



International Primal Association

IPA SUMMER CONFERENCE & RETREAT 2026
PRESENTS

Embodied Well-Being

Where body, mind, and spirit align

Guest Presenter:

Gaia Budhai

Mind-Body Coach

Breathwork Facilitator

Guest Presenter:

Elena Khazanova

Integrative Psychotherapist,

Community Architect



Retreat Workshops Include: Transformational Breath Work

- *Co-Counseling* • *Mat Track* • *Psychodrama Role Playing*
- *Glimmers Group Facilitation* • *Transdance*



DATES

September 8–14, 2026



LOCATION

*Virden Retreat Center,
Lewes, Delaware*



EXPERIENCE

*Healing, Wholeness and
Human Connection.*



*A week to nourish your being,
connect in community,
and return to what matters most.*

REGISTER TODAY

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