

THE HENDRICKS INSTITUTE PRESENTS

**CONSCIOUS LOVING AND LIVING:  
THE FOUNDATION SEMINAR**

September 30 to October 2, 2011  
Ottawa/Gatineau, Canada

**LOCATION**

**Four Points Conference Center**  
Notre Dame A/B Conference Room  
35 Rue Laurier  
Gatineau, Quebec Canada  
(819) 778-6111  
Website: [Click here](#)



**SCHEDULE**

**Friday, September 30, 9:30 am – 6:00 pm**  
(Foundation registration begins at 9:00 am)  
**Saturday, October 1, 9:30 am – 6:00 pm**  
**Sunday, October 2, 9:30 am – 4:00 pm**

**SEMINAR COST:**

- Tuition: Foundation: \$595 per individual
- Special: Foundation: \$495 per individual on or before **September 1, 2011.**
- 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.

**REGISTRATION:**

You may register online at [www.hendricks.com](http://www.hendricks.com) to access our online enrollment form or call Nancy Stubbs at 1-800-688-0772, Ext 1.

**ACCOMMODATIONS**

<http://www.starwoodhotels.com/fourpoints/property/overview/index.html?propertyID=1329>

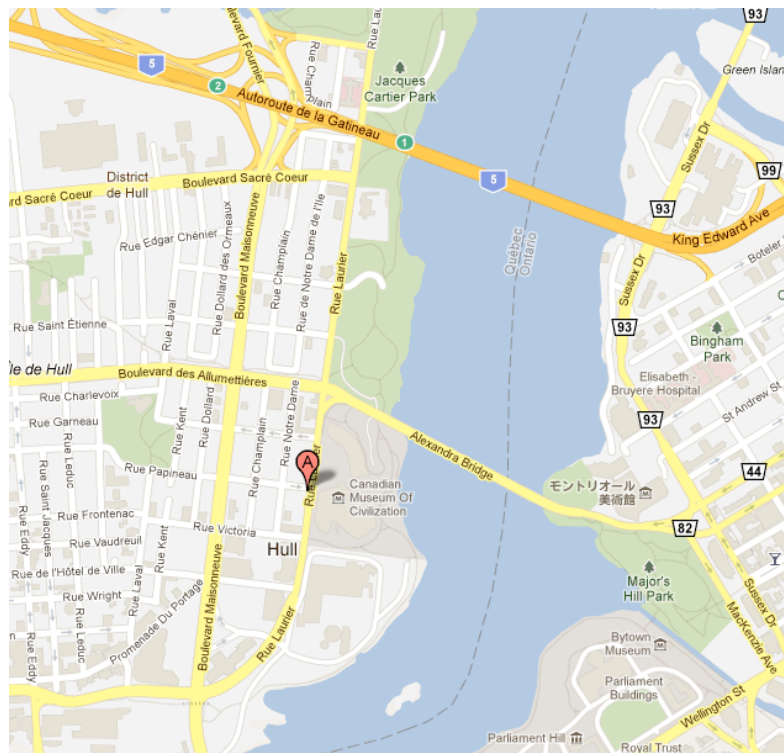
For reservations call (819) 778-6111. Please mention the **Hendricks Institute** to qualify for reduced rates. Special room rate is \$132.00 plus tax. Room rates are for single and double occupancy. We recommend arriving the day before your training begins.

## ADDITIONAL VISITOR & LOCAL INFO

<http://www.ottawatourism.ca/>

<http://www.ottawakiosk.com/net.html>

## MAP:



## AIRPORT & AIRLINE RESERVATIONS

We suggest you fly into Ottawa International Airport (YOW) or Pierre Elliot Trudeau International Airport in Montreal (YUL). Ottawa Airport is in Ottawa, approximately 20 minutes from the Training Center. Montreal Airport is a 2-hour drive from Ottawa.

## AIRPORT SHUTTLE:

From Ottawa Airport:

<http://www.yowshuttle.com/> 613-260-2359

From Montreal Airport to Ottawa (2-hour drive):

Recommend rental car, see below.

## FLIGHTS, HOTELS, CAR RENTALS:

[www.expedia.ca](http://www.expedia.ca) or [www.travelocity.ca](http://www.travelocity.ca)

## **ENVIRONMENTAL INFORMATION**

This is a beautiful time of year to visit Ottawa, in the midst of Fall Foliage colors. Expect beautiful temperate weather. We recommend you bring jacket and long pants as temperatures will likely be 10-20 degrees Celsius (50-68 degrees Fahrenheit). Bring layers of clothing and clothing that will allow you to move, stretch and breathe easily during the seminar.

You will require a valid passport to enter Canada.



## **IN CASE OF LAST MINUTE DELAYS**

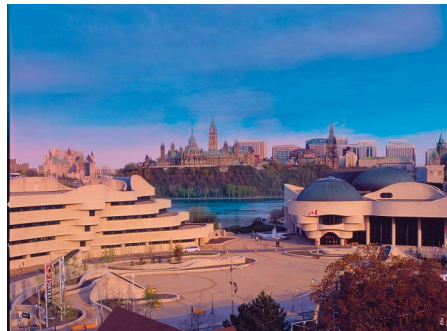
If you should experience any delays in arriving at the training center, or need to contact us during the trainings, please call Nicki Bridgland at 613-220-4490.

## **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 the last page of this information packet.

## PRE-TRAINING RESOURCES

The Hendricks Institute website, [www.hendricks.com](http://www.hendricks.com) has a variety of useful resources, including books, videos, CDs and online courses. Reading *Conscious Loving* or *Conscious Living* is recommended.



# 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 wellbeing.

## 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 \_\_\_\_\_