



International Primal Association
759 Roberta Street
Salt Lake City, Utah 84111

TRADITIONAL EVENTS

- **Movement & Yoga.** Pre-breakfast Yoga, stretching, hiking, or other early morning wake-up routines.
- **Massage & Mind-Bodywork.** Swedish massage, CranioSacral therapy, Shiatsu, Thai massage and Oriental restoration therapies.
- **Women's & Men's Groups.** After breakfast, gather with others of your sex to share thoughts, feelings, song, and ceremony.
- **Mat Track.** Express your deep feelings in a safe, supportive, daily primal group led by experienced facilitators.
- **Community Meeting.** The entire community meets daily to greet newcomers, discuss convention news, and review the program and schedule.
- **Peer Groups.** Share the events and feelings of your day in a small group setting.
- **Friday Night Cabaret!** Get on stage and express yourself with a song, a poem, a skit, improv or humor—to the most supportive audience around!
- **Saturday Night Dance Party.** Another chance to enjoy and express yourself in a fun-filled evening of music and dance!
- **Sandplay Therapy.** Through the process of arranging small figures in sand trays, you can open yourself to the depths of your psyche. We will set aside a quiet room with several sand trays and shelves full of a variety of objects for you to create your personal story of the moment.
- **Jam Session.** Singing and music making every evening. Bring your instruments.

38th Annual Convention and retreat

AUGUST 16-22, 2010

INTERNATIONAL PRIMAL ASSOCIATION



FREEDOM

VIRDEN RETREAT CENTER
LEWES, DELEWARE

to feel



Welcome

Join us for the 38th annual IPA Convention and Retreat, Freedom to Feel. What does it mean to be truly free to express one's feelings? How does one's life, environment, friends, family, and feelings affect the way we perceive our Freedom to Feel. Where is it appropriate or inappropriate to express our feelings? This year, we will explore these and other topics as they relate to how we feel about our feelings.

Larry Schumer,
Convention Chair

WHO WE ARE

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.

VIRDEN RETREAT CENTER

(www.udel.edu/conf/lewes.htm) offers beautiful grounds, plenty of space for meetings and comfortable sleeping accommodations. In addition, the historic bayside town of Lewes offers tranquil and calm waters. Cape Henlopen State Park, with its camping, hiking trails, and sandy beaches, is easily accessible. Though Virden Retreat Center doesn't have its own pool, we have made arrangements to use the pool at a nearby motel.



DIRECTIONS TO THE VIRDEN CENTER

Approaching Lewes EASTBOUND via Route 9 out of Georgetown, DE or SOUTHBOUND via Route 1 out of Dover, DE (about 35 miles southbound): At the intersection of Route 1 and Business Route 9, take Business Route 9 (Savannah Road) into Lewes. This is a left turn off Route 1. Once in Lewes, continue on Savannah Road past the Zwaanendael Museum (on the right), two blocks to the first traffic light at the foot of the drawbridge over the canal. Do not cross the bridge, but turn left onto Front Street (which becomes Pilottown Road). Stay on this road 1.5 miles. Turn left into the College of Marine Studies entrance lane.

(See also alternate directions for Route 1 Southbound.)

From the Cape May-Lewes Ferry Terminal: Turn right onto Henlopen Avenue and go approximately 1/2 mile, taking the second left (by the Dairy Queen) onto Savannah Road. Go approximately 1/4 mile and cross over the drawbridge. At the foot of the bridge, take a right at

the traffic light onto Front Street (which becomes Pilottown Road). Stay on this road 1.5 miles. Turn left into the College of Marine Studies entrance lane.

Approaching Lewes NORTHBOUND on Route 1: Make a left turn at the stop sign off Freeman Highway, then a right onto Savannah Road. Continue to the traffic light at the foot of the drawbridge over the canal. Do not cross the bridge, but turn left onto Front Street (which becomes Pilottown Road). Stay on this road 1.5 miles. Turn left into the College of Marine Studies entrance lane.

From Route 1 SOUTHBOUND: Make a left at sign just before Nassau Bridge. Go 1/4 mile, then make a left onto New Road (at the Antique Barn). Continue approximately 3 miles to Pilottown Road. Turn left into the College of Marine Studies entrance lane.

Map of area:
www.udel.edu/conf/areaMap.htm

WORKSHOPS

"Freedom" will be a key word this year, as we structure this convention in a way that encourages last-minute additions to the scheduled program. Workshop slots will be held open and, during Community Meeting, there will be an opportunity for participants to offer a workshop the following day.

Some of the planned workshops include:

Primal Theatre. Jean Rashkind. As a long-time 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.

Becoming: Free to Feel. Joe Sanders. Joe will describe and then demonstrate how we can increasingly feel "free to feel," using the Shared Awareness Group Experience (SAGE) developed by Harvey Jackins, founder of Reevaluation Co-counseling (RC). Certified as an RC teacher in the 1970s, Joe has been teaching and in practice ever since.

TEARS at Orgasm: What Do They Say About LOVE? Diane Kohl. An OPEN sharing and discussion about this rarely talked about experience that can bring a new ecstatic experience into our lovemaking with ourselves as well with lovers. Diane's book EVOLution of an Orgasm... sex meets spirit so we can MAKE real LOVE graphically portrays her experiences of healing with orgasm's most vulnerable tears.

