

California & Connecticut Process Dates

The Hoffman Process is an in-person, week-long personal growth retreat that helps participants identify negative behaviors, moods, and ways of thinking that developed unconsciously and were conditioned in childhood.

All Hoffman Process dates are located here:
hoffmaninstitute.org/dates-2
or scan the QR code for more information:



The total cost of the Hoffman Process is \$6,950, with tiered pricing options. Tuition includes lodging, food, and materials. For more information, call 800-506-5253 or visit our website:

hoffmaninstitute.org/the-process

A \$700 non-refundable, non-transferable deposit is required.

Is the Process for you? See adjacent page for a brief questionnaire.

Hoffman Essential Dates

(Virtual program by Zoom; times are 9 a.m. to 6 p.m. both days)

The Hoffman Essentials is a 2-day virtual program that supports participants in becoming aware of and dismantling barriers that stand in the way of living their best lives. (Note: This program is for people who have not participated in the Hoffman Process; it is **not** a requirement to attend the Process.)

The total cost of the Hoffman Essentials is \$450, with tiered pricing options. Most programs fill early. Please check our website for availability.

To find a complete list of dates and to register, visit:
hoffmaninstitute.org/dates-2
or scan the QR code for more information:



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What Leads People to Take the Hoffman Process:



- I find myself saying and doing hurtful things that I later regret, especially with the people I love and respect.
- I'm anxious and/or fearful about the future and feel that I don't fully live in the present.
- I often feel angry, resentful, or sad; even about things that have happened to me in the past.
- I feel my life is out of balance. I work too much, often to the detriment of other aspects of my life.
- I have essentially achieved what I thought I wanted and yet I feel a certain emptiness inside.
- The meaning is going out of my work and I'm unclear about my future career direction. I feel stuck and/or limited.
- Events in my life have brought on big changes and I want to go through this transition skillfully and successfully.
- I want less self-defeating chatter in my mind. I want more inner peace.
- I experience too much stress and not enough real joy and fun in my life.
- I've been unable to create and/or sustain the quality relationships I desire.
- I often feel that I'm going through the motions, not fully committed and connected to my own life.
- I'm at times either unemotional and disconnected from my feelings or overemotional, and my emotions rule my life.
- I find myself taking on other people's problems and feelings to the detriment of my own life.
- I am spiritually challenged and/or spiritually bankrupt.
- I increasingly find myself using substances and/or behaviors to distract myself from unwanted feelings or to feel "more alive."

**If one or more of these statements apply to you,
we recommend that you consider taking the Hoffman Process.**

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