

THE HENDRICKS INSTITUTE PRESENTS
CONSCIOUS LOVING AND LIVING:
THE FOUNDATION SEMINAR

November 19-21, 2010
Madison, Wisconsin



Photo: Nate Turner - www.nateturnerphotography.com

SPONSORS

Suzanne and Steve Kilkus

<http://www.heartspacecoaching.com>

LOCATION

The Village Center of Waunakee

333 South Madison St.

Waunakee, Wisconsin 53597

SCHEDULE

Friday, Nov. 19, 9:30am – 6:00pm

(Foundation registration begins at 9:00am)

Saturday, Nov. 20, 9:30am – 6:00pm

Sunday, Nov. 21, 9:30am – 4:00pm

SEMINAR COST:

- Tuition: Foundation: \$595 per individual
- Special: Foundation: \$495 per individual on or before **October 19, 2010**
- 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 our Enrollment Consultant, Nancy Stubbs, at 1-800-688-0772, Ext 1.
- CEU: Approved for 18 CEU from the Wisconsin Association of Marriage and Family Therapy, a division of AAMFT.

REGISTRATION:

Visit our website: http://www.hendricks.com/tr_foundation to access our on-line enrollment form or call Nancy Stubbs at 1-800-688-0772, Ext 1.

ACCOMMODATIONS

Country Inn and Suites

Address: 904 E Main St
Waunakee, WI 53597

For reservations call 1-800-596-2375 or locally, 608-849-6900. Please mention the **Hendricks Institute** to qualify for reduced rates. ****Special room rate cut-off date is Oct. 18, 2010.**

We recommend arriving the day before your training begins. Rooms have two Queen size beds or one King bed. **Rates are: \$77.00 per night.**

Or if you prefer to find your own hotel, Google **Madison, WI hotels East**. There are a number of hotels on the north east side of the city a few miles from the training site that are listed on the Google page.



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ADDITIONAL VISITOR & LOCAL INFO

www.cityofmadison.com
www.visitmadison.com

www.greatermadisonchamber.com
www.madisonfinditnow.com

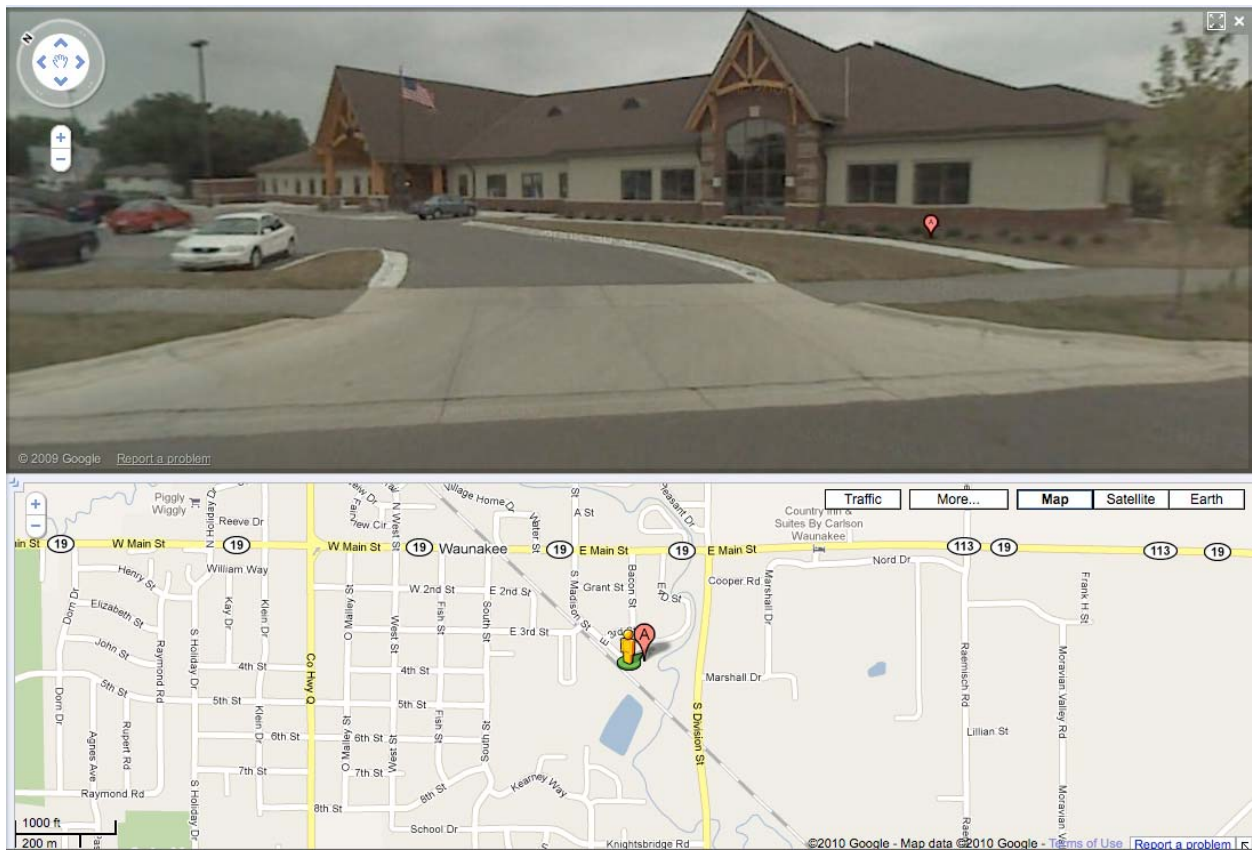
DIRECTIONS:

From the North:

From I-39/I-94 take exit 131 for WI 19 Waunakee/Sun Prairie. Turn right for WI-19 West. Follow WI 19 into Waunakee (6.3 miles). At Madison St., turn left for 3 blocks to the Village Center on your left at the end of the street.

From the South:

From I-39/I-94 take exit 131 for WI 19 Waunakee/Sun Prairie. Turn left for WI 19 West. Follow WI 19 into Waunakee (6.3 miles). At Madison St., turn left for 3 blocks to the Village Center on your left at the end of the street.



AIRPORT & AIRLINE RESERVATIONS

Fly into the Madison/Dane County Airport – MSN

Check the websites listed below for rates, reservations for round trip fares.

CAR RENTALS

Airport Rental Cars –use websites below for car rental from MSN – the Dane County Airport
Flights, Hotels, Rental Cars - www.priceline.com, www.expedia.com, www.travelocity.com

ENVIRONMENTAL INFORMATION

The weather in Madison this time of year can range from very pleasant sunny mid fall temps (60-65 degree days and 35-40 degree nights) to cloudy, colder, and rainy days and nights. Best to check the weather as the time nears to plan for your stay. Layered clothing is always a good idea and clothing that will allow you to move, stretch and breathe easily during the seminar.

IN CASE OF LAST MINUTE DELAYS

If you should experience any delays in arriving at the training site, or need to contact us during the trainings please call Suzanne @ 608-239-9127.

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.



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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 _____