



# Self-Awareness Weekend

## General Information and Reminder List

### ◆ Preparing for the Weekend ◆

- ❑ Take care of your balance due. (Pay at least two weeks in advance and save \$55.)
- ❑ **Complete your questionnaires by Tuesday before your Weekend.** Email them to: [alambert@selfawarenessweekend.com](mailto:alambert@selfawarenessweekend.com) or fax to 1-207-221-9205, or mail to:  

Andrea Lambert, LMFT  
Self-Awareness Institute  
5777 Madison Avenue, Suite 307  
Sacramento, CA 95841
- ❑ Do not schedule any outside activities for the weekend. Night breaks are for sleeping, eating, exercising and/or spiritual practices only.
- ❑ If you live more than 1 hour away, we recommend that you make arrangements to stay at the Best Western Orchid Suites where we hold the Weekend. Call 916-784-2222, ask for Katie and mention the Self-Awareness Weekend to receive a reduced rate.
- ❑ We strongly recommend that you plan to take Monday off following the weekend. This is very important. It will allow you to rest, take it easy, and be gentle with yourself as you will be open and vulnerable. It will also allow you to integrate the deep changes you've made.
- ❑ Plan to wear casual clothing during the weekend.
- ❑ Plan your time so that you arrive a few minutes before start time to get prepared.

\* **FRIDAY** please arrive by **5:40** p.m.

\* **SATURDAY** please arrive by **9:30** a.m.

\* **SUNDAY** please arrive by **9:30** a.m.

**We recommend that you eat before you arrive.**

### ◆ Weekend Schedule ◆

Friday.....6:00 p.m. To 11:00 p.m.  
Saturday.....10:00 a.m. to 9:00 p.m.  
Sunday.....10:00 a.m. to 7:00 p.m.  
*(Ending times are approximate)*

### ◆ What to Bring Along ◆

- ❑ **Bring a good picture of yourself as a child (alone, if possible) at any age under six (6).** If this is not possible, bring the earliest picture you have.
- ❑ Bring a light sweater or sweatshirt if you tend to get cold.
- ❑ Bring money for lunch on Saturday and Sunday and dinner Saturday night. Amount will be about \$10.00 per meal, depending on your selection from the choices offered at each meal.

### ◆ Breaks and Refreshments ◆

The Self-Awareness Weekend atmosphere is informal, casual, and comfortable. Breaks are scheduled throughout, so you may help yourself to snacks, stretch, visit the restroom, etc.

On **FRIDAY** light snacks will be served.

- ❑ **Everyone will be eating all meals together, so please don't make other plans.**

Any questions or concerns?

Please contact our office:

**Local: (916) 966-0411**

**Toll free: (866) 204-6384**