

THE HENDRICKS INSTITUTE PRESENTS~

CONSCIOUS LOVING AND LIVING: THE FOUNDATION SEMINAR

March 16-18, 2012
Toronto, Ontario, Canada

LOCATION

Royal Canadian Legion - Todmorden
Branch 10

(located north of Pape subway station)
1083 Pape Avenue, 2nd floor
Toronto, Ontario, Canada M4K 3W7
P 416-425-3070
<http://www.rcl10.ca/index.html>



SCHEDULE

Friday, March 16, 9:30 am - 6:00 pm
(Foundation registration begins at 9:00 am)
Saturday, March 17, 9:00 am - 5:00 pm
Sunday, March 18, 9:30 am - 4:00 pm

SEMINAR COST

- Tuition: **\$595** per individual
- Early Bird Rate: **\$495** per individual on or before **February 16, 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 our Enrollment Consultant, Nancy Stubbs, at 1-800-688-0772, Ext 1 (Mountain Time).

REGISTRATION

You may register online at www.hendricks.com to access our on-line enrollment form or call Nancy Stubbs at 1-800-688-0772, Ext 1 (Mountain Time).

ACCOMMODATION

We recommend arriving the day before your training begins.

Courtyard by Marriott Downtown Toronto

www.marriott.com

(a 10-minute subway/taxi ride or 50-minute walk from the Centre training site)

475 Yonge Street, Toronto, Ontario, Canada M4Y 1X7

For reservations, you can book by calling [1-800-847-5075](tel:1-800-847-5075)

and mention the Hendricks Institute to qualify for the reduced rate or you can book online with the following links that will automatically enter the Hendricks special rate:



Room with 2 Queen Beds (\$119/night plus tax):

<http://www.marriott.com/hotels/travel/yyzcy?groupCode=CCKCCKB&app=resvlink&fromDate=3/15/12&toDate=3/18/12>

Room with 1 King Bed (\$119/night plus tax):

<http://www.marriott.com/hotels/travel/yyzcy?groupCode=CCKCCKA&app=resvlink&fromDate=3/15/12&toDate=3/18/12>

****Special room rate cut-off date is February 15, 2012 and subject to availability.****

ADDITIONAL VISITOR & LOCAL INFO

Toronto tourism Information <http://www.seetorontonow.com/>

City of Toronto <http://www.toronto.ca/>

Toronto Hotels <http://www.toronto.com/hotels>

DIRECTIONS TO THE TRAINING LOCATION

From the Don Valley Parkway, take the Don Mills Road South exit. Turn right (west) on O'Connor Drive. Turn left (south) onto Pape Ave W. 1083 Pape Avenue will be on your left.

AIRPORT

We suggest you fly into either Toronto Pearson International Airport (YYZ) or Toronto Island Airport/Billy Bishop City Centre Airport (YTZ)

TRANSPORTATION FROM TORONTO PEARSON INTERNATIONAL AIRPORT

Information on public transit (TTC), taxis, limos and airport shuttles

http://gocanada.about.com/od/canadatravelplanner/a/toronto_airport.htm

Toronto Airport Express <http://www.torontoairportexpress.com/>

Check the website for rates, reservations for round-trip fares. The Toronto Airport Express goes to the Delta Chelsea which is located near to the Marriott.

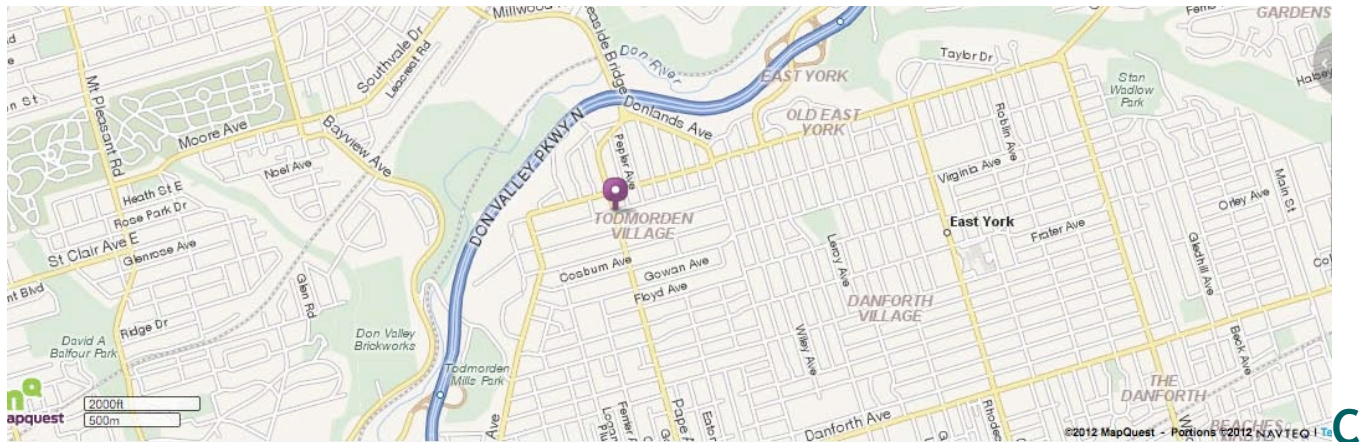
You'll need to either walk or take a taxi from there to get to the Marriott.

TRANSPORTATION FROM TORONTO ISLAND AIRPORT

http://gocanada.about.com/od/torontoairports/tp/toronto_island_airport.htm

There is a free shuttle offered by Porter Airlines from the Toronto Island Airport to the Royal York Hotel. From the Royal York, you'll need to take a taxi to the Marriott.

Map Showing the Royal Canadian Legion - Todmorden Branch 10 (training location):



CAR RENTALS

Toronto Airport Rental Cars - <http://torontoairportcarrental.net/>

Flights, Hotels, Rental Cars - www.priceline.com

ENVIRONMENTAL INFORMATION

March can be spring-like or wintery in Toronto:

- March average high: 3°C / 37°F
- Highest ever in March: 27°C / 81°F
- March average low: -5°C / 23°F
- Lowest ever in March: -27°C / -17°F

For more information on the weather, go to:

http://gocanada.about.com/od/monthbymonthtoront1/p/march_toronto.htm

We recommend bringing layers of 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 hotel, or need to contact us during the trainings, please call the sponsor Kate Moore at 647-985-9829.

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 _____