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Process Workshop at the home of the Castellinos in Santa Barbara, CA – Wednesday-Sunday, July 15 –19, 2009

Hi and welcome! We're glad you can attend the Process Workshop. **Please fill in and return the birth process form as soon as possible. It is available on the website at <http://www.castellinotraining.com/process/#forms>. If you've previously filled in a 5-page form, please fill in the 2nd form, one page. You may mail or fax this to us. You may email an attached text document. Do NOT email scanned image files.**

COMMITMENT:

We ask that you commit to attending all 3.5 days plus the first evening, leaving your schedule open in case the days run late. Please arrive at the site the first day by 5:45 PM (or by 5:30 PM if you are staying on site.) If you are flying in, please allow an extra two hours more than it would take to get from the airport to the site in case of plane delays; and please do not plan to fly out until the next day, as the workshop may end as late as 9 PM, and all participants must commit to staying until the end.

SCHEDULE:

Starting times are given and are firm. It is important to arrive and be ready to start by the beginning time; ending times will vary.

First Day: Arrive by 5:45 pm. You will be finished around 9:00 pm.

2nd-4th Days: Arrive by 8:45 am to start promptly at 9:00 am. Please do arrive by 8:45 so you will be seated and ready to go by 9 am, snacks put away, a cup of tea prepared, etc.

You will be given snack breaks (bring your own snacks) and one and a half hour lunch break. Sometimes the group decides to take a shorter break the last day.

Ending times: The last day will end around 1:30 PM. The other days usually finish between 6:00 PM & 9:00 PM. Please do not schedule activities immediately afterward since the exact ending time is impossible to predict.

SNACKS: Please **bring vegetarian snacks**. There will be a morning and afternoon 10 min bathroom/snack break.

PAYMENT:

A **\$210 deposit** is needed to hold your place (discounted by \$10 if paid in cash or check), or you can send the whole amount when signing up.

The workshop costs \$950 (up to \$100 discount available – see below).

\$50 discount if payment is received 2 months ahead (or postmarked 4 days before that for checks). Discount is also given if full payment is sent by the day after signing up less than 2 months in advance.

Up to **\$50 additional discount** if payments by cash or check rather than credit card.

Thus, if full payment by cash or check is received by 2 months prior to the workshop (or postmarked 4 days before that) OR payment in full is mailed by the day after signing up, then the full price is \$850.

PHONE

If you are delayed, call our business line at 805-687-2897. This is also the number for messages. Since we do not interrupt the workshop for phone calls, we can take messages to be given to you at a break. **If there is no answer, please leave a message and call Ray's cell phone at 805-705-2135.**

VIDEO RECORDINGS

Unless you request otherwise, all sessions are videotaped by one of Ray's assistants. DVD copies of your session are available for those who wish to purchase them. Cost is \$45-65 plus tax and shipping for your session, depending on the length. DVDs of the morning check-ins are also available for purchase for \$20-\$45 plus tax and shipping, depending on length and if you purchase your session.

OTHER REQUESTS

Please do not use alcohol, recreational drugs, cigarettes or nicotine during the day before or during the workshop including during lunch & evening breaks. Smoking is not permitted at the seminar site or in the neighborhood.

Please do not use any perfume, aromatherpy oils or strongly scented shampoos or aftershave.

LOCATION & DIRECTIONS:

1105 North Ontare Road , Santa Barbara, CA

Parking is somewhat complicated. Please read and follow the directions to minimize impact on our neighbors.

If coming from the Santa Barbara airport, go out of the airport parking or rental car parking, turn Right, follow the road as it winds around to 101 going South.

If coming from LA, you are coming up 101 N, so follow those directions.

From 101 take the Las Positas Exit
(driving N from LA this will be after several SB exits, 2 exits after Mission)
(driving S from Santa Barbara airport, this will be 1 exit after La Cumbre

Take Las Positas toward the mountains
(driving N from LA, turn R onto Las Positas)
(driving S from SBA, turn L, crossing over the freeway on Las Positas)

Take Las Positas to State (less than 1 mile). Cross State Street. When you cross State Street, the name of the street changes to "San Roque". Stay on this road until the next light (Foothill).

