



77 East 12th Street, #14H
New York, NY 10003

More Convention Activities

Mat Track. Express your feelings in a safe, supportive primal group, available every day.

Massage/Bodywork/Acupuncture. An expert team offering various modalities will be on site. Win half-hour sessions by being punctual at Community Meetings.

Women's and Men's Group. After breakfast each day, gather with others of your sex to express thoughts and feelings, join in song and ceremony.

Peer Groups. Share the events and feelings of the day in a small-group setting.

Movement and Yoga. Wake up to early morning stretching, Yoga or walking.

Community Meeting. The entire community meets every evening to greet newcomers, discuss convention news, and review the program. Come on time and be in the drawing for a free bodywork session.

Annual Membership Meeting and Elections. Join us for this important IPA event on Thursday evening.

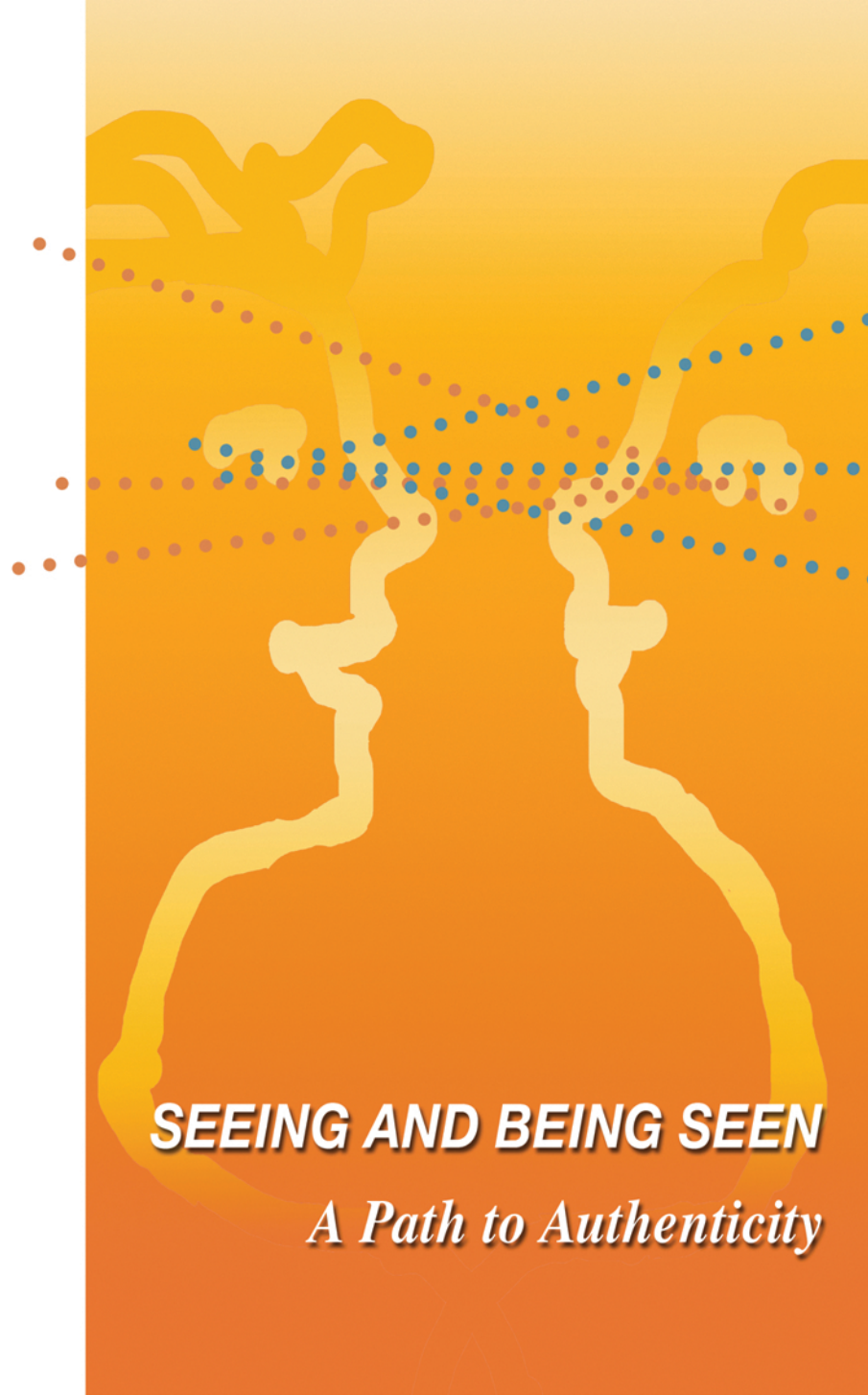
Sandplay and Painting. Materials will be available all week for you to express yourself and see yourself in imaginative and creative ways.

