

# THE HENDRICKS INSTITUTE PRESENTS

## Conscious Loving and Living: **THE FOUNDATION TRAINING**

April 16-18, 2010

Austin, Texas



### Location

The Renaissance Hotel  
9721 Arboretum Boulevard  
Austin, Texas 7879  
(512) 343-2626  
<http://www.renaissanceaustin.com>

### Schedule

**Friday April 16, 9:30AM – 6:00PM**

(Registration begins at 9:00AM)

**Saturday April 17, 9:30AM – 6:00PM**

**Sunday April 18, 9:30AM – 4:00PM**

### Seminar Cost

- Tuition - **\$595** per person
- Early Bird Special - **\$495** per person **on or before March 18, 2010**
- Repeat Attendee Tuition - **\$300** (if you've taken a Foundation Seminar in the past)
- 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 at 1-800-688-0772, Ext 1 (Mountain Time)

### **Seminar Registration**

You may register online at <http://www.hendricks.com> to access our on-line enrollment form. Click on "Trainings", then "Foundation Seminar" and then "Enroll" under the Austin Foundation Training option. You may also register by calling our Enrollment Consultant, Nancy Stubbs, at 1-800-688-0772, Ext 1 (MT).

### **Accommodations**

The Renaissance Hotel (a Marriott Hotel where the seminar will be held)  
9721 Arboretum Boulevard  
Austin, Texas 78759  
(512) 343-2626  
<http://www.renaissanceaustin.com>

King/Double Queen rooms are available for the discounted rate of \$149 per night if you make your reservations 30 days in advance.



Also near the seminar location:

Embassy Suites Austin-Arboretum  
9505 Stonelake Boulevard  
Austin, Texas 78759  
(512) 372-8771  
[www.embassysuites1.hilton.com](http://www.embassysuites1.hilton.com)

Hilton Garden Inn Austin NW/Arboretum  
11617 Research Boulevard  
Austin, Texas 78759  
(512) 241-1600  
[www.hiltongardeninn.com](http://www.hiltongardeninn.com)

Austin favorites in the SOCO area south of downtown Austin (NOT near the training location):

Hotel San Jose  
1316 S. Congress  
Austin, Texas 78704  
(512) 693-9317  
[www.sanjosehotel.com](http://www.sanjosehotel.com)

Austin Motel  
1220 S. Congress  
Austin, Texas 78704  
(512) 441-1157  
[www.austinmotel.com](http://www.austinmotel.com)

In Downtown Austin (NOT near the training location):

Four Seasons Hotel Austin  
98 San Jacinto Blvd.  
Austin, Texas 78701  
(512) 478-4500  
[www.fourseasons.com/austin](http://www.fourseasons.com/austin)

Doubletree Guest Suites Austin  
303 W. 15<sup>th</sup> Street  
Austin, TX 78701-1692  
(512) 478-7000  
[www.doubletree.com](http://www.doubletree.com)



### **Weather**

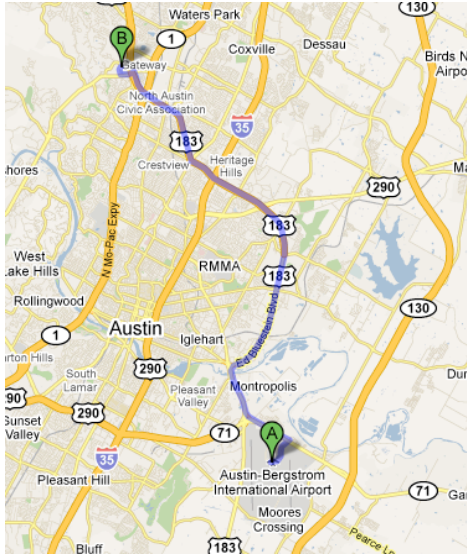
April in Austin can be very warm, sunny and blooming with wildflowers! Expect warm days in the 80s and cool evenings in the 50s and 60s with occasional showers. Think layers!

### **Austin Information**

Great restaurants in Austin abound and some are within walking distance of the training location! The sponsor will have information about restaurants and other general information about Austin available at the site. Or, if you'd like to have this sooner, email Karen Thompson at [karen@ktphd.com](mailto:karen@ktphd.com) and arrange to have it sent to you. You can also go to the website for the Renaissance Hotel where the training will take place for the list of activities and places of interest which they provide at [www.renaissanceaustin.com](http://www.renaissanceaustin.com). Additionally, [www.austin360.com](http://www.austin360.com) is available for more information about local events the week of the seminar.

### **Directions: From Austin Bergstrom International Airport:**

The Austin airport is located approximately 25 minutes east of the training location, depending upon the time of day.



1. Head east on Presidential Blvd – 0.6 mi
2. Slight right to stay on Presidential Blvd – 0.5 mi
3. Turn left at E State Hwy 71 Service Rd – 0.2 mi
4. Take the ramp on the left onto Bastrop Hwy/TX-71 W – 1.1 mi
5. Take the ramp onto US-183 N – 1.9 mi
6. Take the ramp to US-183 N/Lamparas – 0.5 mi
7. Slight left at Ed Bluestein Blvd/US-183 N (signs for US-183 N) Continue to follow US-183 N – 11.7 mi
8. Take the exit toward TX-360 Loop/Capital of Tx Hwy/Great Hills Trail – 0.3 mi
9. Merge onto Research Blvd – 0.4 mi
10. Turn left at TX-360 Loop S – 0.5 mi
11. Turn right at Arboretum Blvd. Destination will be on the right – 0.3 mi

### **Last Minute Delays**

If you experience any delays in arriving, or need to contact us, please call the sponsor, Karen Thompson, at home at 512-391-0426 or on her cell phone at 512-971-7259.



### **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 highly recommended for the Foundation Seminar. For additional information or

questions, call our Enrollment Consultant, Nancy Stubbs, at 1-800-688-0772 Ext.1 (Mountain Time), or the sponsor at 512-391-0426 (Central Time).

### **The Sponsor**

The Foundation Training in Austin is sponsored by Karen Thompson, Ph.D. For more information visit [www.ktphd.com](http://www.ktphd.com) or call Karen at 512-391-0426.



## THE KEY TO OUR WORK IS COMMITMENT

### **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 (the last page of this document) and bring it with you to the training. All participants are required to sign this form in order to participate in the training. For additional information call 1-800 688-0772, Ext. 1 or email Nancy Stubbs, our Enrollment Consultant at: [Nancy@Hendricks.com](mailto:Nancy@Hendricks.com)

#### **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.

Signature / Date \_\_\_\_\_

Print name \_\_\_\_\_

Training Date \_\_\_\_\_ Training Location \_\_\_\_\_

*Please bring this form with you to the training.*

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