

Registration Form for the 20th HSP Gathering Retreat™ since 2001
(and the 7th one at Walker Creek Ranch)

September 2-6, 2010 at Walker Creek Ranch

A beautiful 1700 acre costal mountain setting in Marin County - www.WalkerCreekRanch.org

Name: _____ **Phone:** (_____) _____

Address: _____ **email:** _____

HSP Conference Fee: Includes conference and facility fee

_____ **Before August 23, 2010**\$265.00
Special ! Past HSP Gathering participants **take \$20 off** Conference Fee\$245.00
Bonus Special for All: Register by August 23rd and receive a free one year membership to
HSP World Network (a \$50 value). See www.hspworldnetwork.com
 _____ **After August 23, 2010**\$300.00

Walker Creek Ranch Accommodation and Meal Fees

(Includes 4 nights, 12 meals - Thursday dinner, 9/2/10 through Monday Lunch, 9/6/2010)

_____ **Camping:** Bring your tent and sleeping bag. Share the central bathhouse.\$231.72

_____ **Economy Room:** Dormitory Style with bunk beds. Bring your own bedding including sheets, towels
and pillows or sleeping bag. Shared bathhouse.\$317.20
 _____ Women's Dorm _____ Men's Dorm

_____ **Semi-Private Room:** 2-3 people per room, linens provided, shared European style bathrooms.\$451.72
 _____ Women's Room _____ Men's Room
 _____ I need a roommate assigned
 _____ Please pair me with _____

_____ **Private Room:** 1 person per room in the semi-private lodges. Linens provided, shared European
style bathrooms.\$599.00

TOTAL IF PAYING BY CHECK:

\$ _____

TOTAL IF PAYING BY CREDIT CARD VIA PAY PAL: ADD 3%

Visit <http://www.lifeworkshelp.com/pay.htm> to pay via credit card via Pay Pal \$ _____

Cancellation Policy: Your conference fee & lodging costs will be refunded if cancelled prior to August 2, 2010. In emergencies, you can transfer your conference fee to a future HSP Gathering. No lodging refunds after August 2, 2010. Thanks for your understanding.

Sunday, September 5, 2010

	<p align="center">One-Day Only: Sunday, September 5, 2010 9 am 9:00 - Noon Special Time (In Person) with Dr. Elaine Aron, presenting <i>HSPs and the Undervalued Self</i>. Elaine will be signing copies of her new book.</p> <p align="center">2:00 - 5:00 pm Dr. Ted Zeff, author <i>The Strong, Sensitive Boy</i>. Ted will be signing copies of his new book.</p>	<p align="center">REGISTER BY 8/2/2010</p>
	<p>One Day Session: Includes conference programming, Lunch, Dinner & Walker Creek Day Use Fee. You are welcome to stay (and perform ?) for Creativity Night as well - Sunday night 7:30 pm</p>	<p align="center">\$160.00</p>

Transportation and Check In:

Transportation needs to be arranged individually, however ride sharing is *strongly* encouraged. Email Jacquelyn at womenoutdoors@yahoo.com if you can share a ride or if you need a ride. **Check in Thurs 9/2/2010 is 3:00 PM.** Dinner served at 6:00 PM. **Checkout Monday, 9/6/2010 by 11:00 AM. Stay for lunch and afternoon hike or swim.**

Please Make Check Payable to: Jacquelyn Strickland, 1943 Sandalwood Lane, Fort Collins CO 80526-1527, or Visit <http://www.lifeworkshelp.com/pay.htm> to pay via credit card via Pay Pal (add 3%)

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: _____

Note: You are welcome to bring personal items for our HSP Networking table.

Please rank order which Leisure Activities you would most enjoy:

- Hiking
- Swimming in Turtle Pond
- Afternoon outing to beach
- Campfire
- Staying extra days for sight seeing with others

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.

Revised: July 3, 2010