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**Womb Surround Process Workshop with
Ray Castellino, DC, RPE, RCST® &
Sabera Dringenberg, Heilpraktik, BCST, from Germany
Monday-Friday, April 30–May 4, 2018
at Somatic Sanctuary, 410 W Ojai Avenue, Ojai, CA 93023**

Hi and welcome! We're glad you can attend the Womb Surround Process Workshop.

Please fill in and return the birth process form (the 'long form') within a week of signing up. It is available on the website at

<http://www.castellinotraining.com/process/#forms>

The ideal way for us to receive it is as an attached document – download the Word version, fill it in on your computer. Use **bold** for the answers please. It is fine that your signature is typed in on the form. Then return it as an attached file. You may alternatively mail or fax this to us.

If you've previously filled in a 5-page 'long form', either for a previous process workshop or for private session, **please fill in the 'short form.'**

SCHEDULE & COMMITMENT:

You must commit to attending all days, leaving your schedule open in case they run late.

Arrival and start times: Starting times are given and are firm. It is important to arrive early and be ready to begin by the listed start time. Please do arrive fifteen minutes early as listed so you will be seated and ready to go, snacks put away, a cup of tea prepared, etc. 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; for workshops that begin in the morning, please plan to fly in the previous night.

Snack and lunch breaks: You will be given snack breaks (bring your own vegetarian snacks) and a two hour lunch break the first 4 days. There will be a short snack break rather than a lunch break the last day because the workshop will end by 2 pm.

Ending times: Please do not schedule activities in the evening as the end times the first 4 days will depend on the group process. *All participants must commit to staying until at least the listed end time for the last day, or the end of the workshop, whichever comes first.*

| | Please arrive by: | Workshop starts promptly at: | You will be finished by around: |
|---|--------------------------|-------------------------------------|--|
| First Day | 8:45 AM | 9:00 AM | 6:00 PM - 8:00 PM |
| 2nd Day | 8:45 AM | 9:00 AM | 7:00 PM – 8:30 PM |
| 3rd-4th Days | 8:45 AM | 9:00 AM | 7:00 PM – 9:30 PM |
| Last Day | 8:45 AM | 9:00 AM | 2:00 PM |

SNACKS:

Please **bring vegetarian snacks**. There will be a morning and afternoon 10 min bathroom/snack break. There is a refrigerator and kitchette onsite. No heating of any non-vegetarian food.

PAYMENT:

Make checks or money orders to “Castellino Training, Corp.” Send to: Castellino Training, 1105 N Ontare Road, Santa Barbara, CA 93105

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 \$1400 (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, money order or check rather than credit card or paypal.

Thus, if full payment by cash, money order 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 \$1300.**

RETURNED CHECKS

We charge a \$25 fee for all returned checks, even if they clear upon redepositing. Please make sure you have adequate funds in your account to cover your checks. Thank you.

PHONE

If you are delayed, call Ray’s cell phone at 805-705-2135, leave a message and call back later also until you reach him. He will leave his cell phone on until everyone has arrived or

notified one of them of a delay.

VIDEO RECORDINGS

Unless you request otherwise, all sessions are videotaped by one of Ray's assistants. Video files playable on any computer are available for your session for those who wish to purchase them. Cost is \$43 for your session, \$27 for your debrief and \$27 for any other debrief you wish to order. You can request these on a flash drive which we supply, which you can leave with at the end of the workshop. If ordering afterward the workshop, DVDs containing the video files are also available, with additional shipping cost of \$6 for first item and \$1 for each additional item.

OTHER REQUIREMENTS

Please do not use alcohol, recreational drugs, cigarettes or nicotine during the day before or during the workshop including during lunch & evening breaks. That means participants cannot smoke, use alcohol or recreational drugs for 6 days.

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

LOCATION & DIRECTIONS:

The workshop will be held at Somatic Sanctuary, 410 W Ojai Av, Ojai, CA in downtown Ojai within walking distance of a health food store with a deli (Rainbow Bridge).

ACCOMMODATIONS IN OJAI: Prices are not current – contact each place.

Resources for finding rooms for rent:

Rooms in someone's home: Craigslist and Airbnb both offer a variety of options of renting a room or several rooms in someone's home, some of which are close to Frank's house.

- **Craigslist:** www.ventura.craigslist.org/vac/ for vacation rentals as low as \$75/night for your own room with bath and private entrance.
- www.airbnb.com The City of Ojai, proper, has made short term rentals illegal. But there are many areas just outside the city limits to find lodging through airbnb.

Large, Elegant Sanctuary Studio with King Bed, Private Bath and Comfortable Outdoor Chillspace Centrally located in Ojai. \$129/night

<https://www.airbnb.com/rooms/3380066> has all the listing info. But here's standard info for non airbnb users:

The studio has a private entrance through french doors and full use of the private driveway. 602 N. Fulton St. Ojai, CA 93023.

Alarra Saress is the hostess: (720) 530-3415 (taking Ray's & Anna's bodywork training)

King Bed

Bathtub/Shower Combo

Free Wifi.
Tea Kettle
Mini Fridge
Organic Meal Menu Options
Spa Menu Options (www.alarra.org/healing)

Alarra writes:

I'm comfortable giving potential renter the option of going directly through me or going through airbnb. Either way the photos on airbnb are up-to-date for interested parties.

Spacious room in a home in downtown Ojai:

Fern Barishman

805 646-7449 (landline);

805 798-4888 (for text only, doesn't pick it up).

fern@fernbarishman.com

www.fernbarishman.com - Fern is a pianist and piano teacher.

She has 2 friendly chihuahuas.

