

*Raymond Castellino, DC, RPE, RCST; Sandra Castellino, MEd
Business office: 1105 N. Ontare, Santa Barbara, CA 93105
office phone (805) 687-2897 fax (805) 687-4719
Sandra@CastellinoTraining.com*

**Womb Surround Process Workshop with
Ray Castellino, DC, RPE, RCST at his home in Ojai, CA
Wednesday-Sunday, May 2-6, 2012**

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 one and a half hour lunch break. Sometimes the group decides to take a shorter break the last day.

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	7:00 PM - 9:00 PM
2nd-4th Days	8:45 AM	9:00 AM	7:00 PM - 9:00 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.

PAYMENT:

Make checks or money orders to Raymond Castellino. Send to:
Sandra Castellino, 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 **\$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, money order or check rather than credit card.

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 \$850.**

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. If there is no answer, please 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 him of a delay.

VIDEO RECORDINGS

Unless you request otherwise, all sessions are videotaped by one of Ray's assistants or with the camcorder on a tripod if there is no assistant. DVD copies of your session are available for those who wish to purchase them. Cost is \$55 plus tax and shipping for your session. DVDs of all the debriefs are also available for purchase for \$25 each plus tax and shipping.

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:

To 609 N. Blanche St., Ojai, CA

From US-101 Northbound (e.g. from Los Angeles) to Ojai:

1. From US-101 in Ventura, **take the CA-33 exit toward Ojai.**
This will be after the California Street exit.
2. CA-33 (North Ventura Ave) merges with CA-150 (Baldwin Road).
Continue STRAIGHT on CA-33 / CA-150 / North Ventura Ave.
See below for further directions.

From US-101 Southbound (e.g. from Santa Barbara) to Ojai:

1. From US-101 in Carpinteria, **take the CA-150 exit toward Ojai / Casitas Pass.**
This will be after the Bailard Road exit.
DO NOT take the Casitas Pass Road exit that is before Bailard Road.
CA-150 is about 20 miles of winding country road that goes all the way to Ojai.
2. CA-150 (Baldwin Road) merges with CA-33 (North Ventura Ave).
Turn LEFT onto CA-33 / CA-150 / North Ventura Ave.
See below for further directions.

From CA-150/CA-33 in Ojai to the site:

3. North Ventura Ave branches into CA-33 (Maricopa Hwy) and CA-150 (Ojai Ave).
Continue STRAIGHT on CA-150 / Ojai Ave.
4. **Turn LEFT** on North Blanche Street.
(If you see arches on the left side of Ojai Ave, you've gone too far)
5. Continue just past five blocks on North Blanche St.

Stop at 609 N. Blanche St, the first house on the left.

ACCOMMODATIONS IN OJAI:

Martiza Luz Vega

Rents space in a small house. The house has 2 bedrooms, each separated from the house and each other by a curtain. They share a bath. She lives in a cottage in the back and shares the bath but not at night. One bedroom has a king sized bed in it. The other has a twin plus a daybed and a trundle bed. She is a few blocks from Ray's house. It would be like sharing a room with visual privacy. She describes the house as cute and small; it is 617 square feet. You have access to the kitchen.

Maritza Luz Vega, C.M.T., RCST®, P.P.I.

Ojai, CA 93023

Mobile: 805 646-1577

maritzaluzvega@gmail.com

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, LR and 2 bedrooms: one bedroom is \$50 and suitable for one person with a twin; the other is larger, has 2 twin beds in it and is \$75 single and \$80 for 2 people sharing it. These bedrooms share a bath. This is next door to the Pepper Tree Retreat where our training will be held. It is not available during our first training module. It is available during the polarity workshop. This is 10-15 min drive from Ray's.

Lindley House

1236 McAndrew Road

Ojai, CA 93023

Phone: 805 646-3967 (Ivan)

joivan@juno.com

Pepper Tree Retreat in Ojai (site of our training)

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. 10-15 min drive to Ray's

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.

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

Michael Bennett

Has three rooms for rent in a home on the East end of Ojai surrounded by beautiful gardens and an organic orchard. This location is a 4 minute drive or 30 minute walk from Ray's house. Rooms cost \$60 per person per night and come with queen beds and full use of house facilities, which include a gourmet kitchen, fireplace, and high speed internet. The cost drops to \$50 per person per night if two people share a room. One of the rooms has a full size trundle bed in addition to a queen bed.

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 is a small counter-height refrigerator on site as well as a stove, oven, and microwave, and sink. 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.

Rainbow Bridge – A health food/grocery store within a few blocks of Ray's house. They also have take-out food.

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

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 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 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 \$1000 by cc, you could receive a refund of \$750 (\$1000-200 -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.

6 weeks or more notice: \$200 if paid by check

Less than 6 weeks' notice: \$300 if paid by check

Less than 1 month's notice: \$400 if paid by check

Less than 3 weeks' notice: \$573 if paid by check [60% of discounted price]

Less than 2 weeks' notice: \$764 if paid by check [80% of discounted price]

Less than 1 week's notice: \$955 if paid by check [full cost of the workshop]

For credit card payments, add 5% of payment received by cc 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.