Swimming and Sunning. Take a short ride to Lewes' sparkling beaches.

Cabaret! Another opportunity for artistic expression in music, poetry, comedy, satire, or any form you choose in front of the most supportive audience you'll ever find. On Friday evening.

Saturday Night Dance Party. Bring your party clothes for a laid-back swinging evening of dancing and snacks.

Jam Session and Singalong. Every evening into the wee hours. Snacks available.



43rd Annual Convention and Retreat

August 24 - 30, 2015

Virden Retreat Center • Lewes, Delaware



International Primal Association

www.primals.org

Welcome!

- Dear friends,
- We heartily invite you to join us this summer at the IPA's annual gathering.
- We think that the theme, "Seeing and Being Seen," is well attuned to the goals of feeling therapies, especially recapturing a part of ourselves that was lost from our childhood. As Freud articulated, we once were whole and saw the world and ourselves as one. It is part of the natural process to retreat from that "oceanic" feeling as we mature, although for some it can be recaptured though meditation, prayer, or being in love.
- But for those of us who suffered in our early years from trauma or abuse or even just a chronic lack of basic needs being met, those methods may not be enough. We need to take the more arduous path of feeling the fear and pain that our early selves were too fragile to experience. Then as we see who we really are and accept the awful feelings we had, we can allow others to see us too, a sure path to recapturing the authentic self.
- At the convention, we will have opportunities every day to get in touch with early feelings on a deep level and to share our experiences with others in various peer and community groups. We will also dance, paint, sing, and go to the beach!
- Harriet Geller and Alex Tadeskung, Convention Chairs
- Email us at convention@primals.org or call 212-674-4278.



Virden Retreat Center

Lewes, Delaware

We are so pleased to be returning to the luxury of Virden, where all rooms feature private baths and daily maid service, and the deliciously healthy meals are elegantly served. The Center is a five-minute drive to the Delaware shore beaches, bay or ocean, where we can unwind in the late afternoon. Take a look at www.udel.edu/conf/lewes.htm.

Traveling to Virden

Email Dave Gorsky at davidjohngorsky@gmail.com or call 908-590-1544 to get help with travel plans. He will send you driving directions or make arrangements for pickups from Philadelphia Airport or the Cape May Ferry Terminal. Pickups will be available only at a very few times during the week of the Convention, so please coordinate with Dave. We may also be able to meet a day early and drive together to Virden as we have done before.

Workshop Sampler

Family Constellation Workshop, Randy Goldberg. Family Constellation Work helps you connect and correct the past so that you can move forward with inner peace and allow the hidden to come to light.

Contact Improv: The Healing Power of Touch, Anne Bassen. Learn basic contact improv skills that lead into nurturing, playful dances, starting with hand dances done lying down and progressing to full body contact dancing.

Supporting the Hurt Child, Harriet Geller. In this experiential workshop, we will learn how to provide support for our early feelings by using Psychomotor's Ideal Parents residing in our own psyches.

Primal 101, Barb Bryan and Dianne Arman. A two-session introduction to Primal Integration (for CEUs) led by experienced, knowledgeable practitioners. Contact 810-229-9679 for more information.

Expressing Ourselves In the Language of Art, Julie Eliason. Use the supplies, handouts and suggestions for exercises, which will be available all week. Share what you have created and do new work in this workshop.

The Enneagram, Rick Benson. Enneagram typing offers one more way to look within and know ourselves and to look at our friends and see them anew.

A Journey through Feelings to Spirit, Tom Rose, Dianne Arman. Learn how re-experiencing and accepting our repressed, fearful past can open us to the spirit within through an expressive exploration out of our personal experience.

The Theater Within, Jean Rashkind. Bring your feelings and imagination to the stage and be seen. Try this fun way to connect to your authentic self.

Tears at Orgasm: What do they say about Love? Diane Kohl will create a safe place to share orgasm's self-loving experience. Her book *EVOLution of an Orgasm*, reveals how self-love is created through orgasm.

Internal and External Support, Stuart Friedman and Laurie Schwartz. By cultivating mindful awareness we will travel back into our essence through sensation and feeling, giving and receiving, in an intimate, trusting atmosphere.

