



**Registration Form**  
**The 2nd HSP Colorado Gathering Retreat™**  
 (& The 17<sup>th</sup> HSP Gathering Retreat since 2001!)

**October 1 - 5, 2009 YMCA of the Rockies, Estes Park Colorado [www.ymcarockies.org](http://www.ymcarockies.org)**

**Name:** \_\_\_\_\_ **Phone:** (\_\_\_\_\_) \_\_\_\_\_  
**Address:** \_\_\_\_\_ **email:** \_\_\_\_\_  
**City, State:** \_\_\_\_\_

**Conference Fees:** Includes conference fee, Facility Fee

_____ <b>Before August 1, 2009 extended to August 20</b> .....	\$245.00
_____ After August 2, 2009 but before Sept 4, 2009 .....	\$275.00
_____ After Sept 5, 2009(if space available ) .....	\$300.00

**(Obviously we need your registration by August 1, 2009! Please register early.)**

**Accommodations Available: Includes 4 Nights and 12 meals**  
 (Thursday dinner, 10/01/09 through Monday lunch 10/05/09)

___ Private Room: 1 person per room, 1 queen bed, 2 bunk beds, private bathroom	\$560.00 per person
___ Semi-Private: 2 people per room, 1 queen bed, 2 bunk beds, private bathroom	\$340.00 per person
___ Semi-Private: 3 people per room, 1 queen bed, 2 bunk bed, private bathroom	\$268.00 per person
___ Semi Private: 4 people per room, 1 queen bed, 2 bunk bed, private bathroom	\$230.00 per person

	<b>TOTAL</b>	\$ _____
<b>Conference Fee Total (from above)</b>		\$ _____
<b>TOTAL AMOUNT ENCLOSED:</b>		\$ _____

**Late Registration & Cancellation Policy:** After Sept 5, 2009 registration is allowed only if space is available. We will reluctantly refund the conference fee only before Sept 1, 2009. After Sept 1, 2009, *no* refunds can be given. Thanks for your understanding.

**Transportation and Check In:**

Fly into Denver International Airport. Transportation to Estes Park needs to be arranged individually, however carpooling is encouraged. There are airport shuttles as well from Denver. **CARPPOOL? RIDE SHARE?** Email Jacquelyn at [womenoutdoors@yahoo.com](mailto:womenoutdoors@yahoo.com) if you can share a ride or if you need a ride.

You can **check into your room on Thursday 10/01/09 at 3:00 PM. Feel free to arrive on the grounds earlier in the day and take advantage of the activities, programs or the beautiful surroundings.** Dinner served at 6:00 PM.

**Checkout Monday, October 5, after breakfast - Please have your things out of your room by 10:00 AM.**

**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

**Sunday, October 4, 2009**  
 9:00 – Noon Dr. Elaine Aron  
 This will be our special time with Dr. Elaine Aron. The specific topic she will speak on is still being decided upon. It is not yet determined if she will be appearing in person or via teleconference There will also be time for your Questions & Answers.

**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'm ready to jump right in to deeper conversations with new and old friends.

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: \_\_\_\_\_

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

Picnicking

Horseback riding

Sightseeing

Campfire

Utilizing the craft room at the Y

Staying a few extra days to travel over Trail Ridge Road into Grand Lake with other HSPs – arranged on your own.

### **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.