



HOFFMAN  
INSTITUTE  
FOUNDATION

SUMMER/FALL 2009

# Light News

*Process graduate Marcelle Pick is an RNC, MSN, OB/GYN NP, a published author and a popular lecturer. She is also co-founder of Women to Women, America's leading medical practice devoted to health care for women, by women. Women to Women advocates an approach to women's health that combines the best of alternative and conventional medicine. Through its practice, website, and publications, Women to Women supports millions of women in creating health and well-being in their lives. To learn more please go to [www.womentowomen.com/emotionsandhealth/emotionalhealing.aspx](http://www.womentowomen.com/emotionsandhealth/emotionalhealing.aspx)*

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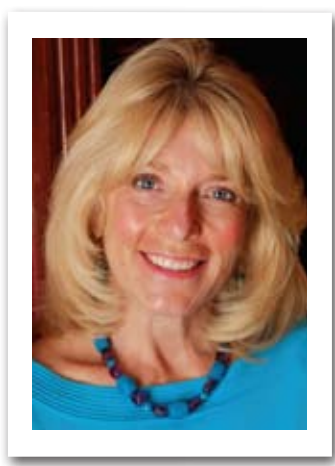
## Women's Healthcare Pioneer

### - A Conversation with Marcelle Pick, Co-Founder of Women to Women -

by Ellie Weiser

**ELLIE:** What inspired you to found Women to Women, one of the first clinics in the country devoted to providing healthcare for women by women?

**MARCELLE:** I grew up in Australia, and from a very young age I wanted to be involved in healthcare, and when we came to America that desire deepened. I lived for a time in Virginia Beach, VA, which was home to Edgar Cayce, a medical clairvoyant, and at college I learned about therapeutic touch. By learning various methodologies I realized my interest in integrating the worlds of the East and the West.



Marcelle Pick

**ELLIE:** Why did you focus on women's health?

**MARCELLE:** As a feminist in high school and college and as a woman practitioner, I thought it was critically important that women be treated with respect – as a partner in decision-making instead of being dictated to.

**ELLIE:** How did Women to Women start?

**MARCELLE:** Annie Rafter, another nurse practitioner and I started Women to Women two years before we founded what is our current practice. Annie and I were joined by Christiane Northrop and Ellen Fenn, both obstetrician / gynecologists. Eventually my partners left to do other things, so for the past 12 years I've been steering the ship on my own.

**ELLIE:** Early on you recognized the mind-body-spirit connection. I recall a great quote of yours, "your issues are in your tissues." How did the awareness start?

**MARCELLE:** My father's a psychologist and my mother was a social worker, so I knew that emotions were a part of the puzzle. When I listened to women's stories in my practice, I noticed that if I asked the right questions, I could hit upon something in which emotions were tied in. And as the woman healed that particular emotional issue, she improved physically as well.

**ELLIE:** Do specific emotional issues trigger specific physical ailments?

**MARCELLE:** We noticed and have actual scientific support showing that women with a history of sexual abuse have a much higher incidence of pelvic disorders. By asking the right questions and listening, we saw connections and understood that there's a web that relates to the emotional foundation of who a person is.

**ELLIE:** Has your approach to women's healthcare changed over the past 25 years?

**MARCELLE:** When we first started the practice it was difficult for us, as a group of women, to have open discussions with others about a synergy between the East and West philosophies and the role of emotions. Back then Women to

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## < Marcelle Pick

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Women was laughed at.

**ELLIE:** But time has proven you to be at the forefront of medical thought.

**MARCELLE:** A lot of the things we said have proven to be right. For example, we suggested that hormone replacement therapy was perhaps not the best option for women, and here we are 25 years later and the science supports us.

**ELLIE:** Where would you like to see women's healthcare go from here?

**MARCELLE:** I'd like it to combine the philosophies of Eastern and Western medicine more than we do now, because as we do we'll understand new things. For example, that stress has huge physiological impacts. That the food we eat is extremely important as information, because it can actually change the way our genes express themselves -- so can emotions. That's gigantic! So what we bathe ourselves with, what we take in as food, how we manage our thoughts and how healthy our environment is, all have direct impact on our health long term.