Introduction to Jungian Sandplay, Marie Regis. Express your unconscious through the profound and limitless world of Sandplay using the IPA's impressive collection of symbolic objects.

Words Can See Inside Us, Harriet Geller. Writing poetry, with the support of fellow seekers, is a lovely and fulfilling avenue to our real selves.

Drumming: Unity and Diversity, Laurie Schwartz. An opportunity to see how celebrating with others in community can foster our common spirit and have a significant impact on feelings of unity as well as diversity.



Keynote Presentation: Susan Aaron, B.A., R.M.T.

Susan's experiential presentation will focus on how the body is a partner in helping us to be seen by others and by ourselves. When we have a painful experience that is not addressed adequately and/or healed at the time of the occurrence, this transmutes within our bodies and becomes pain, discomfort, numbness or an illness of some sort. If we can learn to listen and translate these body-based, non-verbal messages, then we can "see" into our past and embody the truth of who we are, who we have been, and who we are becoming as our authentic selves.



Susan Aaron is an internationally respected expert on emotions, the body and spirituality. She is a psychodramatist, certified by the Toronto Centre for Psychodrama and Sociometry, a registered massage therapist and a Reiki Master with extensive training in body psychotherapy. In 1990 she created a training program called Psychodramatic Bodywork®, and this is the modality that is the foundation of her work, applying principles that support the physical, emotional and spiritual journey.

You can contact Susan at (416) 699-3211 by phone or aaron@youremotions.com by email. Her website is www.youremotions.com.

Her exploration will be done using a combination of psychodrama and bodywork (Psychodramatic Bodywork®). It is not necessary to have any prior experience with either of these modalities. A foundation in Primal Therapy will offer sufficient exposure to similar methods, so that these concepts will feel natural and easily understandable.

What to Bring to Virden

Very comfortable, casual clothes and maybe something special for the party Saturday night.

Swim suit, beach towel and toys for excursions a mile away at the bay or ocean.

Musical instruments and sheet music for a jam session and sing-along every evening. Virden does not provide a piano.

All rooms have a private bath and daily maid service. Linens, blankets, towels, toiletries and coffee maker provided.



Registration

Add \$10/day if paid after August 7.

Add \$10/day for non-members.

Add \$50/day for a single room. This may be off-premises as space is limited. Must register by July 20.

Single day with no overnight is \$60 for first-time attendees.

Subtract \$15/day (or \$80 for 6 days) if sharing a room with 2 others (one queen bed, one cot). Please specify their names below.

Early-bird Member Rates for Double Room, Private Bath

Personal Income	Daily Rate	Six-Day Reduced Rate
UP TO \$15,000	\$75	\$395
\$15 - \$30,000	\$105	\$555
\$30 - \$50,000	\$145	\$760
\$50 - \$85,000	\$180	\$945
ABOVE \$85,000	\$210	\$1,100

NAME OF REGISTRANT _____

ADDRESS FOR NON-MEMBERS OR ADDRESS CHANGE: _____

CITY, STATE/PROV. _____

ZIP CODE _____

COUNTRY _____

E-MAIL _____

PHONE _____

WHERE DID YOU HEAR OF THE IPA? _____

DAYS ATTENDING: MON TUE WED THU FRI SAT SUN

FIRST MEAL ON ARRIVAL DAY: B L D LAST MEAL ON DEPARTURE DAY: B L D

SPECIAL FOOD NEEDS _____

TYPE OF ROOM PREFERRED: SINGLE WITH 1 QUEEN OR 2 TWIN BEDS

DOUBLE WITH 1 QUEEN OR 2 TWIN BEDS

I AM SHARING A DOUBLE ROOM WITH _____

I AM SHARING A TRIPLE ROOM WITH _____ AND _____

I AM REGISTERING FOR _____ DAYS	\$ _____
PLEASE ALSO REGISTER _____	\$ _____
_____	\$ _____
OPTIONAL DONATION TO THE IPA _____	\$ _____
TOTAL (US FUNDS ONLY)	\$ _____

PAY VIA PayPal: www.primals.org/pay.html

PAY VIA Credit Card: VISA MASTERCARD DISCOVER

CARD # _____

EXP DATE _____

PAY BY CHECK payable to IPA IN US FUNDS, AND MAIL TO:

Gary Bradley, 1098 Trap Branch Road, Bedford, VA 24523 USA

FOR MORE INFORMATION: CALL 540-297-1795 OR EMAIL treasurer@primals.org