



THE HENDRICKS INSTITUTE
PRESENTS

**BODY INTELLIGENCE SPECIAL:
Evolutionary Playground and The Body Intelligence Advanced Training
Facilitated Group Viewing of Pre-Recorded Class
*Back-to-Back for a Special Combined Price***

SCHEDULE

**Evolutionary Playground Six-Week Course
Wednesdays, February 7 - March 13, 2024**

Live, every Wednesday via Zoom for the following six weeks:

February 7, 8:30-11:50am Pacific time

February 14, 8:30-11:50am Pacific time

February 21, 8:30-11:50am Pacific time

February 28, 8:30-11:50am Pacific time

March 6, 8:30-11:50am Pacific time

March 13, 8:30-11:50am Pacific time

**Body Intelligence Advanced Training Eight-Week Course Wednesdays,
March 20 - May 8, 2024**

Live, every Wednesday via Zoom for the following eight weeks:

March 20, 8:30-11:50am Pacific time

March 27, 8:30-11:50am Pacific time

April 3, 8:30-11:50am Pacific time

April 10, 8:30-11:50am Pacific time

April 17, 8:30-11:50am Pacific time

April 24, 8:30-11:50am Pacific time

May 1, 8:30-11:50am Pacific time

May 8, 8:30-11:50am Pacific time

Access to course materials will be provided electronically. Each course will have its own separate and private Mighty Networks group for continued learning and exploration.

PLEASE NOTE: This facilitated viewing is experiential and includes breakout sessions in small groups. If you do not attend class, you will be missing a large portion of the discovery process as well as affecting the experience of participants in the course. **NOTE for Big Leap Coaching Certification:** For the six week course you must attend four of the six weeks of class live in order to qualify for your coaching certification. For each of the eight week courses, you must attend six of the eight weeks of class LIVE in order to qualify for your coaching certification.

TUITION, DISCOUNTS, and CANCELLATION POLICY

\$1,495 per person, **Body Intelligence Special rate includes BOTH courses**

\$1,295 per person for the following circumstances. To receive this rate, you must meet the designation and enroll directly with our Enrollment Consultant, Michele Yasuda – see below for her contact information.

- Student (you must be a current and active-status student in a related program of study at the time of enrollment)
 - Military (Active or Veteran)
 - First Responder (currently/actively employed as an EMT, paramedic, firefighter, police officer; includes trained volunteer/seasonal wildland and municipal firefighters)
 - Graduates of our Leadership and Transformation (LAT) Program
 - Certified Big Leap Coaches
 - Repeat Attendees of BOTH courses
- Cancellation Policy – 90% refund (10% withheld as a cancellation fee) of the training tuition paid less \$97 for the Essentials Online prerequisite self-study program up until January 4, 2024. No refunds will be given after midnight January 4, 2024 Pacific time.

COACHING CERTIFICATION REQUIREMENTS

In order to receive certification as a Big Leap Coach you must attend:

-Evolutionary Playground: 4 of the 6 classes LIVE.

-Body Intelligent and Conscious Loving Advanced Trainings: 6 of the 8 classes LIVE.

REGISTRATION / INFORMATION / QUESTIONS

You may register online at <https://hendricks.com/facilitated-group-viewing-of-pre-recorded-classes-winter-spring-2023/> to access our on-line enrollment form, or call our Enrollment Consultant, Michele Yasuda, at 1-800-688-0772 ext. 803. Her email address is enroll@hendricks.com. Feel free to reach out to her with any questions about this training, the logistics, and more information about our other trainings.

HOW TO PARTICIPATE/ACCESS THE CLASS EACH WEEK

You will receive an email about a week before the start of the course with the Zoom link to join the course on the designated dates. Be sure to check your Inbox and Spam/Junk folders

PREPARATION SUGGESTIONS

1) To support your learning and exploration throughout this course, we suggest that you have **water** at hand for drinking, a notepad or journal, writing implements (pens, pencils, colored markers).

2) In addition, give attention to dressing in clothing that you like, that makes you happy, and is comfortable and allows you to move freely.

PREPARATION RESOURCES

Upon registration, you will be gifted with the online self-study course, Essentials Online (a \$97 value). A link and password will be emailed to you. Be sure to check your Inbox and Spam/Junk folders for this email.

For Evolutionary Playground, we recommend reading Gay Hendricks' best-seller, **The Big Leap: Conquer Your Hidden Fear and Take Your Life to the Next Level**. It's available for purchase/order through your favorite bookseller!

For The Body Intelligence Advanced Training, we recommend reading Gay and Kathlyn Hendricks' book, **At The Speed of Life**, which we recommend picking up at your favorite bookseller. There is an updated edition – we recommend looking for that version!

The Hendricks Institute website, www.hendricks.com, and The Foundation For Conscious Living website, <https://foundationforconsciousliving.org/>, have a variety of useful resources, including books, videos, CDs and online courses to support your ongoing learning experience.

We also recommend checking out our **Hearts in Harmony with Katie and Gay Hendricks** and **Foundation for Conscious Living** Facebook pages, and lastly, viewing our YouTube Channel for videos that will give you an orientation to our approach, <https://www.youtube.com/user/hendricksinstitute>

FIND US AND JOIN US ON SOCIAL MEDIA!

https://www.facebook.com/relationshipadvice/?sk=app_2392950137#/relationshipadvice

<https://www.facebook.com/fclconnect/>

<https://twitter.com/@fclconnect>

<https://www.linkedin.com/in/kathlyn-katie-hendricks-9395361/>

<https://www.instagram.com/bigleaphome/>

COMMITMENT FORM

The key to the work of The Hendricks Institute is commitment. Conscious commitment begins the process of positive change. Beginnings matter.

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.

To create the results you desire in your life by participating in this event, it's essential to pause, read, digest, and sign the Commitment Form. We invite you to embrace these commitments as your entry-gate to the creative possibilities of the work you do with us.

We recommend that you keep it near you to inspire you to recommit as needed throughout the course. Celebrate your willingness to give yourself this experience 100%. There is no need to send your signed copy to us. This form is for your reference and for your ongoing exploration!

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 _____