**ELLIE:** Are these concepts catching on?

**MARCELLE:** Yes! We're at the crossroads of a very exciting time and science is starting to catch up. It's empowering because instead of saying, "I've got this genetic predisposition to heart disease and to diabetes," it no longer has to be that way...it's now understood to also be very much a factor of the decisions we make.

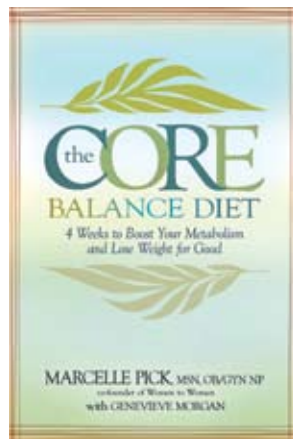
**ELLIE:** Are the women you see interested in alternative healthcare?

**MARCELLE:** Definitely. As they've become more educated, they ask for things in a different way, and they're unwilling to settle for the standard answer, which is great. Also, patients think for themselves rather than taking whatever is said as the gospel. We should always be asking for better choices and other possibilities.

**ELLIE:** There's been tremendous response to your website and your new

book, "The Core Balance Diet." Both offer easy-to-follow integrated approaches to women's wellness, including the many reasons why women gain weight. Why is there a need for your site and your book?

**MARCELLE:** My goal when we did the website was to help women become more knowledgeable so they could ask questions that are appropriate for them. I believe that medicine today is not personalized enough; the concept of one-size-fits-all is erroneous but that's how we practice medicine and weight management. Women to Women honors each woman and the power her body has to heal itself — and her place in the mind-body-spirit continuum that makes health an expression of her life.



**ELLIE:** Women to Women has a very large following. What are people looking for?

**MARCELLE:** Many women need help figuring out the pieces to the puzzle. Conventional medicine is fantastic for acute problems, but it doesn't do as well for chronic issues because it doesn't fully identify the problem. I practice something called "functional medicine," in which I look at what happened to cause some of the symptoms, and what needs to be done to intervene.

**ELLIE:** Women to Women practices preventative medicine, not reactive medicine. Can you tell us more about it?

**MARCELLE:** Absolutely. There are geographic regions around the world in which you'll find a high number of people who live to be 100, 105 and they're

still walking, they're still riding their bikes, they're still chopping wood. And no matter where in the world these people are, they have certain things in common, including a sense of purpose, a diet of small quantities of healthy food, a strong sense of community and connection to family.

**ELLIE:** Do they get similar diseases?

**MARCELLE:** What's incredible is that basically, these people are born and then they die. They don't have chronic illness, they don't get sick. And that's what preventive medicine's about. What do we need to do for a person's physiology to help them stay well and healthy into their nineties?

**ELLIE:** In addition to being a Process graduate, you're also a member of the Hoffman Advisory Council. How did you first find Hoffman?

**MARCELLE:** About 16 years ago, I received a brochure in the mail by a writer named Nairavi Payne, who had done the Process several years before. The premise of her book was that infertility may have some connections with our stories, or patterns. I had so many patients that were infertile at the time, so I called her thinking, "there's no way a fertility problem has anything to do with a person's history." With that she challenged me to do a training with her. When I did I was floored at the number of women who, when they looked at their relationship to their history also became pregnant.

**ELLIE:** Did it turn your thinking around?

**MARCELLE:** Yes, and when I went to the Process myself in 2008 I saw how our stories are wedded to our behaviors and very much impacted in our tissues. For example, people with a lot of stress oftentimes have gastrointestinal problems. As they uncover and address emotional issues, they feel so much better -- their mind is clearer and the interplay between the intellect and emotions just goes away. That voice is quieted. That's what was most astounding for me.

**ELLIE:** In your book you say that the

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Process was the most profound emotional healing experience you've ever encountered.

**MARCELLE:** It's true. It stays with you and continues to work on itself year to year to year. I often hear from my patients that the Process opened them in new ways – allowing them to live differently than ever before.

**ELLIE:** You and your friend, Sally McCue are co-facilitators of the Process graduate group in Maine. What's your experience of bringing Hoffman graduates together?

**MARCELLE:** For me it's a reminder, on a monthly basis, to really stay present, to do the recycling, to use the tools. And it's fabulous to do it with Sally because we've learned so much from each other.

