTES

Hotel Chariot, Oosteinderweg 243, 1432 AT Aalsmeer

This hotel is located 5,5 miles from the training location

Phone +31 (297) 388100; info@hotelchariot.nl

5 double rooms € 109 per night excluding breakfast (including taxes)

€ 125 per night including breakfast (including taxes)

All rooms in this option at this price held until April 1, 2012 under the name of KWANTES

IN CASE OF LAST MINUTE DELAYS

If you should experience any delays in arriving at the training location, or need to contact us during the training, please call the Training Sponsors, Berry Koeleman at +31 (653) 133085 or Odeke Kwantes at +31 (621) 281481.

DIRECTIONS

Address: Boterdijk 27 in De Kwakel

Navigation systems: Fill in Laan van Meerwijk 1 te Uithoorn

Although Boterdijk 27 has existed since the 16th century, modern navigation systems cannot find this address. Please follow the instructions below. If you don't, you will most probably find yourself at a dead end street about 0.2 miles from the training location.

The address Laan van Meerwijk 1 is the City Council Building of the town of Uithoorn. Turn right directly AFTER this building. This street is called Korte Boterdijk and will turn into the Boterdijk after 0,2 mile. You will pass two dead end street signs. Ignore both signs and drive for another 0,4 miles until you see a large mansion with a thatched roof. This is the training location.

If you decide to travel by bus, choose bus-stop Amstelplein in Uithoorn. This stop is situated directly opposite the City Council Building. From here it is a 7-minute walk to the training location. See abovementioned instructions.

Directions from Utrecht (A2)

- Take the exit Vinkeveen/Hilversum (exit 4)
- Turn right at the traffic lights in the direction of Vinkeveen. This road is the N201.
- Follow the N201 till you arrive in Uithoorn.
- After you cross the bridge over the river Amstel, you turn left at the 2nd traffic lights. This is the exit Meerwijk-Oost. (The 1st traffic light is only a pedestrian crossing.)
- This street is called Laan van Meerwijk.
- On your right hand side, you will find the City Council Building of the town of Uithoorn. A large building close to the Police Station.
- Turn right directly after this building. This road is called Korte Boterdijk and will turn into the Boterdijk after 0.2 mile.
- You will pass a dead end street sign. Ignore this sign and follow the road for another 0,4 miles until you see a large mansion with a thatched roof.
- This is the training location, Boterdijk 27, De Kwakel

Directions from Hoofddorp/Amsterdam (A4)

- Take the exit Hoofddorp/Aalsmeer (exit 3).
- Turn right at the traffic lights in the direction of Aalsmeer. This is the N201.
- Follow the N201 till you arrive in Uithoorn,
- Go straight at the roundabout.
- After the roundabout, go straight at the traffic lights.
- Turn right at the next traffic lights. This is the exit Meerwijk-Oost.
- This street is called Laan van Meerwijk.
- On your right hand side, you will find the City Council Building of the town of Uithoorn. A large building close to the Police Station.
- Turn right directly after this building. This road is called Korte Boterdijk and will turn into the Boterdijk after 0.2 mile.
- You will pass a dead end street sign. Ignore this sign and follow the road for another 0,4 miles until you see a large mansion with a thatched roof.
- This is the training location, Boterdijk 27, De Kwakel

Directions from Amsterdam Zuid-Oost/Amstelveen (A9)

- Take the exit Amstelveen (exit 5)
- Turn left at the traffic lights. This street is called Keizer Karelweg.
- Keep the middle lane in de direction of Uithoorn/Aalsmeer. This street is called Van der Hooplaan.
- Follow this street till you arrive at the Beneluxbaan (3rd traffic lights). This is a four-lane road.
- Take a right turn.
- Go left at the next traffic lights. This is the N521.
- Follow this road till you arrive in Uithoorn.
- Turn left at the 3rd traffic light in de direction of Mijdrecht. This is the N201.
- Turn right at the next traffic lights. This is the exit Meerwijk-Oost.
- This street is called Laan van Meerwijk.
- On your right hand side, you will find the City Council Building of the town of Uithoorn. A large building close to the Police Station.
- Turn right directly after this building. This road is called Korte Boterdijk and will turn into the Boterdijk after 0.2 mile.
- You will pass a dead end street sign. Ignore this sign and follow the road for another 0,4 miles until you see a large mansion with a thatched roof.
- This is the training location, Boterdijk 27, De Kwakel

AIRPORT

We suggest you fly into Schiphol Airport. Airport code is AMS. Best way to travel is by taxi or rental car.

TRANSPORTATION FROM SCHIPHOL AIRPORT

Follow the airport's exit signs and then follow the signs *Den Haag / Rotterdam*. As soon as you are on the highway, immediately take the exit *Hoofddorp/Aalsmeer*. Then take a right at the traffic lights. This road will take you directly to Aalsmeer first, then to Uithoorn and to Mijdrecht.

Directions to the recommended hotels:

Hotel Aalsmeer: After you cross the bridge across the Ringvaart, take a left at the traffic lights. You are already in the Dorpsstraat of Aalsmeer. Drive for 0,5 miles and you have reached the hotel on your right hand side.

Chariot Hotel Aalsmeer: After you cross the bridge across the Ringvaart, take a right at the traffic lights. Drive for about 2 miles and you will see the hotel on your left hand side. It is a large white building.

Hotel Mijdrecht: If you keep following the N 201 in the direction of Hilversum, after you have passed Uithoorn, you will find a Shell gas station at your left hand side, then you will come to traffic lights. Right after those lights, you will find the hotel on your left hand side. On the front you will see the sign Restaurant Meesters. Right after the hotel you will find a carpark.

Hotel Het Rechthuis: Same directions as to the training location, only you take the first right at the Laan van Meerwijk and take the first road to the left (NOT the parking lot). You will see the hotel at your right hand, beautifully located at the waterfront.

CAR RENTALS

Recommended: autoeurope.com (Pay in advance; all taxes and insurances are included, except 24 hour road service.)

Car rental companies located at Schiphol Airport: Hertz, Avis, Europcar

ENVIRONMENTAL INFORMATION

April can be very beautiful in Holland! Temperatures are often between 8 and 22 degrees Celsius (between 65 and 71 degrees Fahrenheit).

We recommend bringing layers of clothing that will allow you to move, stretch and breathe easily during the seminar, and an umbrella as rain showers are very common.

ADDITIONAL VISITOR & LOCAL INFO

April is the best time to come to the Netherlands with all the flowers in bloom. We have a flower exhibition in the Netherlands that is only open from March 22nd through May 20th. The website is www.keukenhof.nl. All the tulips are in bloom. Amsterdam and the canals are definitely worth a visit also. We also have some amazing cities in the neighborhood of our town. Both Utrecht and Haarlem are beautiful old cities. Haarlem has an old cathedral where Handel and Liszt played the organ. They still have regular organ concertos which are amazing to hear.

Utrecht's city center has a car-free shopping area with lots of variety - highly recommended if you want to go shopping while in The Netherlands.

COMMITMENT FORM

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 the last page of this logistics document.

PRE-TRAINING RESOURCES

The Hendricks Institute website, www.hendricks.com has a variety of useful resources, including books, videos, CD's and online courses. Reading *Conscious Living* or *Conscious Loving* is recommended.

WE LOOK FORWARD TO CO-CREATING
A TRANSFORMATIVE WORKSHOP WITH YOU!



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 _____