L on Foothill, over a bridge, to Ontare (light)

R on Ontare. Go just PAST Claremont.

1105 is 1/4 mile from Foothill on the Left. The house is 15 feet from the street with a brown roof. The number is on the house wall near the door. Our house has a natural stone sidewalk, small trees, and a vegetable garden in the front, with stone planter beds, a gravel and flagstone path running through the yard. There is no lawn. The house PAST ours has a 3 1/2 foot patio wall in front of the house with roses in front of the wall.

If driving, go past our house, turn around in the cul de sac on the right, come back and park in front of the house or in the driveway. When parking, park either in the driveway or as close to the driveway as possible. There is a stone sidewalk in front of our house, and a stucco wall in front of our uphill neighbors' house. Please do not park in front of the neighbors. Park close to already parked cars so that as many cars as possible will fit in front of the house. Also, when you park, be conscious of parking your car close enough to the house so your car is not taking up room in the street. If there is not enough space in front of our house to park, tell Sandra upon entering.

There are 3 entrances to the house, stairways on both the left and the right going down, and a street level entrance in the middle. For Process Workshops, **you will be entering through the door that is on your right when facing the house, going down the steps.**

FOOD AND DRINK

We supply both hot and cold water and tea bags. We suggest bringing your own water bottle. There is a refrigerator on site as well as a propane stove and microwave oven. We are **STRICT VEGETARIANS** so we ask that you bring onto our property **NO MEAT, FISH, EGGS, FOWL. Dairy is fine.** So if you go out to eat for non-vegetarian food, please don't bring leftovers back.

ACCOMMODATIONS:

Please contact some of the following establishments for accommodations during your time in Santa Barbara. All are within two miles of our site. **We also offer non-private stay at the site (in the seminar room, possibly shared), for \$60 per night.** Payment is separate, either by separate check to Sandra Castellino or by cash. We do not take credit cards for accommodations. There is a \$25 fee for cancellation at any time, raised to \$50 if less than two weeks' notice and the resulting vacancy is not filled. **Full fee for accommodations is due when signing up.** Please talk to Sandra about who to make the check out too, for it is a separate check not made out to us. Sorry, we do not accept credit cards for accommodations.

We supply bedding (sheets, blankets, comforters, pillows) and towels/wash clothes. Some people prefer to bring their own pillows since tastes vary.

Traveler's Motel, 805-687-6009 (last checked Sept 13, 2003)

Prices:	<i>Winter</i>	<i>Spring</i>	<i>Summer</i>	<i>Fall</i>
<i>Weekdays:</i>	\$45	Higher	Varies	No Info
<i>Fridays:</i>	\$79	Higher	Varies	No Info
<i>Saturdays:</i>	\$99	Higher	Varies	No Info

This establishment does not adjust their prices for early or late reservations.

They charge \$10 extra for a refrigerator.

Mountain View Inn, 805-687-6639 (last checked Sept 13, 2003)

Prices:	<i>Winter</i>	<i>Spring</i>	<i>Summer</i>	<i>Fall</i>
Weekdays:	\$65-100	No Info	Higher	No Info
Fridays:	\$160-210	No Info	Higher	No Info
Saturdays:	\$160-210	No Info	Higher	No Info

This establishment does adjust their prices for early or late reservations.

Sandman Inn, 805-687-2468 (last checked Sept 12, 2003)

Prices:	<i>Winter</i>	<i>Spring</i>	<i>Summer</i>	<i>Fall</i>
Weekdays:	\$68	No Info	No Info	No Info
Fridays:	\$129	No Info	No Info	No Info
Saturdays:	\$129	No Info	No Info	No Info

This establishment does not adjust their prices for early or late reservations.

They charge \$10 extra for the third person in a room.