**ELLIE:** What's your vision for Women to Women?

**MARELLE:** People often ask whether I'll franchise to other locations, but I'm only one person so I can only do so much. For now my way of getting information out to people is through our website and the articles I write. In September when my last son goes to college I'll travel more doing workshops and conferences.

**ELLIE:** How do you incorporate the Process into your daily life?

**MARCELLE:** Bringing the concept of the Process, the Quadrinity, to the world is important to me because it helps people be more accountable. Instead of blaming others, we are responsible for our own actions, for looking and saying, "I see how this happened for me." And for women, especially those that are menopausal, to understand that there is a relationship between our biography and what's going on for us physically.

**ELLIE:** Why so for menopausal women?

**MARCELLE:** Menopause is a developmental milestone. It's about putting things in perspective, asking who you are, where you're going and what you will be when you get there. During menopause, unresolved things in our lives have a tendency to tug at us until

we address them.

**ELLIE:** It feels like progress that menopause is no longer spoken about in hushed tones.

**MARCELLE:** The Women's Movement and Baby Boomers have done a lot to bring it to the forefront by saying, "Big changes go on for women, and we need to talk about what it means and how to help them stay well and vital." Thankfully, the culture is changing because for our moms' generation, a menopausal woman might as well just hang it up. It's quite the opposite for women today.

**ELLIE:** So many post-menopausal women reinvent themselves and do amazing things.

**MARCELLE:** And they look fabulous -- that's the other part of it. Yesterday's forties really are today's fifties and sixties.

**ELLIE:** Let's not underestimate the power of looking good! Thank you Marcelle, for sharing with us. The work you do to help women find peace and remain in great health is truly inspiring.

**MARCELLE:** Thank you and to everyone at Hoffman. I got a note the other day from someone who just read my book and said that reading it confirmed for her that the Process is what she needed to do. It felt great, really sweet, to know that I was pointing her toward the Process. 🌍

## The Light News - what do YOU want to see?

The Light News, our quarterly newsletter, has changed a lot over the years, but with each issue we strive to keep you connected to yourself, your Process experience, and to the Hoffman Institute. Please let us know how we're doing! What about the Light News do you like? What are we missing? Would you like to see it more than four times a year? Please send all comments to [Ellie@hoffmaninstitute.org](mailto:Ellie@hoffmaninstitute.org). Thanks!

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- New 2009 Vespa LX150 (\$5,800 value)
- Rock 'n' Roll Fantasy Camp The Rockstar Package (\$5,000 value)
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- 1-Year membership in LaTour Vineyards wine club (2 prizes!) (\$300 value each)
- Hoffman Q2 (2 prizes!) (\$1,295 value each)
- 2-night stay with dinner at the Luxurious Kimpton Hotels in 50 US locations (2 prizes!) (\$600 value each)
- Hoffman Relationship Intensive weekend at White Sulphur Springs with Hoffman Teacher Jane Biondi (\$1850 value)
- Exclusive offerings from best-selling Hoffman graduate authors include consultations, workshops, CD's and books by:
  - Anat Baniel – *The Anat Baniel Method*
  - Sonia Choquette – *Love Yourself, Live Your Spirit*
  - Arielle Ford – *The Soulmate Secret*
  - Debbie Ford – *The Shadow Effect*
  - Beth Greer – *Super Natural Home*
  - Dr. Benda Wade – *Love and Money*
- Private Telephone Coaching Sessions with Hoffman Teachers. (8 prizes!)  
More prizes to be added soon – please check the website for updates: [www.hoffmaninstitute.org](http://www.hoffmaninstitute.org)



## Buy Your Ticket(s) Today and Help Raise \$50,000 for the Process Scholarship Fund.

\$50 per ticket, or buy 4 get one free:

- 5 for \$200
- 10 for \$400
- 15 for \$600
- 20 for \$800

Excellent odds of winning a prize!

