

Aloha,

Thank you for your interest in the Craniosacral Unwinding Soul Journey in Hawaii! This week promises to be transformation, fun, potent and fiercely creative.

As a way of preparing, we ask that you complete the enclosed registration forms and write a letter of intention. This will reserve your space in the retreat and clarify questions you may have about the process. Please return the form, deposit and letter to our offices. Also enclosed is information for making travel arrangements, packing and the wonderful accommodations you will experience. Feel free to contact our administrative office with any questions.

Letter of Intent – As a way of preparing for the Intensive, we ask that you write a letter of intention. This is an opportunity for us to deepen our relationship with you and to understand how we may better support you on your journey. This is an empowering process designed to give you a greater sense of yourself in regards to this work. Allow your unique expression to come forward as you go through this process. Below are some questions that we ask that you address in your letter:

- Share the experiences that have contributed to your wanting to study the healing arts
- Share your current intent about participating in the Craniosacral Unwinding program with us.
- Assess your strengths and weaknesses as a healing arts practitioner.
- Share why you have chosen to study at Polarity Healing Arts.
- Share what you feel is important in our relationship for the successful completion of your studies.
- Share what you feel is important in our relationship.

This letter needs to be completed and sent to our office along with your deposit and registration form to reserve your space. Please include your name, phone number, and email address on your letter of intent.

Integrative Craniosacral Soul Journey
Monday, October 11th - Sunday, October 17th 2010
REGISTRATION FORM

Full Name -----

Address -----

City, State, Zip _____ Date of Birth _____

Home Telephone _____ Work Telephone _____

Fax Number _____ E-mail Address _____

Please list each Craniosacral Unwinding class that you have taken and when

Do you have any medical problems? If so, please list:

Are you on any medication? If so, please list:

Physician name and phone number:

In case of emergency, please notify: _____

Address: _____

Phone _____

Will you be renting a vehicle? _____

Would you be willing to offer a ride to others? _____

Would you like to be contacted by others regarding sharing of car rental expense?

If so, what numbers may we give out? _____

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Please register me for the Integrative Craniosacral Soul Journey on the Big Island, Hawaii.

___ I certify that I am in good health and understand I take this trip at my own risk and bear full responsibility for my decisions, experiences, and safety. I hereby release and forever indemnify Gary Strauss and or Tracy Griffiths, Polarity Healing Arts, Foundation for Life Energy, and any other involved parties from any and all responsibility regarding this event. I have the registration letter and I agree to abide by all rules and guidelines established by the facilitators. A written statement of my reasons and intentions for participating in the Polarity training will be forwarded two weeks before the program begins.

Lodging options include the cost of the retreat plus 3 fabulous gourmet meals per day. Rates for Lodging at Kalani: please check one

- | | |
|-----------------------------------------|--------|
| ___ Camping | \$1751 |
| ___ Shared, Lodge-room and shared-bath | \$1751 |
| ___ Shared, Lodge-room and private-bath | \$1995 |
| ___ Cottage--double | \$2075 |
| ___ Cottage--single | \$2345 |
| ___ Treehouse-double | \$2345 |
| ___ Tree house single | \$2945 |

A \$500 non-refundable deposit is required to reserve your space.
Full Payments Due by Sept 15, 2010.

I am enclosing \$ _____ as a deposit/final payment.

I understand any moneys paid by me are non-refundable, however should an emergency arise that prevents my attendance, any amount above the \$500 non-refundable deposit will be applicable towards future events or classes.

Credit Card Number _____ amount to charge
\$ _____

Expiration date _____ vin# _____

Signature: _____ Date: _____

Please send this form along with your payment to:
Life Energy Institute 19600 CAVE WAY TOPANGA, CA. 90290
(310) 455-7873 Fax: (310) 455-9832
E-mail: info@lifeenergyinstitute.net

Please keep a copy of this registration form for your records.

Travel Arrangements:

Please make your flight arrangements to arrive at **Hilo Airport**. Arrival date is **October 11** and departure is **October 17**.

