



THE HENDRICKS INSTITUTE
PRESENTS

Evolutionary Playground: The Path of Play

October 19-21, 2018

Santa Cruz, California

With Kathlyn Hendricks, Ph.D. BC-DMT

LOCATION

Louden Nelson Community Center

301 Center St.

Santa Cruz, CA 95060

<http://www.cityofsantacruz.com/departments/parks-recreation/community-facilities/louden-nelson-community-center>

SCHEDULE*

Friday, October 19, 9:30 am – 6:00 pm ([Registration begins at 9:00 am](#))

Saturday, October 20, 9:30 am – 6:00 pm

Sunday, October 21, 9:30 am – 4:00 pm

This is a 3-Day workshop and our expectation is that you will attend all 3 days in full.** We recommend arriving the day before the training begins. If you have any questions about this schedule and your ability to attend, please contact our Enrollment Consultant ***BEFORE enrolling and confirming your travel plans.

SEMINAR COST

- **Tuition:** \$695 per individual
- **Early Bird Rate:** \$595 per individual, **on or before September 20, 2018**
- **Repeat Attendees:** \$350 per individual *if you have taken an Essentials 3-Day Training OR Evolutionary Playground course in the past; must enroll directly with our Enrollment Consultant, Nancy Stubbs – see below for her contact information.*
- **Prerequisite:** Attendees of *Evolutionary Playground: The Path of Play* will receive complimentary access to our prerequisite Essentials Online self-study product (valued at \$97).
- **Cancellation Policy** – 90% refund (10% withheld as a cancellation fee) of the training tuition paid less \$97 for the Essentials Online product (as applicable).
- **Transfer Policy** – 10% transfer fee will be assessed and depending upon which future training you choose, the Early Bird discount may be forfeited, requiring additional monies to meet the full tuition amount for that training.

REGISTRATION / INFORMATION / QUESTIONS

You may register online to access our on-line enrollment form at

<https://www.hendricks.com/evolutionary-playground/> or call our Enrollment Consultant,

Nancy Stubbs, at 1-800-688-0772, Ext 1 (Pacific Time). Her email address is

nancy@hendricks.com.

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 trainings, please call 1-831-325-1437 to reach Nancy Thiel Voogd, the training sponsor.

ACCOMMODATIONS

We do not have special rates arranged with any hotel. Here are links to hotels and AirBnB options available in the Santa Cruz area.

<http://www.santacruz.com/hotels>, <http://www.airbnb.com>

Here are four hotels close to where the event is being held:

<http://www.hotelparadox.com/>

<http://www.dreaminnsantacruz.com/>

<http://www.riovistasuites.com/>

<https://www.ihg.com/holidayinnexpress/hotels/us/en/santa-cruz/srues/hoteldetail>

ADDITIONAL VISITOR & LOCAL INFO

Located on the northern edge of Monterey Bay, Santa Cruz is a vibrant coastal community with access to beaches, redwood forests, hiking, surfing, biking, and much more. San Francisco and other Bay Area communities are located to the north, providing an even more expanded set of options should you want to explore the area a few days before or after the training.

<http://www.santacruz.org/>

AIRPORT & AIRLINE RESERVATIONS

The closest airport is San Jose International airport (SJC) and the largest nearby is San Francisco International airport (SFO).

DIRECTIONS

This link has directions to the training venue (Louden Nelson Community Center) along with parking info: <http://www.cityofsantacruz.com/home/showdocument?id=59613>

Metered parking and the ParkMobile app: Should you park in a metered spot, you can pay online via the ParkMobile app. You can use the app to add money to the meter, eliminating the need to physically pay at the meter every few hours. <http://us.parkmobile.com/>

Close ParkMobile parking lots: All three of these lots are pay-by-space hourly parking with a \$.50 per hour/\$5 per day rate. Remember your space number and pay at any paystation or pay by phone with [Parkmobile](#).

The Calvary Church Parking Lot ([538 Center Street, Santa Cruz, CA 95060](#))

Located next to the Calvary Episcopal Church, at the corner of Center and Lincoln streets.

The Elm Street Parking Lot ([120 Elm Street, Santa Cruz, CA 95060](#))

Located at the corner of Cedar and Elm streets.

The Cedar/Cathcart Parking Lot ([610 Cedar Street, Santa Cruz, CA 95060](#))

Located at the corner of Cedar and Cathcart streets.

AIRPORT SHUTTLE

Should you choose to not rent a car, there are many airport shuttles from which to choose. Be sure to check prices and advance booking requirement for the shuttle company of your choice. Here is a list of what are considered to be the “Ten Best” airport shuttles for the area:

https://www.yelp.com/search?cflt=airport_shuttles&find_loc=Santa+Cruz%2C+CA

FLIGHTS, HOTELS, CAR RENTALS

Airport Rental Cars - <http://www.rentadeal.com>

Flights, Hotels, Rental Cars - <http://www.priceline.com>, <http://www.travelocity.com>

WHAT TO BRING

We recommend bringing a journal or notepad and something to write with, i.e., pen, markers, pencil. **Please also bring a reusable, closed-top water bottle and/or mug of your own; we provide drinking water and herbal teas at our trainings and appreciate your assistance in reducing non-recyclable and non-compostable waste at our training events.** We do not provide coffee, so be sure to allow plenty of time to pick some up on the way if you're a coffee drinker. A recommended brand of vacuum insulated mugs and bottles is

<https://www.zojirushi.com/app/category/vacuum-insulated-mugs-bottles>.

LUNCH, BREAKS, SNACKS

We typically take 2-hour lunch breaks each day with the exception of the last day on which we take a 90-minute lunch break instead. We have a short morning break each day and a short afternoon break each day with the exception of the last day of each training on which we do not take an afternoon break since we end at 4:00 p.m. Feel free to bring snacks if you'd like, i.e., fruit, energy bars, etc. Lunch is not provided by The Hendricks Institute.

DINING

Louden Nelson Community Center is nestled near downtown Santa Cruz, easy walking distance to lots of yummy places to eat! <http://www.santacruz.com/restaurants-in-downtown>

ENVIRONMENTAL INFORMATION

Santa Cruz in October can be warm during the day, and mornings and evenings can be cool, so be prepared for a range of temperatures. Bring layers of clothing and clothing that will allow you to move, stretch and breathe easily during the seminar. Recommended dress is anything from casual to business casual, i.e., shorts, jeans, slacks, skirts, dresses, yoga/exercise-type wear. To check the weather prior to your arrival: <https://weather.com/>

PRE-TRAINING RESOURCES

The Hendricks Institute website, www.hendricks.com, has a variety of useful resources, including books, videos, CDs and online courses. We recommend reading *The Big Leap* by Gay Hendricks, checking out our **Hearts in Harmony with Katie and Gay Hendricks** and **Foundation for Conscious Living** Facebook pages, completing *Essentials Online* (our gift to you for enrolling and is the prerequisite to this training if you haven't completed our Evolutionary Playground or Essentials 3-Day Seminar in the past), and lastly, our YouTube Channel for videos that will give you an orientation to our approach, <https://www.youtube.com/channel/UCIM0-K91XTAnCcfipSmUatw>.

COMMITMENT FORM

The key to the work of The Hendricks Institute is commitment. Conscious commitment begins the process of positive change. Beginnings matter. To create the results you desire in your life by attending this event, it's essential to pause, read, digest, and sign the Commitment Form (the last page of this document). We recommend that you bring it with you to inspire you to recommit as needed throughout the training. Celebrate your willingness to give yourself this experience 100%. There is no need to turn this in at the training. This form is for your reference and for your ongoing exploration!

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 _____