## Tickets are Selling Fast – Buy Yours Now!

[www.hoffmaninstitute.org](http://www.hoffmaninstitute.org)

***Drawing held Saturday, August 29th at the Hoffman Annual Picnic. No need to be present to win.***

Questions? Email: [donate@hoffmaninstitute.org](mailto:donate@hoffmaninstitute.org), or phone: 800.506.5253

\*Tickets are not tax deductible per IRS code



**All proceeds provide Scholarship Funds to help more people take the Process.**

# DOUBLE YOUR LIGHT, DOUBLE YOUR LOVE

Dear Hoffman Alumni,

**The Hoffman Institute Foundation has received the most amazing gift - a \$500,000 Challenge Match Grant!** Never before have we been empowered to make a difference for the future of the Institute. Our goal is to maintain financial stability and expand the reach of the Process to more people. Your support will help us meet this goal and raise \$1 million total for Hoffman.

In these uncertain economic times, when the demand for our healing work is greater than ever, **we are strongly committed to keeping the Hoffman Institute viable.** Our mission is to help move people from fear to love. You know what this work means for people. I invite you to consider making a generous gift today.

**When we raise \$500,000, our anonymous alumni donors will match it.** Your gift of any size will help raise the \$1 million total needed to provide sustainability and growth for the Hoffman Institute. Together we can make it happen!

**Please reflect on what your Process has meant for you, and stretch your giving to make an even greater difference.**

- If you currently give \$250, please consider giving \$500. The match will double your gift, making you a member of the \$1,000 donor circle level.
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- If you currently give \$5,000, please consider a giving \$12,500. The match will double your gift, making you a member of the \$25,000 donor circle level.
- **If you have never given to the Hoffman Institute Foundation before, now is the perfect time to start! Your generous contribution will be doubled, helping more people benefit from the Process.**

Please visit our website to donate: <http://www.hoffmaninstitute.org/donate/index.html> or phone: 800.506.5253 ext. 107

Thank you for empowering more people with love and light - through your actions, and through your generous support of the Hoffman Institute!

With Gratitude, Love and Light,



Raz Ingrassi  
President  
Hoffman Institute Foundation

P.S. Since June 1<sup>st</sup> we have raised nearly \$200,000 toward the match. This is a great start. **We need everyone's participation to meet this challenge.** Thank you, to those who have already given.



# The East Bay Graduate Group – Leading by Example

- A Discussion with Grad Group Facilitators Sarah Ackerman and Cary Sheldon -

by Ellie Weiser

**ELLIE:** Cary, you graduated from the Process in 2000 and Sarah, you in 2007. You've been friends for more than 45 years, and for the past two years you've co-facilitated the East Bay (California) graduate group. What drew you to be facilitators?

**CARY:** The Process is so incredible; it shifted my internal experience and reinforced things for me in such positive ways. Since my Process I realize that I get joy from helping other grads reinforce it in themselves. Plus being a facilitator lets me spend time with Hoffman grads, which is a major bonus.

**ELLIE:** Sarah, why did you become a facilitator?

**SARAH:** I use Process tools daily but my association with the graduate group lets me deepen my use of them. Cary patiently waited for me for years -- not just to do the Process but also to be a facilitator, so eight years later here we are, co-leading a great group of people in this extraordinary work.

**ELLIE:** What have you learned about yourself by being a facilitator?

**CARY:** I've discovered that I like being a leader, and I'm reminded that my ego is not involved in facilitating - that it really is about helping us all through this work. Being in front of people is becoming very comfortable for me, and it's affecting how I move through the world. I feel more at ease, which is really nice.

**ELLIE:** How did you learn to run the group effectively; were you trained?

**SARAH:** The Institute does a fabulous job training facilitators and creating programs that we use in our individual groups. Cary and I had the advantage of being trained at the Facilitators Training Conference in 2007, which was a great experience. It was a meeting of graduate facilitators from all over the country over a long weekend at White Sulphur Springs.

It was helpful, fun and very generous.

**CARY:** Because the Institute does a great job of creating the programs, you don't have to innovate in that sense. As a facilitator, you can add your particular flavor to the program, but it's spelled out for you, so if there's anxiety around "How will I know how to run a group?" that should be dispelled.



*Process graduates smile for the camera at a recent East Bay gathering.*

**SARAH:** And once you're a facilitator, the Institute is incredibly supportive in giving advice, keeping you on track, continuing to train you. If ever there's an issue, you're not out there on our own -- you have the Institute behind you.

