

Convention Activities

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

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

Women's and Men's Group. After breakfast, gather to share and learn.

Small Wrap-Up Groups. Close the day and wind down every evening.

Walking. Wake up to an early morning walk with Alex Tadeskung.

Community Meeting. The community meets to greet newcomers and review programs for the following day.

Sandplay and Painting. Materials are always available for creative expression.

Swimming & Sunning. Take a short ride to local beaches.

Jam Session and Sing-along. Every evening into the wee hours.

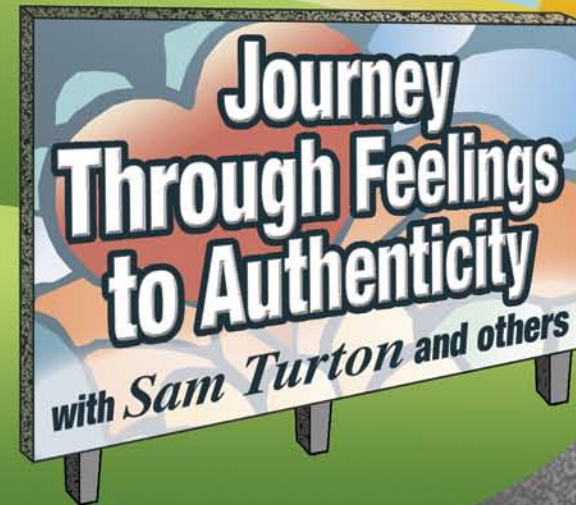
Cabaret! Another opportunity for artistic expression in music, poetry, comedy, satire, or any form you choose on Sunday evening.

Annual Membership Meeting Saturday evening.

Monday Night Dance Party. Bring your party clothes for a laid-back, swinging evening of dancing, conversation, and live music.

August 24-30, 2017
45th Annual Summer
**Convention, Retreat,
and Training**

Virden Retreat Center • Lewes, DE



**International
Primal Association**

a non-profit corporation

www.primals.org • 877-PRIMALS

Virden Retreat Center, affiliated with the University of Delaware, is located at 700 Pilottown Road • Lewes, DE 19958
302-645-4100



The theme for this year's 45th IPA Summer Convention, Retreat and Training is **Journey Through Feelings to Authenticity**. Sam Turton, featured presenter, will be teaching and facilitating during mat track and scheduled activities. Learn more about Sam at www.primalworks.com.

At this Convention you will have the opportunity to delve into your mystery, share it with compassionate co-seekers, and experiment with new behavior. Uncovering blocked emotions often comes from being mindful with self and others. Come and be willing to take the risk of revealing your authentic self.

Our committed members volunteer time and energy to keep the IPA community strong and cohesive, so that the unique nature of the IPA programs can continue to provide opportunities for healing, growth, and enrichment.

Travel and pick-ups from Philadelphia, Baltimore-BWI, and the Cape May Ferry Terminal will be coordinated by Leonard Rosenbaum (202-329-6134). If it is more convenient, you are welcome to meet a day early at The Woods Place in Rising Sun, Maryland and travel in groups to Lewes.

Convention chairs: Dianne Arman and Laurie Schwartz

A Sample of Workshop Choices

Primal Integration Training led by Barbara Bryan. Accumulate hours toward certification as a Primal Integration Educator.

Mindful Primal with Stuart Friedman and Laurie Schwartz.

William Whitesell's **Breathwork** unblocks emotions to fully experience energy flow.

Primal Theater directed by Jean Rashkind is an opportunity to play, laugh, and, if desired, be serious about your journey to authenticity.

Choreographer Anne Bassen will lead her group in creative **Contact Improv**.

Published poet, Harriet Geller, will guide aspiring poets in a non-threatening way to **Write From the Heart**.

Enneagram, with Rick Benson, will allow participants to learn more about their individual personalities. Each year Rick brings new and exciting information.

Beyond the Mat, brought to us by Pathwork trainers Sara Atala and Keith Covington, will help people integrate what has been learned from deep emotional release work.

Continuum, a gentle exploration of our body's healing capacity, will be taught by Ellen Cohen.

Stuart Friedman will lead exercises to help us understand **Heart Intelligence**, a knowing that takes understanding to a new level.

One-on-one sessions will also be available with Mickey Judkovich, Dianne Arman, Thayer White, and others. Marie Regis will be available for acupuncture. Julie Eliason will facilitate art activities and sand play.

45th Annual Summer Convention, Retreat, and Training

Thursday through Wednesday

August 24-30, 2017 • Lewes, DE

Registration

Early-Bird Member Rates

- Add \$10/day if paid after August 7th
- Non-members add \$15/day
- Single Rooms add \$50/day (limited availability)

DOUBLE ROOM • PRIVATE BATH		
Personal Income	Daily Rate	Six-Day Reduced Rate
UP TO \$15,000	\$75	\$395
\$15 - \$50,000	\$100	\$555
\$50 - \$100,000	\$135	\$740
ABOVE \$100,000	\$160	\$890

NAME OF REGISTRANT

ADDRESS

CITY, STATE/PROV.

ZIP/POSTAL CODE

COUNTRY

E-MAIL

PHONE

HOW DID YOU HEAR OF THE IPA?

DAYS ATTENDING: THU/24 FRI/25 SAT/26 SUN/27 MON/28 TUE/29 WED/30

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

SPECIAL FOOD NEEDS

I AM SHARING A DOUBLE ROOM WITH

I AM SHARING A TRIPLE ROOM WITH

I AM REGISTERING FOR _____ DAYS \$ _____
PLEASE ALSO REGISTER

\$ _____

\$ _____
OPTIONAL TAX-DEDUCTIBLE 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

SEC. CODE

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

Warren Davis, 5539 Columbia Pike #816, Arlington, VA 22204

FOR MORE INFORMATION: 877-PRIMALS