

September 2, 2026

Dear Participant of the Sterling Men's Weekend,

I would like to take this opportunity to congratulate and thank you for taking the very personal leap forward into the Sterling Men's Weekend. As you will discover, it is a momentous Weekend with a select group of men. For you to get the most out of the Weekend, please attend to the following business so that you will be able to participate fully:

1. Location and Arrival Time

The Sterling Men's Weekend will be held at Verve Hotel at:
1360 Worcester St, Natick, MA 01760

Doors open at 12pm on Friday, October 2nd, 2026, and at 9:00 a.m. on Saturday, October 3rd, and 9:00 a.m. on Sunday, October 4th, 2026.

EST. 1979

On all days, the sessions will continue until they are completed, until midnight or later on Friday and Saturday, and until 10:00 p.m. or later on Sunday evening. Do not plan anything for Sunday night. Do not make any airline reservations until Monday, October 5th, 2026.

2. In order to get maximum benefit from the Weekend, do not drink alcoholic beverages or consume drugs or any other consciousness-altering substances 48 hours prior to the Weekend or at any time during the Weekend unless prescribed by a licensed medical practitioner.
3. The Men's Weekend is very demanding intellectually, emotionally, and physically. I cannot impress upon you enough the importance of getting a good night's sleep the Thursday before your Men's Weekend!

4. The emergency phone number during the Weekend is: (510) 836-1400

This number is available in the event you need to be reached during the Weekend. Please use this number only in an emergency.

5. We require photo identification for entrance into the Weekend.

6. Dress

Since you will be seated for extended periods of time, I suggest wearing comfortable, loose-fitting clothing.

7. Cell Phones and Recording Devices

To ensure a confidential experience for everyone, personal cell phones, smart watches with recording capabilities, and personal recording devices are not allowed in the course room during the Men's Weekend. A guarded and secure phone table will be provided outside the course room for temporary storage of these items if needed.

8. Meal Breaks

Note: There will be dinner breaks on Friday and Saturday.

There will be regular meal breaks, and shorter breaks throughout the Weekend. If you need to eat on a more regular basis, we suggest that you bring snacks for the other shorter breaks.

9. Graduation Ceremony

On Sunday evening, at the end of the Weekend, there will be a Graduation Ceremony. It will be a very important ceremony that you will want to have your closest friends and family to attend. Your guests do not have to be alumni of the Sterling Institute of Relationship. Please have your guests arrive at 7:30 p.m. Since it's difficult to predict the exact time your Weekend will end, please prepare your guests to wait.

10. The Purpose of the Men's Weekend

To engage in the process of locating the source of your power and discovering and dissolving the barriers between you and manifesting that power so that you experience total freedom as only a man can and with that freedom be the man you always wanted to be.

Once again, congratulations for the insight, awareness, and courage you have revealed by committing yourself to do whatever will be necessary for you to realize that purpose. For this you have my utmost respect and admiration.

Sincerely,

A handwritten signature in black ink, appearing to read "Leo Anshutz", with a large, sweeping flourish extending from the end of the name.

Leo Anshutz
Sterling Institute of Relationship
Executive Director