Lemon Tree Inn, 805-687-6444 (last checked Sept 25, 2003)

Prices:	<i>Winter</i>	<i>Spring</i>	<i>Summer</i>	<i>Fall</i>
Weekdays:	\$85	No Info	\$95	No Info
Fridays:	\$120	No Info	\$95	No Info
Saturdays:	\$120	No Info	\$95	No Info

This establishment tries not to adjust their prices for early or late reservations.

Peppertree Inn, 805-687-5511 (last checked Sept 25, 2003)

Prices:	<i>Winter</i>	<i>Spring</i>	<i>Summer</i>	<i>Fall</i>
Weekdays:	\$152	No Info	\$162	No Info
Fridays:	\$172	No Info	\$182	No Info
Saturdays:	\$182	No Info	\$192	No Info

This establishment tries not to adjust their prices for early or late reservations.

They include refrigerators in their rooms.

Sandpiper Inn, 805-687-5326 (last checked Sept 25, 2003)

Prices:	<i>Winter</i>	<i>Spring</i>	<i>Summer</i>	<i>Fall</i>
Weekdays:	\$59-79	No Info	\$89	No Info
Fridays:	\$99-119	No Info	\$129	No Info
Saturdays:	\$99-119	No Info	\$129	No Info

This establishment tries not to adjust their prices for early or late reservations.

They include refrigerators in their rooms.

Motel 6 of Carpinteria, 805-684-8602 (last checked Sept 28, 2003)

Prices:	<i>Winter</i>	<i>Spring</i>	<i>Summer</i>	<i>Fall</i>
Weekdays:	Lower	No Info	No Info	\$65-71+
Fridays:	Lower	No Info	No Info	\$65-71+
Saturdays:	Lower	No Info	No Info	\$65-71+

This establishment does not adjust their prices for early or late reservations.

They do not include refrigerators in their rooms.

Nancy Bertelsen, 805-687-5746 (last checked January 6th, 2009)

Prices:	<i>Winter</i>	<i>Spring</i>	<i>Summer</i>	<i>Fall</i>
<i>Weekdays:</i>	\$30/\$35	\$30/\$35	\$30/\$35	\$30/\$35
<i>Fridays:</i>	\$30/\$35	\$30/\$35	\$30/\$35	\$30/\$35
<i>Saturdays:</i>	\$30/\$35	\$30/\$35	\$30/\$35	\$30/\$35

This is a private home 2mi from site. \$30 for a single person, \$35 for two. Must be willing to share room with another participant of the same sex. Nancy offers transportation in her car, e.g. pick up from the airport, take to get groceries, for \$10. Continental breakfast included, as well as full access to the refrigerator and kitchen facilities.

CONTACT HOURS FOR NURSES:

Provider approved by the California Board of Registered Nursing, Provider Number 10577 for at least 25 contact hours for attending a 3-day Process Workshop. The cost is \$25 above the cost of the workshop if you preorder, plus an additional \$2.50 if you order at the workshop and we must mail it to you. Number of hours will vary depending on the length of the workshop. Please let us know if you wish this certificate.

CERTIFICATE OF ATTENDANCE:

We do not offer any official continuing education credits other than the contact hours for nurses. If you wish to have a certificate of attendance for use with another professional organization it is available by request for \$15 if you preorder, plus an additional \$2.50 if you order at the workshop and we must mail it to you. Please specify what information you need on the certificate.

CANCELLATION POLICY

The \$210 / \$200 deposit is non-refundable. If you cancel, the cost to you depends on whether we can fill the workshop and when you cancel. Please give Sandra as much notice as possible. She may be able to find someone to fill the workshop and thus save you money as well as provide opportunities for others who wish to attend a workshop.

The date of cancellation is considered the date that Sandra processes and confirms your cancellation. This is best done via a direct phone call to 805-687-2897. You may send a cancellation via email if you like, but it may take up to several weeks to be processed, as Sandra does not check her email regularly.

