Welcome!

- Dear friends,
- We heartily invite you to join us this summer at the IPA's annual gathering.
- We think that the theme, "Seeing and Being Seen," is well attuned to the goals of feeling therapies, especially recapturing a part of ourselves that was lost from our childhood. As Freud articulated, we once were whole and saw the world and ourselves as one. It is part of the natural process to retreat from that "oceanic" feeling as we mature, although for some it can be recaptured through meditation, prayer, or being in love.
- But for those of us who suffered in our early years from trauma or abuse or even just a chronic lack of basic needs being met, those methods may not be enough. We need to take the more arduous path of feeling the fear and pain that our early selves were too fragile to experience. Then as we see who we really are and accept the awful feelings we had, we can allow others to see us too, a sure path to recapturing the authentic self.
- At the convention, we will have opportunities every day to get in touch with early feelings on a deep level and to share our experiences with others in various peer and community groups. We will also dance, paint, sing, and go to the beach!
- Harriet Geller and Alex Tadeskung, Convention Chairs
- Email us at convention@primals.org or call 212-674-4278.

More Convention Activities

- Mat Track. Express your feelings in a safe, supportive primal group, available every day.
- Massage/BODYwork/Acupuncture. An expert team offering various modalities will be on site. Win half-hour sessions by being punctual at Community Meetings.
- Women's and Men's Groups. After breakfast each day, gather with others of your sex to express thoughts and feelings, join in song and ceremony.
- Peer Groups. Share the events and feelings of the day in a small-group setting.
- Movement and Yoga. Wake up to early morning stretching, Yoga or walking.
- Community Meeting. The entire community meets every evening to greet newcomers, discuss convention news, and review the program. Come on time and be in the drawing for a free bodywork session.
- Annual Membership Meeting and Elections. Join us for this important IPA event on Thursday evening.
- Sandplay and Painting. Materials will be available all week for you to express yourself and see yourself in imaginative and creative ways.
- Swimming and Sunning. Take a short ride to Lewes' sparkling beaches.
- Cabaret! Another opportunity for artistic expression in music, poetry, comedy, satire, or any form you choose in front of the most supportive audience you'll ever find. On Friday evening.
- Saturday Night Dance Party. Bring your party clothes for a laid-back swingin evening of dancing and snacks.
- Jam Session and Singalong. Every evening into the wee hours. Snacks available.

43rd Annual Convention and Retreat
August 24 - 30, 2015
Virden Retreat Center • Lewes, Delaware

International Primal Association
www.primals.org

Virden Retreat Center
Lewes, Delaware

We are so pleased to be returning to the luxury of Virden, where all rooms feature private baths and daily maid service, and the deliciously healthy meals are elegantly served. The Center is a five-minute drive to the Delaware shore beaches, bay or ocean, where we can unwind in the late afternoon. Take a look at www.udel.edu/conf/lewes.htm.

Traveling to Virden

Email Dave Gorsky at davidjohnorsky@gmail.com or call 908-590-1544 to get help with travel plans. He will send you driving directions or make arrangements for pickups from Philadelphia Airport or the Cape May Ferry Terminal. Pickups will be available only at a very few times during the week of the Convention, so please coordinate with Dave. We may also be able to meet a day early and drive together to Virden as we have done before.
**Keynote Presentation:**

**Susan Aaron, B.A., R.M.T.**

Susan’s experiential presentation will focus on how the body is a partner in helping us to be seen by others and by ourselves. When we have a painful experience that is not addressed adequately and/or healed at the time of the occurrence, this transmutes within our bodies and becomes pain, discomfort, numbness or an illness of some sort. If we can learn to listen and translate these body-based, non-verbal messages, then we can “see” into our past and embody the truth of who we are, who we have been, and who we are becoming as our authentic selves.

Susan Aaron is an internationally respected expert on emotions, the body and spirituality. She is a psychodramatist, certified by the Toronto Centre for Psychodrama and Sociometry, a registered massage therapist and a Reiki Master with extensive training in body psychotherapy. In 1990 she created a training program called Psychodramatic Bodywork®, and this is the modality that is the foundation of her work, applying principles that support the physical, emotional and spiritual journey.

You can contact Susan at (416) 699-3211 by phone or aaron@youremotions.com by email. Her website is www.youremotions.com.

**What to Bring to Virden**

Very comfortable, casual clothes and maybe something special for the party Saturday night.

Swim suit, beach towel and toys for excursions a mile away at the bay or ocean.

Musical instruments and sheet music for a jam session and sing-along every evening. Virden does not provide a piano.

All rooms have a private bath and daily maid service. Linens, blankets, towels, toiletries and coffee maker provided.

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**Registration**

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<thead>
<tr>
<th>Personal Income</th>
<th>Daily Rate</th>
<th>Six-Day Reduced Rate</th>
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<tr>
<td>UP TO $15,000</td>
<td>$75</td>
<td>$595</td>
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<tr>
<td>$16 - $30,000</td>
<td>$105</td>
<td>$655</td>
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<tr>
<td>$31 - $50,000</td>
<td>$145</td>
<td>$760</td>
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<tr>
<td>$51 - $85,000</td>
<td>$180</td>
<td>$945</td>
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<tr>
<td>ABOVE $85,000</td>
<td>$210</td>
<td>$1,100</td>
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Add $10/day if paid after August 7.
Add $10/day for non-members.
Add $50/day for a single room.
This may be off-premises as space is limited. Must register by July 20.

Single day with no overnight is $60 for first-time attendees.
Subtract $15/day (or $80 for 6 days) if sharing a room with 2 others (one queen bed, one cot). Please specify their names below.

**NAME OF REGISTRANT**

**ADDRESS FOR NON-MEMBERS OR ADDRESS CHANGE:**

**CITY, STATE/PROV.**

**ZIP CODE**

**E-MAIL**

**PHONE**

**WHERE DID YOU HEAR OF THE IPA?**

**DAYS ATTENDING:**

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
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**FIRST MEAL ON ARRIVAL DAY:**

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**LAST MEAL ON DEPARTURE DAY:**

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<th>D</th>
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**SPECIAL FOOD NEEDS**

**TYPE OF ROOM PREFERRED:**

<table>
<thead>
<tr>
<th>SINGLE WITH</th>
<th>1 QUEEN BEDS</th>
<th>2 TWIN BEDS</th>
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</thead>
<tbody>
<tr>
<td>DOUBLE WITH</td>
<td>1 QUEEN BEDS</td>
<td>2 TWIN BEDS</td>
</tr>
</tbody>
</table>

**I AM SHARING A DOUBLE ROOM WITH**

**AND**

**I AM REGISTERING FOR**

**DAYS**

**PLEASE ALSO REGISTER**

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**OPTIONAL DONATION TO THE IPA**

**TOTAL (US FUNDS ONLY)**

**PAY VIA** Pay/Pay: www.primal.org/pay/html

**PAY VIA Credit Card:**

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<tr>
<th>VISA</th>
<th>MASTERCARD</th>
<th>DISCOVER</th>
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**CARD #**

**EXP DATE**

**PAY BY CHECK payable to IPA in US FUNDS, and mail to:**

Gary Bradley, 1098 Trap Branch Road, Bedford, VA 24523 USA

**FOR MORE INFORMATION CALL: 540-297-1795 OR EMAIL treasurer@primal.org**