



Three Sisters
SEND INSTITUTE

32104 County Road 1, St. Cloud, Minnesota 56303
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PROGRAM INFORMATION

Offered by Three Sisters Inspired, the SEND™ program is taught in seven learning modules over eighteen months. Tuition is \$595 per module. A \$300 non-refundable deposit for each module is due 30 days in advance of the module, with the balance due on or before the time of the module. The tuition amount includes the three-day intensive module, workbooks, and snacks. Each module meets Friday, Saturday and Sunday from 9:00 a.m. - 5:00 p.m. The modules are a combination of spiritual, emotional and intuitive learning, supplemented by movement, body focusing, music, ritual, meditation, and dialogue. Between modules students complete reading assignments and reflective learning exercises designed to deepen and integrate the experiences of each module.

MODULE ONE | TRUST

Finding Roots—Planting the Roots of the Inner Self
October 23 – 25, 2009

MODULE TWO | LET GO

Diving Deep—Going Under the Surface of Emotions and Relationships
January 22 – 24, 2010

MODULE THREE | BELIEVE

Burning Through—Lighting the Fire of the Inner Self
April 2010

MODULE FOUR | LOVE

Opening to Love—Extending Compassion to Heal Ourselves and Others
July 2010

MODULE FIVE | HOPE

Shining with Truth—Expressing the Light of the True Self
October 2010

MODULE SIX | JOY

Touching the Sacred Self—Understanding Path, Purpose and Vocation
January 2011

MODULE SEVEN | GRACE

Returning Home—Integrating Self and Service
April 2011

*tentative dates - subject to change

PROGRAM APPLICATION

Enrollment in the SEND program is limited. Applicants are accepted based on receipt of an application and a paid deposit of \$300 and with consideration to creating a balanced and cohesive cohort of students with compatible interests and expectations.

Name _____

Occupation _____

Mailing Address _____

City _____ State _____ Zip Code _____

Home Phone _____ Work Phone _____

Cell Phone _____ Email _____

Deposit Payment Method: A deposit of \$300 is due at the time of application

Check Payable to: SEND INSTITUTE

Visa/MasterCard # _____ Exp. Date _____

Signature _____

PERSONAL COMMITMENT

The SEND™ Program is taught in a cohort model. To achieve the purposes of the program it is imperative that all members of the cohort commit to creating a sacred space where participants can feel free to engage safely and deeply in the work of self development and personal growth. The Personal Commitment defines the values and qualities that participants are expected to demonstrate in their relationships with each other and with the program facilitators. Participants who are not able to adhere to these expectations may be asked to suspend or terminate their work with the program at any time, in the discretion of SEND Institute.

RESPECT

Demonstrates genuine respect for other persons in spite of personal differences;
Evidences appreciation for individual, cultural and spiritual diversity;
Refrains from statements or actions which are inappropriately offensive or hurtful;
Responds directly and appropriately to conflicts, differences, or difficulties;
Maintains appropriate emotional boundaries and responds to feedback around boundary issues;

OPENNESS

Evidences appropriate trust of self and others;
Demonstrates ability and willingness to share self in interaction with others;
Exhibits an open-minded, non-dogmatic style of communication;
Accepts feedback in a positive and constructive manner;
Is aware of, and is willing to share, limitations and weaknesses as well as strengths;
Freely expresses ideas, beliefs, opinions, and feelings.

RESPONSIBILITY TO SELF AND OTHERS

Demonstrates commitment and engagement in the work and activities of the program;
Assumes responsibility for own actions and feelings;
Assumes responsibility for own learning and personal growth despite prevailing circumstances;
Both gives and receives in interaction with others;
Openly seeks personal and/or professional support when needed;

FLEXIBILITY

Demonstrates ability to understand issues from a variety of perspectives;
Is able to helpfully shift roles as needed to facilitate interactions with others;
Is willing to change perspective on the basis of new information or experience;
Is able to effectively draw upon subjective as well as objective ways of knowing;

HONESTY

Verbal and non-verbal expressions are authentic and consistent with one another;
Interaction with others is direct, honest, and respectful;
Actions are consistent with stated attitudes, values, and goals;
Receives information and feedback from others without distortion;
Is clear about own needs, wants and expectations;

SELF REGARD, EMPATHY AND COMPASSION

Demonstrates positive regard for self in spite of perceived limitations, mistakes or failures;
Shows evidence of enjoyment of interpersonal interaction;
Demonstrates the ability and desire to understand the verbal and non-verbal, explicit and implicit, expressions of others;
Is able to laugh at self and others without hostility or hurtfulness;
Conveys an attitude of concern, caring and compassion, helping others feel valued and affirmed;

I have read and understand the expectations for participation in the SEND™ program.

Student Signature

Date

PERSONAL STATEMENT

To assist us in creating a meaningful experience for the SEND cohort, please provide us with a brief statement of the experiences that have led you to apply for the SEND program, and what expectations you have for your own growth and development as part of the program. In addition, please let us know if you were raised in any particular religious/spiritual tradition and if you are currently practicing in alignment with any religious/spiritual tradition.