**ELLIE:** Having been facilitators for two years, would you recommend it to other Process graduates?

**CARY:** Definitely. It presents huge opportunities for personal growth and greater self-awareness. And for Process grads who find it difficult to motivate themselves to do the tools on their own, facilitating is a great way to stay connected. Some of the grads in our group have shared that if it weren't for the group they may not continue to stay as connected to the work.

**ELLIE:** The East Bay group has between

20-30 grads at each meeting. What draws them?

**SARAH:** The group is special -- it has an amazing chemistry. Some people come to meetings with their Process classmates, which creates a cohesion that I don't think Cary and I are responsible for. That cohesiveness, that magnetism, draws other graduates, which is a testimony to the beauty of our group.

**CARY:** I'd like to add that Sarah and my partnership as facilitators is lovely and strong because of our long history. I'm sure people feel our ease with each other as we work together.

**ELLIE:** Is your group a venue for socializing, for Process work, or both?

**SARAH:** We save some time for socializing, but graduate groups are about running the programs and staying connected to the work.

**ELLIE:** You've had Hoffman teachers at your group?

**SARAH:** Yes! Process teacher Tim Callan grounded us in the use of the tools and Devi Cavitt Razo led us in an exuberant two-hour non-stop play session. It was so much fun, I broke my toe!

**ELLIE:** Clearly the Institute and the grads who attend your group are lucky to have you. Thank you both for bringing people together and for keeping the work of the Process alive!

There are currently 34 active grad groups around the country. To see if there's one near you, visit Graduate Programs & News, Connections/Community, or email [graduates@hoffman-institute.org](mailto:graduates@hoffman-institute.org).

If there's not a group in your area and you want to learn more about starting one, you're welcome to attend the next Graduate Group Intro Call on 9/16 or 11/12 at 4 PM PST. Please dial 866-322-7998 and enter code 4936161#.



## Kani Comstock

**K**ani Comstock completed the Hoffman Process in February 1986, and soon after was asked by Bob Hoffman to direct the Institute. In 1990 she also became a Process teacher. To say that she's integral to the Hoffman Institute is a colossal understatement.

Kani is a woman of the world who started her journey in Milwaukee, WI and continued it in the suburbs of NYC, growing up in a close family with three siblings. Because her parents encouraged their kids to pursue their interests, Kani let her natural curiosity lead her. At five, during a visit to Chinatown, Kani began her fascination with China and Japan. She was also a voracious reader and loved examining objects, collected from nature, under her microscope.

Having earned a Bachelor's degree in Biology and a Master's in cell physiology and biochemistry, Kani was working on a PhD when a personal tragedy led her to dramatically change her path. Creating a new vision for her life, she moved to Tokyo teaching English as a Second Language (ESL) and eventually became the first non-Japanese to direct the Japanese school. Back in the USA she founded a college-based ESL center and internationalized the college curriculum. Next, as vice-president of a student exchange organization, she designed programs, and traveled regularly in Asia, finally getting to experience China. All together she has traveled to over 30 countries.

While taking a three-month break from work, Kani had to face her workaholicism. "All I wanted to do was again work 80 hours a week. I always felt that if I had my full briefcase, I would have a good time. I realized I didn't know how to play." Kani became curious when her brother, Craig, quickly followed by her sister, Barbara, (also a Hoffman teacher now) did the Pro-

cess, and she read all she could about it. "I have the scientist's mind, so I needed to know that there was a structure."

What Kani discovered through the Process was an "ease" she had never known before. "At the Process I came to treasure every aspect of my quadrinity as vital to my wholeness -- to listen to each, and be present to them all. I learned to care for myself as well as others, and I learned to have fun!"

As Director of the Institute, she helped Bob Hoffman bring the Process to other countries and organize it for growth. In collaboration with Marisa Thame, Director of the Hoffman Institute in Brazil, she delighted Bob by writing *Journey into Love, Ten Steps to Wholeness*, to introduce others to the Process and support graduates in their integration.

Realizing that teaching had become her true love, Kani slowly transitioned out of directing into full-time teaching and coaching. "Teaching the Process, as well as coaching, is endlessly fascinating. I have the honor of guiding and supporting people in the adventure of changing their lives and becoming more truly who they are." said Kani.

