

Registration Form – The 23rd HSP Gathering Retreat™ (since 2001)

When: 3:00 pm, Thursday, Sept 1 to 1:00 pm, Monday, Sept 5, 2011

Where: La Casa de Maria~800 El Bosque Rd, Santa Barbara, California 93108

<http://www.lacasademaria.org>

(Dr. Elaine Aron will be our guest speaker in person, on Sunday, Sept 4, 2011.)

Name: _____ Phone: _____ Date: _____

Address: _____ Email: _____

How did you find out about this HSP Gathering Retreat? _____

Calculation & Payment Instructions

1. From the **Conference Fees** below, decide which registration deadline you can meet:
(1) Before July 1 (2) Before August 1 (3) After August 1

Space is limited; please register early, especially if you need a private room.

2. Choose which Accommodation type you prefer.
3. Add together the Conference Fee + the chosen Accommodation
4. Remit payment. You may pay via Pay Pal by using a credit card
<http://lifeworkshelp.com/pay.htm> (Be sure to update your total in 'Your Order Summary' and check which Country's currency you are paying with.) Contact Jacquelyn if you would like to pay by check.)

Cancellations/Refunds

We can refund 75% of your conference fee only, if your request is made by April 15, 2011. After this date, there can be no refunds. Thanks for your understanding.

Conference Delegate Fee - Register Early for a Discount	US \$
Early bird registration - before July 1, 2011 Extended 4 ltd time	\$265.00
Standard registration - Extended thru Aug 19th - latest deadline !!	\$310.00
Late registration - After August 19, 2011	\$375.00

Accommodation Options - 4 night stay, includes 12 meals from Thursday dinner, Sept 1 dinner through Lunch on Monday Sept 5, 2011	Total per person US \$
I need a roommate assigned ____ (possible only if available) I would like to room with _____	
1. Single Occupancy, private bath, (Limited # of private rooms)	\$616.00
3. Double occupancy, private bath(only if roommate available)	\$502.00
4. Triple occupancy, private bath (only if roommate available)	\$440.00
5. Commuter fee \$55 per day, includes 12 meals (4 days)	\$220.00
6. Sunday only 9:00 - 9:00 pm (Includes lunch & dinner; Elaine Aron's & Jacquelyn's presentations + Creativity Night!)	\$160.00

Transportation: 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. There is an Amtrak station in Santa Barbara about 5 miles from La Casa. The Greyhound bus station is about 7 miles from La Casa.

To help with planning please respond to the following questions and send them, along with the first page of the Registration Form, to: Jacquelyn Strickland at womenoutdoors@yahoo.com (you can type your answers & send them in an email.)

___I have special dietary concerns and have listed them on the back. Special requests, including vegan, gluten free, etc. can be accommodated if requested by May 15, 2011.

___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.

Leisure Activities

Saturday afternoon from 1-6 pm is scheduled leisure/retreat time. There will be sign up sheets for various activities ranging from hiking to beach walking to shopping to sight seeing.

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.

Thanks to my co-host ,Shane Hathaway

Revised August 2011