

# \* \* RECREATE YOUR INNER CHILD

## AT THE CODA RETREAT IN THE REDWOODS

AUGUST 1 - 3, 2008  
 HAPPY VALLEY CONFERENCE CENTER  
 SANTA CRUZ \* \* CALIFORNIA



### A WEEK-END OF SELF-CARE – MIND, BODY, SPIRIT; RECREATING YOUR INNER CHILD

- 3 day retreat: Fri. & Sat lodging, Fri. dinner-Sun. breakfast, workshops & activities.
- 2 day retreat: Sat. lodging, Sat breakfast-Sun breakfast, workshops & activities
- Saturday Workshops: 3 meals, workshops & activities.

Stay tuned for more workshops:

How To Feel The Fear And Do It Anyway, Beneath The Tip Of The Iceberg, The "Work", The Steps, Inner Child-Come Out & Play,

Activities: Sunrise TaiChi \* Massages \* Zumba \* Volleyball \* Camp Fire Meeting



DO NOT BRING pets, firearms, or persons under age 18. No drugs or alcohol. Smoking is permitted in designated patio.

\*\*\*\*\* C U T H E R E \*\*\*\*\*

REGISTRATION FORM			
Name			
Address			
City/State/Zip			
Phone		Cost	Qty
<b>Registration received by June 30th</b>			
Fri-Sun: Cabin/meals		\$160	
Fr-Sun: RV or tent /meals		\$140	
Sat-Sun: Cabin/meals		\$105	
Sat: Workshops/meals		\$ 55	
<b>Registration cutoff - 6PM July 17th</b>			
Fri-Sun: Cabin/meals		\$190	
Fr-Sun: RV or tent /meals		\$140	
Sat-Sun: Cabin/meals		\$105	
Sat: Workshops/meals		\$ 55	
<b>Upgrade to private "COUPLES" Room</b>		\$ 65	
<b>CAMPERSHIP CONTRIBUTION</b>		\$	
<b>Total Amount Enclosed</b>			
<b>Cabin reservation preference</b>			
<input type="checkbox"/> Female	<input type="checkbox"/> Male	<input type="checkbox"/> Private couples room	
(no coed rooms – although bathrooms may be coed)			
Confirm by email: _____			
<b>Doctor mandated diets: mail with registration.</b>			
<input type="checkbox"/> Vegetarian	<input type="checkbox"/> Vegan	<input type="checkbox"/> No Wheat	<input type="checkbox"/> No Dairy
<b>Reserve your massage (1<sup>st</sup> come/1<sup>st</sup> serve)</b>			
<input type="checkbox"/> Chair massage	<input type="checkbox"/> Zumba	<input type="checkbox"/> Table massage	

- ABSOLUTELY NO WALK-IN REGISTRATION.
- 4 PRIVATE COUPLES' ROOMS, 4 RV SITES, 10 TENT SITES & 11 EXTRA WIDE LOWER BUNKS.
- EARLY REGISTRATION DEADLINE 6/30/08.
- REGISTRATION CUTOFF 7/17 6 PM.
- MISS CUT OFF DATE? CALL 831.476.8450.
- REGISTRATION CAN BE TRANSFERRED OR DONATED.
- MAKE CHECK PAYABLE TO SCCCC
- MAIL: PO BOX 1415, SANTA CRUZ, CA 95061

GROUP CABIN RESERVATION(see cabin map )

Cabin 1<sup>st</sup> choice: \_\_\_\_\_  
 Cabin 2<sup>nd</sup> choice: \_\_\_\_\_  
 Cabin 3<sup>rd</sup> choice: \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

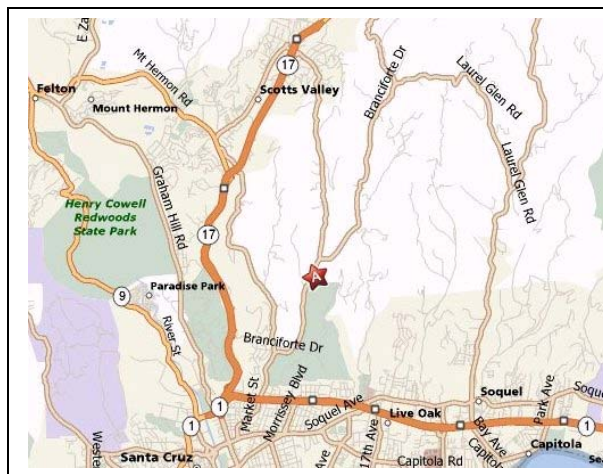
## \*\*\* MORE INFORMATION

- Check in at the Lodge Breezeway.
- Fri - 4:00 to 7:00 pm; Sat - 7:30-8:00 am.
- DO NOT ARRIVE AT CAMP BEFORE 4:00 PM on Friday.
- Filtered water, coffee & tea available at no charge.
- Drinks & bottled water in vending machines. Bring change.
- Bring: Childhood picture of yourself for Fri. Nite share.
- Must bring: sleeping bag or bedding & towels & toiletries.
- Consider: Sun block, layered clothing, hiking boots, Journal, ear plugs, stuffed animal, cash for massage, & story book\* (can be donated to local children's literacy program.)

### Directions

**From South:** Hwy 1 north. Ocean street exit. (L) on Water. (L) Market. Market dead ends into Branciforte Ave. Pass the Mystery Spot. (R) 2<sup>nd</sup> Happy Valley driveway.

**From North:** HWY 880/17 South Take SCOTTS VALLEY DR exit toward GRANITE CREEK RD. (L) SCOTTS VALLEY DR. (L) GRANITE CREEK RD. (R) to stay on GRANITE CREEK RD. (R) BRANCIFORTE DR. Driveway on left at 2159 Branciforte Dr .

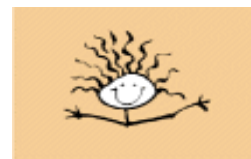


Interesting in speaking: Call Nanci A. at 831.462.9336

Questions?: Email: [scdragonfly@gmail.com](mailto:scdragonfly@gmail.com) or call 831.476.8450

More infor? Go to [SCruzCodaRetreat.org](http://SCruzCodaRetreat.org)

## CONSIDER DONATING TO "CAMPERSHIP FUND"



- ❖ The Campership Fund is a "MATCHING FUNDS" assistance program.
- ❖ Contributions of any amount are accepted.
- ❖ Send contributions in with your registration.
- ❖ Your generosity will give someone the opportunity to further their program.

### Do you need a camper ship?

- ❖ Camper ships are available on a FIRST COME, FIRST SERVE BASIS. You will be notified as soon as camper ship is available.
- ❖ After we have received your check for half of the camp registration fee, your name is place on the list.
- ❖ If matching funds are not available, your check will be refunded regardless of the date.
- ❖ Camper ships are confidential and given with the understanding that service will be rendered at camp.
- ❖ If you want to participate, call contact Nanci A. at 831.462.9336 before sending in your registration.