The Hoffman Process is truly a family affair for Kani. Her mother, Marge, did the Process when she was 72. Each of Kani's three siblings have done the Process as well as their partners, and many friends.

When Kani's not coaching, teaching a Hoffman Process or designing projects, she spends time at her home in Ashland, Oregon, living close to her three siblings, her mother, many good friends, and in eyesight of the delightful garden she has created. Another great pleasure is travel, especially to far off islands and countries with cultures far different from our own.🌍



Kani Comstock



**SATURDAY AUGUST 29th**

is our

**ANNUAL SUMMER PICNIC & RAFFLE!**

**Noon - 4:00 PM**

**White Sulphur Springs, St. Helena, Ca.**

**Cost: FREE**

**RSVP:** Please RSVP by August 28 for yourself and your guests by emailing: [monika@hoffmaninsitute.org](mailto:monika@hoffmaninsitute.org).

Mark your calendar for Hoffman's annual day of fun and friendship! See old friends and meet new ones; enjoy a delicious picnic lunch; hike; swim; the day is yours to enjoy!

Join us for the ribbon cutting ceremony to commemorate our beautiful new *Forgiveness Garden!*

# Hoffman Grads Bring Forgiveness Garden To Life



*Early Days*



*A work in progress*



*Forgiveness Garden Finished!*

*“Never underestimate the power of a few committed people to change the world. Indeed, it is the only thing that ever has.”*

~ Margaret Mead

The famous anthropologist could have been talking about Hoffman graduates when she uttered those words.

Thanks to the dedication and hard work of dozens of Hoffman grads who met at White Sulphur Springs on several occasions (for blister-producing, back hurting, dirt making fun) what was once a dirt-filled Olympic size swimming pool has been transformed into a “Forgiveness Garden,” a lush natural sanctuary in the middle of Hoffman’s California home.

Flowers, native and non-native plants,

shrubs, trees, and a river walk help make the Forgiveness Garden the perfect spot to relax, meditate and focus on Process work. The garden is anchored by a majestic 40-year old olive tree, which symbolizes world peace and gives the garden a lived in, old-world feel.

Major funding for the Forgiveness Garden came from the generosity of Process graduates John and Carol Cochran (John sponsored the garden in loving memory of his father, John Cochran, Sr.), and Tom and Barbara LaTour. 🌍

## Graduate Teleclasses are Fast, Affordable, and Packed with Great Insight

These one-hour phone classes, led by Hoffman teachers, cover a variety of Process-relevant subjects. They are convenient (call from wherever you are), inexpensive, and they put the focus squarely on your most personal inner work.

### UPCOMING TELECLASSES:

***PARENTING TEENS* with Hilary Illick**

Date: Wednesday, 9/9 from 5:00-6:00 PM PDT / 8:00-9:00 PM EDT

***TOOLS FOR NEW GRADS* with Jane Biondi**

Date: Monday, 9/21 6:00-7:00 PM PDT / 9:00-10:00 PM EDT

***ELEVATORS – INSIGHTS INTO THE PSYCHE* with Sharon Kennedy**

Date: Wednesday, 10/14 from 4:30-5:30 PM PDT / 7:30-8:30 PM EDT

***UNLOCKING YOUR CREATIVITY* with Hilary Illick**

Date: Thursday, 10/22 from 5:00-6:00 PM PDT / 8:00-9:00 PM EDT

***TOOLS FOR NEW GRADS* with Linda Hartka-Reiss**

Date: Wednesday, 11/18 from 5:00-6:00 PM PST / 8:00-9:00 PM EST

Tuition: \$29 per Teleclass.

Register Online at <https://www.hoffmaninstitute.org/register/teleclasses.html> or call 800/506-5253.

Can't make the designated day or time? Playbacks of most classes are available for a limited time for just \$19. For more information email us at [teleclass@hoffmaninstitute.org](mailto:teleclass@hoffmaninstitute.org), or call the number above.



## Q2 Graduate Intensive

### – Continue Your Transformation –

The Q2 is Hoffman's outstanding 3-day course for Process grads, held at White Sulphur Springs in California and at beautiful retreat sites on the east coast and the midwest.