The Power of Feeling It in the Human Spiritual Experience. Dr. Bill Gordon. Authentic feelings and human spirituality go hand in hand. Traditional spiritual models have severed the connection in the name of "right" and "wrong." Come explore what happens when feelings and the resulting creativity are unleashed!

Mindfulness: A Mind-Body-Spirit Approach to Well-Being. Jonathan Jordan, LCSW. This workshop focuses on being aware of our internal thoughts and feelings, and how we respond to them. The presenter began his social work career in the Himalayan Kingdom where the Buddha was born.

Poetry: Freedom with Words. Harriet Geller. Poetry is emotion expressed in language—with a touch of artfulness. Let your feelings flow and transform into lyrical images in this poetry-writing workshop led by a veteran primaler and poet.

Primal 101 and BEYOND. Barbara Bryan. This will be an introduction to Primal and to the Convention for newcomers, an opportunity to discuss Primal issues that interest us, a good "get acquainted" time.

Working with the Four Feeling States. Barbara Bryan. Barbara will introduce the four core feeling states in the primal process: need, terror, rage and joy, and will present ways to facilitate and deepen these feelings.

Open Therapist Discussion Group. Barbara Bryan. This discussion group is for therapists and facilitators. The topics may include cellular consciousness, dual relationships, sexual boundaries, primal drama, or any other themes of concern to the group.

The Convention program is subject to change without notice. All IPA workshops and events are educational and are not a practice of therapy.



Keynote Speaker

We're proud to present Barry Vissell from the Shared Heart Foundation www.sharedheart.org as our keynote speaker this year.

Barry Vissell, MD, together with his wife Joyce since 1964, is the co-author of The Shared Heart, Models of Love, Risk To Be Healed, The Heart's Wisdom and Meant To Be. Barry is a psychiatrist who travels internationally conducting talks and workshops on men's issues, relationship, and personal growth. His spontaneous and deeply heart-oriented approach has made a unique impact upon thousands of people's lives. He is the cofounder and president of the Shared Heart Foundation, a non-profit organization dedicated to changing the world one heart at a time. A father of 3 grown children, he currently lives with Joyce at their home and center near Santa Cruz, California.



As a result of the wide popularity and unique perspective of their books, Barry & Joyce have been sought after to present talks and workshops internationally. They have been featured presenters for The Association of Unity Churches (including the Adults of Unity National Conference), The International Conference on Sacred Sexuality, Findhorn Foundation in Scotland, the Living Enrichment Center, The Bob Barclay Foundation, The Association for Research and Enlightenment (A.R.E.), Science of Thought Foundation in England, Unity in Yoga Annual Retreat, and A.C.O.A. On the staff at Esalen Institute, they have been invited to offer programs at Omega Institute, New York Open Center, Interface Foundation, Whole Life Expos, and hundreds of "new thought" churches internationally. The Vissells are regular guests on national radio and TV.

Barry's Keynote presentation will be on Thursday, August 19th. Barry will also be conducting a workshop on Friday, August 20th.

Check out the Vissell's Web site for more information on the Shared Heart Foundation, including their free monthly column: www.sharedheart.org.

FEES AND REGISTRATION

Listed prices are for semiprivate (2 or 3/room) accommodations for IPA members. Non-members add \$10 per day to listed price (visit www.primals.org, for info on becoming a member). One day runs from 5:00 pm to 5:00 pm the following day. The daily fee includes meals, lodging, all workshops and activities, and use of The Virden Retreat Center facilities.

Linens: Linen, blankets and towels (for onsite) are provided. Bring your own towel for swimming.

Singles rooms: Single rooms are available at the near-by Beacon Motel. Add \$50/day to listed price. Requests for single rooms must be made at least 30 days before the convention.

One-day special: Newcomers can join us for a day of exciting emotional and educational events for a special price of \$75 for their first day at IPA (no overnight). There's room to stay over for additional days at regular prices.

DAYS	REGULAR FEES	EARLY BIRD (register by July 16)
6	\$885	\$795
5	755	680
4	620	560
3	475	430
2	325	295
1	165	150

Distance discount: North American residents more than 1000 miles away and overseas residents may deduct 15% from total.

Offsite Lodging: Deduct \$25 per day (Camping available nearby at Cape Henlopen).

Special food or lodging requests: Please contact Denise Kline (301-791-9237) with any special requests 30 days prior to the convention.

All regular fees payable in full upon registration, US funds only.

Name _____

Address _____

State/Prov. _____ Country _____ Zip/Post. code _____

Is this a change of address? YES NO Member Non member

Where did you learn about IPA? _____

Circle days attending: M T W Th F S

Circle arrival day first meal: B L D Circle departure day last meal: B L D

Special food needs (allergies, vegetarian, etc.) _____

Special accommodations: Private Semi-private Share with _____

Discounts: Offsite Distance

Register me (us) for: _____ DAYS

AGE IF CHILD	AMOUNT
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Second person (name) _____

Third person (name) _____

DONATION TO IPA SCHOLARSHIP FUND (OPTIONAL) _____

DONATION TO IPA DEVELOPMENT FUND (OPTIONAL) _____

Personal and bank checks, money orders and Visa or Mastercard accepted as payment (U.S. funds ONLY)

TOTAL _____

Credit card # _____ Expiration _____ V-code _____

Send form together with payment to: IPA, 811 Whann Ave., Mclean, VA 22101 USA. For more payment information, call: 703-734 1405 or email wmwhitesell@yahoo.com For further information see our website: www.primals.org or email: convention@primals.org