

INTERNATIONAL
PRIMAL
 ASSOCIATION
Supporting Growth and Healing Through Deep Feeling Process

Join us for the 37th Annual IPA Convention

Loving to Feel: The True Connection

Monday August 24 – Sunday August 30, 2009
 Concord Retreat
 Concord Road, Yellow Spring, West Virginia



Feel Different

What do I get out of this?
 Well, open me up and find out!

Early photos of you, please!

Please bring baby and early childhood photos of you, large if possible, in the 8½ x 11 range. We'll have a scanner/printer available for enlarging small pictures. Let's process the experience and feelings those little gals and guys were going through!



International Primal Association

c/o Sandy Weymouth
 55 Patrick Ward Drive
 Rising Sun, MD 21911-2616
 302-530-1535

COME JOIN US!
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Other Great Convention Activities

- ❖ Start the day with **yoga** or a **walk** before breakfast.
- ❖ Open yourself up to your gender in our **Women's** and **Men's Groups**.
- ❖ **Mat Track** every morning to get down into your feelings.
- ❖ **Community Meeting** after dinner. Sound off on issues and joys.
- ❖ **Peer Groups**, about 5 people each, every evening for talk, primal, whatever.
- ❖ Various forms of **massage therapy** will be available at **\$50/hour**.
- ❖ **Cabaret** as usual on Friday night. Get on stage. Do it! Guaranteed we'll love you!
- ❖ Saturday, **Boogie!** You could have danced all night? Well, tonight there's no excuse

If feelings come up and you want to process them, we always designate at least one **Primal Room**. If you want support, coaching or whatever, primalers love to support feelings work. If you're looking for helpers with credentials, they're around.

Concord Retreat

You're going to like Concord: it's huge, it's beautiful and there's plenty of interior space for workshops, discussion groups, and other gatherings. Concord has a **paint ball course** and a **low ropes course**, but they need to know in advance if we're interested. The paintball charge is \$20 per person; the ropes course is \$15 per person. Please add the charges to your registration fees if you want this to happen.



Concord has a **swimming pool**, an **obstacle course**, **volley ball** and **basketball courts**, a **campfire circle** and a **hillside amphitheatre**. Learn more at ConcordRetreat.com.

To get there: Yellow Spring, WV, is about 20 miles due west of Winchester, VA, which is the northern sharp corner of Virginia. For detailed directions go to ConcordRetreat.com or call Concord at 866-833-2929 or 304-856-3710. Also you can call IPA Board member **Leonard Rosenbaum** at 877-PRIMALS (1-877-774-6257) or 202-393-2885.

Or how about this? Meet at **The Woods Place**, Board member **Sandy Weymouth's** place in **northeastern Maryland** near Wilmington, Delaware, with easy access to **BWI Airport**. Spend a night or two before and after and journey together to and from the Convention. Contact him at 302-530-1535 or sandyw@iximd.com.

Thanks!

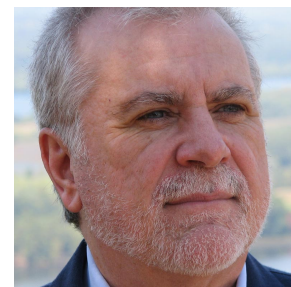
- ❖ **J. J. Jackson & Anna Puleo**, killer photos!
- ❖ **Sandy Weymouth**, brochure layout
- ❖ Board member **Barbara Bryan** and IPA V.P. **Denise Kline**, Convention Co-Chairs
- ❖ IPA President **Bob Holmes**, Secretary **Warren Davis**, Treasurer **Bill Whitesell**
- ❖ Indeed, to all the **IPA Board of Directors**, membership, guests and friends, for keeping the dream *alive!*

Welcome!

The theme of this year's International Primal Association convention is **"Loving to Feel: The True Connection."** This refers to the passion, the love, that experienced primalers and others who process feelings have for the healing power of this kind of work. We believe it frees us not only from millennia of prohibitions against experiencing feelings, but also from the imprisoning effects of traumatic events occurring in early childhood and during and even before birth. The ultimate goal is the "true connection"—to all of what we are and can be.

Who Are We?

Founded in 1973, the **International Primal Association** is a unique organization of psychotherapy professionals and lay people who share the conviction that processing feelings, primaling, is the ultimate route to optimal mental health and a great life. For more about us, see www.primals.org.



Convention Keynoter

World-renowned author and seminar leader John Lee

Author of 17 books including *Facing the Fire: Experiencing and Expressing Anger Appropriately* (1992); *Growing Yourself Back Up: Understanding Emotional Regression* (2001); and most recently *The Missing Peace: Solving the Anger Problem for Alcoholics/Addicts and Those Who Love Them* (2006), John Lee will give this year's keynote address, **The Best Kept Secret of Psychology: Understanding Regression and Its Impact on**

Relationships. He will also lead a workshop entitled **The Half-Lived Life: Becoming Compassionately Assertive, Overcoming Passivity, and Remembering Who You Wanted To Be.** John has appeared on *Oprah Winfrey* three times, on *20/20* and on Barbara Walters' *The View*.

Workshops

Workshops are 1½ to 3 hours, one slot in the morning and two in the afternoon. Let us know if you want to host a workshop or other event. More than likely, we'll accommodate you. Watch our website, www.primals.org, and our summer Newsletter for expected additions!

