



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 the 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 Singalong. 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.

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



International
Primal Association

a non-profit corporation

www.primals.org • 877-PRIMALS

44th Annual Summer **Convention and Retreat**

August 24 - 30, 2016

Viriden Retreat Center • Lewes, DE

NEW THIS YEAR:

2 featured presenters!

Tricia Wassel
Core Energetics

brings consciousness to how we block
energy and create defense patterns

Jean Rashkind
The Theater Within

a fun way to experience various
creative parts of yourself

The IPA 44th Annual Convention and Retreat, co-chaired by Dianne Arman and Bill Machold, is returning to the Virden Retreat Center in Lewes, Delaware. The meals are nutritious and delicious, rooms are comfortable (with private bath and maid service), and beaches are nearby.

Enjoy Virden while practicing being present and mindful with yourself and others during workshops and mat work. In the security of the community you will be supported in any work you choose to do. You will have the opportunity to meet one-on-one with an experienced primal person to help you get the most out of your time at the Convention and Retreat.

Travel and pick-ups from Philadelphia 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.

A Sample of Workshop Choices

Primal Integration Training with experienced facilitators Barbara Bryan, LMSW and Dianne Arman, LMSW, is open to anyone who wants to gain a clearer understanding of the Primal Process and to learn more about facilitating peer groups. 6 CEUs are available for social workers.

Body Armor by Bill Whitesell will help identify areas where chronic contracted muscles are holding blocked emotions.

Gemstones to Heal the Heart. Marie Regis will discuss ancient ways to use gemstones to heal trauma and will facilitate a **Jungian Sandplay Workshop**.

An Enneagram Conversation. Rick Benson will bring new ways to help understand yourself and others.

Health and Wellness information will be provided by Leonard Rosenbaum to address ways to avoid illness and to help alleviate physical problems.

Contact Improv by Anne Bassen will release the creative side of our personality.

Family Constellation Groups by Randy Goldberg will help you connect with and understand your family history.

Hakomi and Creative Arts to restore health and wellness by Laurie Schwartz and Stuart Friedman. Mindful and experiential.

Acting and Emotional Truth: Pushing Your Own Buttons by Art Brown.

Mindfulness Exercises to open somatic intelligence with Dianne Arman.

Being Present with Words and Support For the Feeling Child by Harriet Geller, poetess.



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



44th Annual Summer Convention and Retreat

Wednesday through Tuesday
August 24-30, 2016 • Lewes, DE

Registration

Early-bird Member Rates for Double Room, Private Bath ▶

Add \$10/day if paid after August 7th
Non-members add \$10/day

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 _____

CITY, STATE/PROV. _____

ZIP/POSTAL CODE _____

COUNTRY _____

E-MAIL _____

PHONE _____

HOW DID YOU HEAR OF THE IPA? _____

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

SIGNATURE _____

PAY BY CHECK (IN US FUNDS) payable to IPA, AND MAIL TO:
Warren Davis, 5539 Columbia Pike #816, Arlington, VA 22204
FOR ADDITIONAL INFORMATION: 301-763-6080