While the Process supported you in releasing negative love and meeting your authentic self, the Q2 moves you further into *selflove, your vision, deep compassion for yourself and others and into laughter and fun!*

Like the Process, some of the Q2 is spent working in small groups led by an exceptional Hoffman teacher. Small groups allow you to do more advanced Hoffman work with the love and support of your classmates.

#### Select A Date and Location for your Next Q2:

|                 |                           |
|-----------------|---------------------------|
| Oct 23-25:      | Techny Towers Retreat, IL |
| November 20-22: | White Sulphur Springs, CA |
| December 4-6:   | Trinity Center, CT        |

To learn more or to register, visit [www.hoffmaninstitute.org](http://www.hoffmaninstitute.org), then click on Graduate Programs and News, or call an enrollment counselor at 800-506-5253.

## The Transformative Power of Joy & Play

- A Jubilant 1-day workshop for grads and guests, in Mill Valley, CA -

**Saturday October 17th from 10 AM - 4:30 PM**

**B**ring your friends and family and join Hoffman teacher Mary Amrita Arden, as we spend a day **LIGHTENING UP!**

Sowing the seeds of peace and joy in our hearts allows us to create a climate of love and to wisely face challenges. And an attitude of playfulness brings ease and aliveness to our mind, body and spirit.

Come experience the hidden pleasures available to us through music, art, stories, visioning, interactive expression, and loving appreciation.



Mary Arden

- Registration: **Please call 800/506-5253 to register.** Space is limited to the first 40 people, so please register early!
- Tuition: \$95 / \$85 early bird rate if you sign-up by September 17
- Location: Mill Valley, CA (directions upon registration)
- Other: Please arrive by 9:30 to sign in, and plan to bring your own lunch.

## Hoffman Calendar

### AUGUST

- Aug. 4,11, 18, 25 Process Intro. Call\* 5:00 PM. Call 866/322-7998, password 86157#
- Aug. 7-14 **HQP - California**
- Aug. 13 Ceremony of Integration - CA
- Aug. 21-28 **HQP - California**
- Aug. 27 Ceremony of Integration - CA
- Aug. 29 **Hoffman Annual Picnic & Vespa Raffle - St. Helena, CA**

### SEPTEMBER

- Sept. 1, 8, 15, 22, 29 Process Intro. Call\* 5:00 PM. Call 866/322-7998, password 86157#
- Sept. 9 Graduate Teleclass, *Parenting Teens*
- Sept. 11-18 **HQP - California**
- Sept. 11-18 **HQP - Massachusetts**
- Sept. 16 Facilitation & Graduate Group Intro Call 4:00 PM: 866/322-7998, password 4936161#
- Sept. 17 Ceremony of Integration - CA and MA
- Sept. 18-25 **HQP - California**
- Sept. 21 Graduate Teleclass, *Tools for New Grads*
- Sept. 24 Ceremony of Integration - CA

### OCTOBER

- Oct. 2-9 **HQP - California**
- Oct. 6,13, 20, 27 Process Intro Call\* 5:00 PM: Call 866/322-7998, password 86157#
- Oct. 8 Ceremony of Integration - CA
- Oct. 14 Graduate Teleclass, *Elevators-Insights into the Psyche*
- Oct. 16-23 **HQP - California**
- Oct. 17 Workshop: *The Transformative Power of Joy & Play* - Mill Valley, CA
- Oct. 22 Ceremony of Integration - CA
- Oct. 22 Graduate Teleclass, *Unlocking Your Creativity*
- Oct. 23-25 Q2 Graduate Intensive - Chicago, IL
- Oct. 30- Nov. 6 **HQP - California**

\*Process Intro Calls happen every Tuesday. They are a great way for your friends and family to learn about the Process. They are free to attend and open to everyone. No registration or RSVP required. If you are a Process graduate who would like to share your experience with others, please dial in!

Times listed above are Pacific Daylight Time (PDT).



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## IN THIS ISSUE!

- ⊗ Meet Marcelle Pick, Leading Advocate for Women's Health, and Co-Founder of Women to Women
- ⊗ Get to Know Veteran Hoffman Teacher Kani Comstock
- ⊗ Hoffman's Fabulous Raffle & Picnic
- ⊗ New One-Day Joy Course!



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