She has a spacious bedroom with a shared bath (plus there is another ½ bath available).

On Ventura Street, near Aliso in downtown Ojai. Access to kitchen. \$60/night.

Lindley House in Ojai (not to be confused with the Lindley House in Carpinteria)

This is a non-profit set up to provide inexpensive accommodations for those seeking inner growth. The house is vegetarian (no meat, fish, fowl). Eggs and dairy are fine. There is a kitchen, large LR and 2 bedrooms: one bedroom is \$60 and suitable for one person with a twin; the other is larger, has 2 twin beds in it and is \$75 single (sometimes Ivan reduces it to \$60 if someone else is staying in the other room) and \$90 for 2 people sharing it. These bedrooms share a bath. This is next door to the Pepper Tree Retreat. This is 10min drive from downtown Ojai. One driveway past the turnoff leads to a trail which goes to the top of the mountain.

Lindley House

1236 McAndrew Road

Ojai, CA 93023

Phone: 805 646-3967 (Ivan)

joivan@juno.com

Pepper Tree Retreat in Ojai

This has a variety of rooms available at a variety of prices. Vegetarian on site (no meat, fish, fowl), eggs and dairy are ok. Breakfast provided. No access to main kitchen through there are 2 rooms with queen beds that also have a minimal kitchen. 10 min drive to downtown Ojai.

Ask for the Castellino Training discount.

Pepper Tree Retreat

1130 McAndrew Road

Ojai, CA 93023

Phone: 805 646-2726

Mobile: 805 798-1861 cell Elizabeth

retreat@kfa.org

www.peppertreeretreat.com (prices on web may go up by end of March)

Best Western Casa Ojai Inn– 15 min drive, use nontoxic cleaning products, salt water pool.
Ask for the Castellino Training discount.

Best Western Casa Ojai Inn
1302 East Ojai Avenue
Ojai, CA 93023
Phone: 805 646-8175
www.ojaiinn.com

Michael Bennett

Has one room for rent in a home on the East end of Ojai surrounded by beautiful gardens and an organic orchard. This location is a 5 minute drive (4.2 miles) from Frank's house. The room costs \$75 per person per night (2018) and comes with a queen bed and full use of house facilities, which include a gourmet kitchen, fireplace, and high speed internet. The cost drops if two people share the room. Michael does not want his email listed online so please call him.

Michael Bennett
2036 Grand Ave
Ojai, CA 93023
Phone: 1-310-710-9199

Chantico – recommended by several workshop participants

Chantico Inn & Suites
406 West Ojai Avenue
Ojai, CA 93023
Phone: 805 646-8100
www.chanticoinnsuites.com

FOOD AND DRINK

We supply both hot and cold water and tea bags. We suggest bringing your own water bottle. There may be some space in a refrigerator on site in addition to the full kitchen with a stove, oven, and sink. **You may bring any food you like that does not need to be heated in any way. Vegetarian food only may be heated or microwaved.** Ray is a strict vegetarian and so there will be **no cooking, microwaving, steaming, etc of any meat, fish, fowl or eggs.** Pre-prepared food containing these items is fine as long as it is not heated. **The reason for the non-heating restriction is to keep non-vegetarian odors out of the seminar space.**

Rainbow Bridge – Ojai's only health food / grocery store 2.5 miles from Frank's house. They also have take-out food.

Rainbow Bridge
211 East Matilija Street, Ojai, CA 93023
(805) 646-4017

Farmer and the Cook an organic restaurant is ½ mile away. Run by a couple. He is the farmer, she is the cook.

Farmer and the Cook
339 W El Roblar, Ojai CA 93023
805 640-9608
www.farmerandcook.com

(Closed July 1, 2017 – March ? 2018 – moving to DOWNTOWN OJAI) Hip Vegan Cafe – vegan, gluten free, for lunch only (or takeout for dinner later) “vegan wraps, sandwiches, salads & bowls served with smoothies + desserts in a minimalist counter-serve café with rustic outdoor seating” This is where Ray orders lunch take-out for himself and staff. And it has a sit-down restaurant

Hip Vegan Café
13 E Matilija Street
Ojai, CA 93023
80t 646-1750

www.hipvegancafe.com

Normally open Thursday 11-5; Friday 11-7; Sat 11-7; Sun 11-7, Mon 11-5.

<https://www.facebook.com/HipVeganCafe> - see photos of menu items

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 \$2.00 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:

Sandra emails receipts for payments as she receives them.

We do not offer any official continuing education credits other than the contact hours for nurses.

We provide a certificate of attendance at no cost, which you will receive at the end of the workshop. This works for several continuing education programs.

If you don't take the certificate home and request one later, there is a \$2/charge for mailing it so please take the certificate with you.

CANCELLATION POLICY: The sooner you cancel the less it costs you if we don't fill the workshop.

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 days to be processed, if Sandra is out of email contact temporarily.

If the workshop fills, \$110 (cc) / \$100 (check) is a cancellation charge and \$100 credit will be given to you personally toward a future process workshop with Ray. The credit cannot be transferred. 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 \$1100 by cc, you could receive a refund of \$850 (\$1100-200 - 50) 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.

2 months' or more notice: \$200 if paid by check

6 weeks' or more notice: \$300 if paid by check

1 month's or more notice: \$400 if paid by check

3 weeks' or more notice: \$500 if paid by check

2 weeks' or more notice: 60% of discounted price if paid by check

1 week's or more notice: 80% of discounted price if paid by check

Less than 1 week's notice: full discounted cost of the workshop if paid by check

For credit card or paypal payments, add 5% of fee paid by cc or paypal up to \$50.

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.