

Gathering Retreats for Highly Sensitive People

YMCA of the Rockies, Estes Park, Colorado

October 4 - 8 , 2007

The Tentative Agenda

with the premier of the new DVD "A HSP Sunset Ceremony"

by Mike Larson with Jacquelyn Strickland

Thursday, October 4, 2007 **Welcome to Fall in Colorado**

Arrive as early as you can on Thursday. Take time to get yourself acclimated to your beautiful surroundings in Colorado, including the altitude. You will be given maps of the YMCA grounds, Estes Park and Rocky Mountain National Park. This is an amazingly beautiful area -it would take about 10 days to see and take in everything.

Check in at the Administration Building - Across from the Flagpole

Note: Be aware of the altitude: take it easy the first day, drink lots of water, and eat protein snacks. See list of "*What to Bring*" for additional suggestions.

3:00 pm Administration Building - Across from the flagpole - Check In
Your room will be ready by 3:00 pm, and maybe even earlier if you ask.

Look for the HSP Gathering Retreat table and pick up your HSP Gathering Registration Packet, have a cup of tea or coffee. You'll notice the agenda invites you to join in on hikes, horse back riding, and a Friday evening watching and hearing the great bull elks' bugle cry as they fight for their winter harem of female elks. This is quite an amazing sight to see.

I will be on hand to meet you, along with my two Colorado co-hosts: Peter Messerschmidt from Port Townsend, Washington, and Molly Sheahan from Ft. Collins, Colorado.

Peter is a HSM (highly sensitive male) whom many of you know from the message boards. Molly is my dear HSP Dyad Partner (HSP-DP) here in Ft. Collins. Both Molly and Peter attended the Sequoia National Park HSP Gathering Retreat in Three Rivers, California in the fall of 2004.

HSP Reunion, Discussion & Collaboration Group - Meet HSPs who have attended gatherings before, and reunite with some of your old gathering friends. This group will be asked to help identify 'core' issues facing HSPs and how they have personally and/or collectively addressed these issues.

11:15 Break

11:30 am **Basics & Reunion Groups Reconvene**
We'll hear from each group's "recorder" about the "qualitative research" gathered in each group.

12:45 Lunch

Free time - Drive up to Emerald Peak, enjoy the outdoor chapel
Take a hike, Shop in Estes Park, take a drive to a destination in Rocky Mountain National Park -Don't get left out of an activity you'd like to enjoy - see the volunteer activity coordinator for who's going where.

5:45 pm Dinner

7:00 pm **"The Bull Elk Bugle Show" in Rocky Mountain National Park**
Meet in front of Admin Building for carpooling. A \$20 per vehicle entrance fee, or an annual National Parks pass required.

9:00 pm **Return to YMCA - Optional Activities**

- Check email in the Administration Building and/or
- Meet for tea, coffee or light refreshments in the Rustic Café
- Sit out and look at the stars, continue your HSP conversations

Good night. Remember your flash light and that extra blanket for the cold fall evenings.

Saturday, October 6, 2007

7:00 am Breakfast
-8:45 am

9:00 am **Hikes from Fern Lake Trailhead Or**
Free time to do as you wish
"The Pool" - 2 hours round trip (Easy)

Cub Lake -3 hours round trip (Moderate)

Please be prompt, bring your jacket, sunscreen, day pack, snacks & water

"The Pool" - 2 hours round trip (Easy)

Cub Lake -3 hours round trip (Moderate)

- Noon Lunch in the dining room
OR eat on the trail with your box lunch picked up that morning
- 1:30 pm Arrive back at YMCA in time for a nap, shower, journaling, puttering
- 3:00 pm **Thriving, Not Just Surviving as a HSP**
Jacquelyn Strickland, LPC
- 6:00 pm Dinner
- 6:00 Dinner
- 7:00 pm ***Art Night - Always a favorite at the HSP Gatherings !***

Art Night OR Group Dialogue OR Both

If you have never made a personal art collage, be sure to join us for this relaxing, creative, self-expression activity. This is a soothing way to settle in for the night and possibly help create some pleasant dreams. Music, candles (if no sensitivities to candles ☺), materials provided. No experience necessary. Bring your favorite CDs to share.

Sunday, October 7, 2007

- 9:00 Meet Dr. Elaine Aron via a personal interview
with Jacquelyn Strickland
- 9:30 am ***Winners and Lovers: Balancing Power in all our Relationships -***
Dr. Elaine Aron
- 11:00 am Fifteen minute break
- Noon: Book signing with Elaine

12:30 Lunch

2:00 pm *Horseback riding - Jackson Stables, YMCA of the Rockies Livery*

Reservations Required:

\$30 1 hour ride Deer Meadows/Glacier Basin

\$45 2 hour ride Moraine Park/Emerald Mt.

6:00 Dinner

7:00 pm ***Creativity Night - Another Favorite of HSP Gatherers***

This has always been a *very special night* at the HSP Gathering Retreats. It is a time for you - our dear creative HSPs - to shine. Please consider sharing your own creative talent which might include poetry, art, music, song, dance, monologue, photography -- or whatever you would like to share.

Sign up with our HSP Master of Ceremonies volunteer

Monday, October 8, 2007

7:00 am Breakfast with plenty of time to pack your things to be out of your room ---8:45 am by 10 am

10:00 am Our groups final gathering - until next year

This is always a special time of closing, sharing what you have learned and what you will be taking back with you. What might you be doing different when you return home? How will you keep this energy alive to tap into it when you need it most?

Noon: Lunch

1:00 pm Meet for carpooling to Grand Lake, weather permitting. Stay overnight in Grand Lake, Colorado. Dinner and lodging on your own, although we can coordinate this at the Gathering. We need a Grand Lake Volunteer to be responsible for this task. Thanks.

OR

Plan to stay another night at the YMCA, visit Estes Park, continue your connection with HSPs you have met and want to spend informal time with.

