

Registration Form - The 19th HSP Gathering Retreat™ since 2001

(and the 2nd one on Gabriola Island, British Columbia, Canada)

Friday, June 11, 2010 through Tuesday, June 15, 2010

The Haven, 240 Davis Rd. Gabriola Island, British Columbia, Canada – www.thehaven.ca

Name: _____ Phone (____) _____

Address: _____

E-mail: _____

Conference Fee - HSP Gathering Retreat™

If paid before April 25, 2010\$265

If paid after April 25, 2010\$300

The conference fee is to be paid directly to Jacquelyn Strickland one of two ways:

- 1) U.S. Money Order payable in U.S. dollars to:
Jacquelyn Strickland, 1943 Sandalwood Lane, Fort Collins, CO 80526-1527
- 2) Go to: <http://www.lifeworkshelp.com/pay.htm> for credit card payment via Pay Pal

The Haven Meal and Lodging Fees

This amount is to be paid directly to The Haven upon your departure.

All prices include 4 nights lodging, 12 meals, plus 5% GST, 8% HST taxes and meal gratuity.

For a description of these lodging options please go here:

<http://www.haven.ca/groups/accommodation.html>

You may arrive early on the grounds of The Haven, although your room can't guaranteed ready until 4:00 pm. Dinner is at 6:00 pm. Check out of your rooms by 10 am on Tuesday, June 15, 2010, but plan on staying for lunch. Rates & lodging options dependent upon roommate availability.

Private Rooms, Private Bath - limited availability

Ocean View\$1,000.02

Forest View\$ 742.40

Basic Room\$ 596.08

Double Occupancy, Shared Bath, includes Queen & Single beds

Ocean View\$ 589.00

Forest View\$ 459.20

Basic Room (Small, 2 singles)\$ 386.04

Triple Occupancy, Queen, Singles, Pull Out Couch*

Ocean View\$ 459.20

Forest View\$ 386.04

Quad Occupancy, Queen, Singles, Pull-Out Couch*

Ocean View\$ 386.04

*Pull out couches have new 6" foam mattresses

Off-Site, Non-Resident 4 day user fee + 12 meals.....\$ 218.00

Camping Facilities - 20 minute walk from The Haven

<http://www.rdn.bc.ca/cms.asp?wpID=1247>

Campsite with no showers\$ 17.00

(Your off-site fee allows you to shower at The Haven)

NOTE: We realize the lodging options at The Haven are (unfortunately) limited – especially for those wanting a private room. You are free to find your own lodging on Gabriola Island and join us for meals and programs. The 4 day off-site non-resident daily would apply. Go here for suggestions:
<http://www.gabriolaisland.org/webpage.asp?PAGENAME=whereToStay>

Transportation to Gabriola Island from Nanaimo, BC and Vancouver, BC

Please consider ride sharing to and from Gabriola Island. The Haven offers a Ridesharing website. Go here: <http://www.haven.ca/shenblog/> - scroll down on the left hand side to Ride Sharing. For detailed information on getting to Gabriola Island go here: <http://www.haven.ca/participants-info/getting-here.html> If you are still confused after visiting these sites, contact Grace Kerina, my co-host at grace@highlysensitivepower.com.

Cancellation Policy: Full refund on lodging and meals at The Haven if canceling before June 4, 2010. Your Conference fee can be refunded if cancelled prior to May 25, 2010. No refunds after these dates. Thanks for your understanding.

Networking Table: You are welcome to bring personal items for the networking table.

To help out with our planning, please share a few things about yourself with us:

- I prefer vegetarian meals, and I have listed foods I can enjoy and foods I choose to avoid on the back.
- I would like to volunteer at the Gathering Retreat - a sign up sheet will be available when you arrive.
- I am totally new to the concept of HSP and would like to be sure "the basics" are covered.
- I have been integrating the HSP trait into my life for over a year and have been to a HSP Gathering Retreat before.
- I have been integrating the trait for at six months or more, but have never been to a Gathering before.

What I would most like to learn about being a HSP is: _____

The most challenging aspect of being HSP for me is: _____

If applicable: One thing that I have integrated into my daily life that makes it easier for me to cope with my HSP trait is: _____

One thing I most hope to receive from attending a HSP Gathering is: _____

One question I would like to ask Dr. Elaine Aron is: _____

Please rank order which Leisure Activities you would most enjoy:

- Hike, led by Grace Kerina, co-host & resident of Gabriola Island
 - Sea Kayaking
 - Campfire
 - Swimming in the ocean
 - Staying extra days for sight seeing with others?
- You might be interested in

Grace Kerina's *Highly Sensitive Vancouver: 20 Ways to Love Being Highly Sensitive in Vancouver*
<http://www.highlysensitivepower.com/graces-books/highly-sensitive-vancouver/>

(There is one more page to go...)

Important Things to Know about the HSP Gathering Retreats

The HSP Quiet Zones

You can be assured of a quiet place to relax as the sleeping rooms have been designated for napping, journaling, puttering, meditating, organizing, writing, and reflecting. Please do socialize – very quietly in your room, with consent of your roommate, or preferably in the group areas, on walks & at meal times...Thanks

A Word About Therapy and the HSP Gathering Retreats

The gatherings are not intended to be therapy, although for many HSPs they are very therapeutic. If you are in crisis, the gathering is probably not the best place for you this year. As much as we might like to be available during such a time, it is just not possible to be a container for healing while we also take care of ourselves and enjoy the purpose of the gatherings.