Transportation from Airport to Kalani

There is shuttle service from Kalani Honua. **Call 800-800-6886** to arrange for your pick up. The cost is about \$65.00 for a single person or \$45.00 to share a ride.

Kalani Honua

The Kalani Honua Oceanside Resort is on 20 landscaped acres bordered by a tropical forest and the ocean. The accommodations are very comfortable and besides the delicious cuisine, you'll find an Olympic pool, jacuzzis, sauna, grassy coastal points, a sandy beach and tide pools. Hot springs, waterfalls, botanical gardens, historical cities and a volcano site are also nearby. To see more of Kalani, visit their web site at **www.kalani.com** or call them at (800) 800-6886.

Be Relaxed and Ready

The training, while designed to be fun and stimulating, will be demanding. Please arrange to have your at-home affairs tied up a day or two in advance so that you can have some quiet time before your departure. Rest, get a massage, be in nature. If you arrive exhausted, you will be at a distinct disadvantage when the training begins.

Cuisine

The chefs at Kalani are renowned throughout the islands for their ability to present delicious, creative dishes of indigenous and imported foods that are prepared attractively, resonant with freshness, and in harmony with the sunny, tropical environment. Food carries consciousness and the food at the retreat will be as organic as we can get it. You'll be learning new things, and there will plenty of hearty food so that you will feel well nourished and strong.

Continued on next page...

Here is what you will need to bring:

Comfortable clothes: T-shirts and shorts – comfy loose attire. You're going to be dancin', breathing, sounding and moving energy in these clothes so you may want to think twice about anything tight or restrictive. The weather in Hawaii is mid- upper 80s during the day and a little cooler at night. Sweats or a jacket is good for the evenings. Bring a poncho or umbrella and something for your feet in the event it rains, which is not unusual for this time of year.

- Toiletries, robe, and a carry case -- You will be two or three to a room. Bathroom and shower facilities are shared, so bring what you need to go from your room to the bathroom comfortably. There are electric outlets in the rooms for blow dryers and so forth, but the feeling is rustic.
- Outdoor gear -- Bathing suits for the beach. Hiking boots for the trails. A mask, fins, and snorkel can be rented at Kalani for about \$12 per day and will add to your underwater entertainment experience. Rain poncho, water booties, **day back pack**, gloves (work out gloves, or leather gloves), sunscreen, bug repellent, sun glasses, a water bottle, a really **good flashlight** that you can wear on your head and whatever else you need for the beach and the outdoors.
- Music -- If there's music that you particularly like, bring your tapes or CDs. We'll be bringing quite a bit of music, but can always use more upbeat dance music and soft background music for practicing.
- Sacred Objects – We'll be creating an altar for the room, so also bring a crystal or sacred object to place on the altar. If you have a lot of these things, feel free to bring more than one, since the room we'll be in is very plain and I'd like to infuse it with a temple atmosphere. If you don't, or you're concerned about luggage, don't worry. Our intentions are the most powerful thing we bring.
- Bring a musical instrument – Whether percussive, flute, drum, string, or didgeridoo, bring it!
- Identification, etc. -- Phone cards, money, credit cards, camera ...

Your Intention

Which brings us to the final, and most important information. Please take the time now to tune into your intentions/reasons for coming and listen deeply to see, hear, and feel the rightness of your participation. This will empower our relationship and your relationship to this sacred movement we are in the midst of creating. While this is a training for both personal and professional development, the personal part will be a bit more intense due to the fact that we are on retreat and that the training is in an intensive style. We believe that you will need to be healthy and ready to embark on this journey. We will, in fact, be living this work. As you can tell from the syllabus, we are offering an ambitious program that will be a flexible guide for the realization of our intentions. Our vision is to deeply empower you in your work and your life. This is great opportunity for a very profound experience. We look forward to our time together.

Mahalo, Gary Strauss & Tracy Griffiths