

THE HENDRICKS INSTITUTE 2010 TRAINING LOGISTICS

THE CONSCIOUS LIVING SPECIAL

We are offering a "**Conscious Living Special**" this winter!
Take **BOTH** the Foundation Seminar and the The Conscious Living 5-Day
Advanced Course 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 to learn more.



CONSCIOUS LIVING 5-DAY ADVANCED TRAINING

- Dates **January 25 – 29, 2010**
- 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 **December 27, 2009**.
Repeat Attendee - **\$650** (if you've taken the 5-Day Bodymind Vibrance Training in the past. This course has now been renamed as "The Conscious Living 5-Day Advanced Course"; the content is the same as the previously named Bodymind Vibrance 5-Day Advanced Course).

Please note that the 3-Day Foundation Seminar is a prerequisite for The Conscious Living 5-Day Advanced Training

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 or contact our Enrollment Consultant, [Nancy Stubbs](mailto:Nancy.Stubbs@hendricks.com), at **1-800-688-0772 Ext. 1**.

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).

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

Hotels sunidoinn.com, www.blueiguanainn.com, www.emeraldiguana.com, www.ojaiinn.com, www.ojairesort.com, www.oaksspa.com, www.bestwesterncalifornia.com, www.hummingbirdinnofojai.com

Dining We recommend www.suzannescuisine.com, www.feastofojai.com, and Ojai Café Emporium at 108 Montgomery St. For complete restaurant guide go to: 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.

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 three of this information packet.

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 Loving* and *At The Speed of Life* is recommended.

1-800 688-0772 Ext. 1
nancy@hendricks.com
www.hendricks.com

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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 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 _____