Barbara Bryan, M.A., many-time IPA President, founder of the Primal Integration Center of Michigan near Detroit, and Convention Co-Chair, will host three workshops: **The Mays Landing Pool Party** explores cellular memory, anger release and joy, using the medium of water; **The Four Feeling States** will review ways to facilitate the expression of rage, terror, need and joy; and **Discussion Group: Cellular Memory and Other Current Issues.**

Quantum Light Breath, Reinhold Rausch. Reinhold comes from Heidelberg, Germany to bring a wealth of primal and other deep feeling experience to this guided dynamic-breathing meditation lasting one hour. QLB leads to purification and cleansing of body, soul and spirit.

Supporting the Hurt Child, Harriet Geller. An IPA veteran, Harriet will host an experiential workshop synthesizing Psychomotor and Primal modalities. Learn to support the inner child by empowering ideal figures from within your own psyche.

Letting Go: Bringing Relationships to Completion, Bob Holmes. Bob, a Toronto-based primal and past-life regression therapist as well as our current President, will undertake to give participants with unresolved histories of loss the chance to let go and live free.

Diana Kohl, RN, MFT, primal therapist and author of *TEARS ARE TRUST... Waiting To Be Felt* (2008), will present two workshops: **Creating a Feeling Poster: Integrating Art with Feeling Words** will allow you to go beyond "bothered, upset or angry" to let your child play, pacify, have fun! And **Crying at Orgasm** teaches self-loving with more openness in welcoming our beautiful sexuality.

Primal Paint! Kim Mellor. A Pediatric Advance Practice Nurse, Kim has an interest in painting and play therapy. Do your feelings and needs have a shape or color? Let's paint together and create our unique primal portraits.

Primal Theatre, Jean Rashkind. As a twelve-year veteran of Alec Rubin's "Theatre Within", Jean invites you to bring your feelings and imagination to the stage. In this workshop we will move from feelings to dialogue, connecting through to our authentic, uncensored selves.

Sandplay Therapy, Marie Regis, M.S. An acupuncture therapist and veteran of many forty-day primal "Arks", Marie will guide us in arranging small figures in sandboxes to open us to the depths of our psyches.

Parallels of Primal and Christian Mysticism, Alice Rose, Ph.D. A primal therapist and author, Alice will explore primal practices in ancient Greece, in the early Christian era, in the monastic and mystical worlds of the Middle Ages, and in modern-day concepts of asceticism.

What IPA Can Offer War Veterans, Joe Sanders, Ph.D. Joe, a leader on many of Bill Smukler's forty-day intensive primal "Arks", will lead a discussion of how veterans denied proper treatment for Battle-Life PTSD can be helped by the IPA.

Primal Lies, Thayer White. Author of *Be Your Own Therapist: Whoever You Hire Is Just Your Assistant* (1995) and *Finding Your Soul in the Spirituality Maze: God's Love, Not Religion, Is Opium for the New Age Masses* (2008), Thayer's workshop will explore the lies we tell ourselves about our primal processes, our emotions, our bodies and our spiritualities.

Discussion Plus! Sandy Weymouth. This loose-cannon feelings work veteran will host discussion groups where cathartic processing is emphatically welcome. Join the mayhem!



Fees & Registration

2009 IPA Summer Convention rates
Early Bird Rates for IPA members, paid by July 24

Number of days	Fee
6	\$750
5	640
4	530
3	410
2	280
1	140

One day runs from dinner through the following afternoon.
Daily fee covers meals, lodging, workshops and other activities, **not paint ball or low ropes course.**
One pillow and case provided, **other linens \$12/week.**

Payment received after July 24, add \$10/day.
Non-members of the IPA, add \$10/day. See www.primals.org for membership info.
Newcomers! One day only, \$75. Plenty of room if you want to stay longer.
Overseas and over 1,000 miles, deduct 15%.
Private, semi-private room, add \$25/day/room.
All fees payable in full upon registration, U.S. funds only.
Refunds: minus \$50 cancellation fee, with written request by July 24, 2009.

Registration	
Name	_____
Street address	_____
Emergency contact phone	_____
State/Province	_____
Postal code (ZIP)	_____
Country	_____
Where did you learn about the IPA?	_____
Circle days attending: M/T T/W W/Th Th/F F/S S/Su	_____
Circle first meal of arrival day: breakfast lunch dinner	_____
Circle last meal of departure day: breakfast lunch dinner	_____
Check here for overseas/distance discount _____	_____
Special food needs (allergies, vegetarian, etc.)	_____
Semi/private, sharing with _____	_____
Are you interested in either paint ball, \$20, or Concord's low rope course, \$15? If so, We need commitment and fee no later than July 24.	_____

Register me for _____ days	\$ _____
Optional donations:	
IPA Scholarship Fund	\$ _____
IPA Development Fund	\$ _____
Paint ball, \$20, and/or ropes course, \$15, circle one or both	\$ _____
Total	\$ _____
Please send this form and check or money order made out to the IPA to:	
International Primal Association	
811 Whann Avenue	
McLean, VA 22101 USA	
703-734-1405	
wrmwhite@primals.com	
Credit cards: circle one: Visa MC	
Card #:	_____
Exp date:	_____ 3-digit code _____