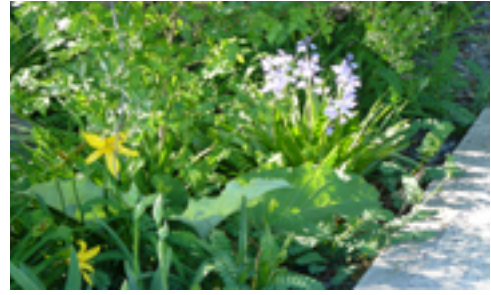


I N T E R N A T I O N A L  
P R I M A L  
A S S O C I A T I O N

Spring  
RETREAT



*Supporting Growth and Healing  
Through Deep Feeling Process*

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*Wednesday, May 11 – Sunday, May 15, 2011*

*Kirkridge Retreat Center, Bangor, Pennsylvania*

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Dear IPA Members and Friends,

You are invited to the 2011 IPA Spring Retreat! We are returning to the lovely Kirkridge Retreat Center in the foothills of the Pocono Mountains in Pennsylvania. Situated among the rocky woodlands and overlooking a valley of green, Kirkridge offers a beneficent setting for healing and renewal. With miles of hiking trails including access to the Appalachian Trail at our footsteps, and a facility perfectly suited to our needs, we are supported in our inner and outer journeys.

Once again we will meet with friends old and new to participate in our traditions of men's, women's and peer groups, community meeting, facilitated primal "mat track," cabaret, and dance party. We create workshops at the retreat, so start thinking about what you might like to present. And bring your musical instruments for impromptu jam sessions and sing-alongs.

Attendance is limited, so please register early.

We hope to see you soon!

*Jean Rashkind and Alex Tadeskung*

Spring Retreat Coordinators

[jrashkind@gmail.com](mailto:jrashkind@gmail.com) or [alextadeskung@hotmail.com](mailto:alextadeskung@hotmail.com)

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## **IPA Member Prices**

Per person • Shared accommodations • Includes meals

<u>Length of Stay</u>	<u>Early Bird</u>	<u>Regular (after April 27)</u>
1 Day or Night	\$145	\$160
2 Days or Nights	\$280	\$310
3 Days or Nights	\$395	\$440
4 Days or Nights	\$495	\$555

*Very limited availability: Private room – add \$15/day.*

**Non-members:** Please add \$15 per day to Member Price. If you are not currently a member, please consider joining for the calendar year 2011 and save the non-member surcharge.

**The Retreat starts Wednesday at dinner (4 pm check-in) and ends Sunday after lunch (2 pm check-out).**

**Children:** Due to the nature of the program, please contact one of the coordinators if you wish to bring children.

# Directions to Kirkridge

2495 Fox Gap Road  
Bangor, PA 18013  
610-588-1793

## BY CAR

**From I-80:** Take Pennsylvania exit number 307 (Old Exit 50) in Stroudsburg to Route 191 South. Take Route 191 South approximately 5 miles to the top of the ridge. The first Kirkridge sign will be for the Nelson Lodge, proceed to the second sign and turn left (Fox Gap Road) for our Turning Point, Hermitage, Farmhouse and Van der Bent facilities.

**From I-78:** From either the east or west, take the Route 22 exit and follow to Route 33 North. Take Route 33 North to the Route 191 exit at Stockertown. Take Route 191 North through Stockertown, Ackermanville and Bangor. Continue approximately 5 miles to the top of the ridge. Turn right at first Kirkridge sign (Fox Gap Road) for our Turning Point, Hermitage, Farmhouse and Vander Bent facilities. Turn right at the second Kirkridge sign for the Nelson Lodge.

Get Driving Directions  
from <http://www.aamidatlantic.com/travel/triptik.asp>

## BY BUS

From New York City (port Authority) take Martz Trailways to Stroudsburg/Delaware Water Gap- DWG( not Bangor). There are several buses daily([www.martztrailways.com](http://www.martztrailways.com)). For information call Trailways @ 800-858-8555 or @ Port Authority: 212-564-8484. In New Jersey call 800-233-8604.

From Philadelphia. Greyhound goes to Stroudsburg twice a day([www.greyhound.com](http://www.greyhound.com)). Call 800-231-2222.

## BY AIR

Lehigh Valley International, (formerly ABE) airport is about 45 minutes away, is the closest airport. Call Lehigh Valley Taxi @ 610-867-6000 or 800-292-6380 to determine exact fare.

From Newark, LaGuardia or Kennedy go to the Port Authority terminal in NYC and follow the bus directions above. When flying into JFK take bus to Port authority. For information see [www.newyorkairports.com](http://www.newyorkairports.com) for information.

## IPA Membership Dues

Annual Income	Single Membership	Joint Membership
\$100,000 or more	\$110	\$165
\$50,000 - 99,999	75	112
\$25,000 - 49,999	50	75
\$15,000 - \$24,999*	25	37
Less than \$15,000	15	22

- Membership dues are tax deductible.
- Dues cover the calendar year from January to December.
- To qualify for Joint Membership, both members must live at the same address and pool resources. Joint members will receive one mailing per household.
- Lifetime membership available for \$1,000 (single) or \$1,500 (joint). Payable over 5 years.



Please cut off and return this form with full payment to **IPA, 811 Whann Avenue, McLean VA 22101** (Contact Bill Whitesell at [treasurer@primals.org](mailto:treasurer@primals.org) or by phone at (703) 734-1405 with registration questions.)

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Zip/P. Code \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Current Member? Yes \_\_\_\_\_ No \_\_\_\_\_

Days Attending (Circle): Wed Thurs Fri Sat Sun

First Meal (Circle): Breakfast Lunch Dinner

Last Meal (Circle): Breakfast Lunch Dinner

Credit Card Type (Amex not accepted) \_\_\_\_\_

Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_ Last 3 digits on back \_\_\_\_\_

Signature \_\_\_\_\_

Room Rate \_\_\_\_\_ x \_\_\_\_\_ person(s) = \_\_\_\_\_

IPA Membership Dues (see above) \_\_\_\_\_

**Total Payment** \_\_\_\_\_

Please make your check payable to IPA in US funds only, and add \$5 for Canadian personal checks or \$20 for international money orders.