Convention Activities

*Walking with Alex* at 7 a.m. every morning.

*Men's/Women's Group* after breakfast every day.

*Mat Track* for emotional release and support.

*Nightly Community Meeting* The community meets to greet newcomers and review programs for the following day.

*Wrap-up Groups* offer an opportunity for processing the day’s activities and connecting with a small number of people in an intimate setting.

*Jam Sessions* every evening. Bring your musical instruments.

*Cabaret*

*Dance Party*
Virden Retreat Center, affiliated with the University of Delaware, is located at: 700 Pilottown Road Lewes, DE 19958

Dianne Arman and David Jensen, Co-chairs

Thayer White will teach various Primal Principles from Arthur Janov’s Legacy Program. The Principles can be applied to individual work and to work with others.

Barbara Bryan and Dianne Arman will teach an experiential and didactic Primal Integration workshop for those new to Primal.

Leonard Rosenbaum will offer insights into Remaining Physically and Mentally Healthy using diet and natural remedies.

Randy Goldberg’s Neo-Shamanic Ancestral Healing workshop will help clear blocks and patterns that are unconsciously passed on.

Rick Benson will offer an advanced Enneagram Experience. A non-threatening way to embrace who you are with a focus on the strengths of your personality type.

Anne Bassen’s Contact Improv presentation will use nurturing play to encourage self expression and connection with others.

The Poem that Heals, Harret Geller looks forward to exploring a deep part of herself in a poem and hopes you too will reveal your healing connections in this writing workshop.

Dianne Arman’s Art Expression will foster creativity and bring unconscious forms and colors to the surface to help connect more fully with self and others.

Laurie Schwartz and Stuart Friedman synthesize The Hakomi Method with Somatic Experiencing and Biodynamic Cranial Sacral Therapy to promote Deep Healing and Connection to SELF in Community.

The theme for this year’s 46th IPA Summer Convention, Retreat and Training is Healing Connections. Loving connections can be healing; to heal connections can be freeing. During your week at Virden you will have an important role in building a loving, supportive community where support is freely given and new relationships are developed. Take a break. Leave cell phones, computers, and TV behind. Enjoy excellent, nourishing meals and the comfort of hotel-like accommodations.

The Convention has been designed to help you develop new skills and deepen your understanding of how Mindfulness can lead to a new understanding of yourself and others. This insight will go with you into your everyday life.

Questions? 877-PRIMALS

A Sample of Workshop Choices - Education and Training

46th Annual Summer Convention, Retreat, and Training
Monday through Sunday
August 13-19, 2018 • Lewes, DE

Registration
Early-Bird Member Rates

- Add $10/day if paid after July 31st
- Non-members add $15/day
- Single rooms add $50/day (limited availability)

NAME OF REGISTRANT

ADDRESS

CITY, STATE/PROV.

ZIP/POSTAL CODE

COUNTRY

E-MAIL

PHONE

HOW DID YOU HEAR OF THE IPA?

DAYS ATTENDING: ☐ MON/13 ☐ TUE/14 ☐ WED/15 ☐ THUR/16 ☐ FRI/17 ☐ SAT/18 ☐ SUN/19

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 ______ OVERTNIGHTS $________

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 ___________

PAY BY CHECK (in US FUNDS) payable to IPA, and mail to:
Warren Davis, 5539 Columbia Pike #816, Arlington, VA 22204

FOR MORE INFORMATION: 877-PRIMALS