If the workshop fills, \$110 (cc) / \$100 (check) is a cancellation charge and \$100 credit will be given toward a future process workshop with Ray. At your request, anything you have paid beyond that will be refunded within 2 weeks of the first day of the workshop at the discounted (non-cc) rate, i.e. for those who paid by cc, we keep the difference between the amount you paid and the discounted amount. For example, if you paid \$845 by cc, you could receive a refund of \$600 plus a credit of \$100 toward a future workshop with Ray.

If the workshop doesn't fill, the cost to you is as follows. If you have paid more, at your request it will be refunded within 2 weeks of the first day of the workshop, OR you can apply your refund to a future Process Workshop, OR contribute it to BEBA. If you have not paid what is due, it will be due within 2 weeks of the beginning of the workshop.

Less than 2 months' notice: \$200 if paid by check (\$210 by cc)

Less than 6 weeks' notice: \$300 if paid by check (\$315 by cc)

Less than 1 month's notice: \$400 if paid by check (\$420 by cc)

Less than 3 weeks' notice: \$500 if paid by check (\$525 by cc)

Less than 2 weeks' notice: \$600 if paid by check (\$630 by cc)

Less than 1 week's notice: \$700 if paid by check (\$735 by cc)

Less than 4 day's notice: full cost of the workshop

If you have a refund due, let us know whether you'd like it mailed to you, credited to a future workshop, or donated to BEBA, the non-profit clinic for working with babies, children and their parents that Ray founded and directs.

NEARBY HEALTH FOOD RESOURCES: There are myriad restaurants to suit every palate. We have listed only a few that we've tried.

Downtown Santa Barbara

- **Spice Avenue**, 1027 State, our favorite restaurant – incredibly delicious Indian food. You can order medium or lots of spice. Lunch is buffet style, dinner a menu.
- **Cantwells**, a local mom and pop grocery store on State near Valerio.
- **SB Nutrition Center** 15 E. Figueroa, a small health food store & juice bar is. Between Anacapa and State Street.
- **The Sojourner Cafe**, 134 E. Canon Perdido, Go down Anacapa to Canon Perdido, turn L, it is on the right near the end of the block. Usually parking is easier to find past the Sojourner, in the next block or two. Coffeehouse and restaurant, natural foods, both vegetarian and non-vegetarian, fresh juice, great desserts. A local hang-out, reasonable rates, cozy atmosphere.
- **The Natural Café**, 361 Hitchcock Way, near Hope and La Cumbre.

There are a myriad of other restaurants catering to tourists and locals.

Health Food Stores, Produce stands, etc

- **Lazy Acres**, on the Mesa, 302 Meigs Road. From 101 take Carrillo exit, turn R, go a couple of miles, up and down a hill. Cross Cliff Drive. It is on your left just past Cliff Drive. Largest local health food store and deli plus salad bar.
- **Trader Joe's** near us, 3025 De La Vina (from our house, go down to State, turn Left, veer right on De la Vina, on your right; farther from us, 29 S S Milpas. From 101 going S, take Milpas exit, go left under the freeway and it is on your right. Some organic, lots of prepared deli food.
- **Lassen's Health Food Store**. Magnolia Shopping Center in Goleta. From 101, go North, take Turnpike exit, turn left on Turnpike, R on Hollister, it is on your right past Walnut. Best organic produce selection. Full health food store.
- **Mesa Produce** - near Lazy Acres on Cliff in a small shopping center. Best produce in town, about half organic, a lot unsprayed.
- **Pacific Health Foods**, 3890 La Cumbre Plaza Lane. Go up State Street, away from the Beach, L on La Cumbre, L at the next light. Go R, through the back of the gas station to park on the side of the store. Juice bar plus packaged goods.
- **Isla Vista Food Coop**, by far the cheapest health food in the area, packaged goods 2/3-3/4 of price elsewhere, about half of produce is organic. 6575 Seville Road in Isle Vista, about 10 miles N of SB. Take 101 to Los Carneros Exit, turn L, follow until road ends, turn L at light, then take first R (no light). Go down about 4 blocks to Seville Road, turn L, it is on your R, mid-block.