

INTERNATIONAL
PRIMAL
ASSOCIATION

Spring RETREAT



Supporting Growth and Healing
Through Deep Feeling Process

Wednesday, May 5 – Sunday, May 9, 2010

Kirkridge Retreat Center, Bangor, PA

Dear IPA Members and Friends,

With the advent of spring, we eagerly await the first IPA gathering of the year, hosted by the Kirkridge Center in eastern Pennsylvania. Encompassing many of the highlights of IPA events, the Spring Retreat offers daily mens' and womens' groups, primal mat tracks, peer groups and community meetings, as well as our traditional Friday night Cabaret (bring your talents!) and Saturday night Dance Party! Impromptu workshops engage us in the afternoons, and jam sessions and sing-alongs are typical evening fare (bring your instruments!). Many of us appreciate the informal conversations over healthy and delicious meals that Kirkridge will be providing for us this year. With the addition of an extra day, we may even be able to accommodate some free time to hike the Appalachian Trail, journal, nap or whatever we choose.

Whether we come from near or far, the journey is sure to surprise us as we venture into hidden dimensions of ourselves and forge new connections with each other. The beauty of the Pocono Mountains, the helpful staff at Kirkridge, and our own nurturing community provide the support we need to come fully into our own vitality. Come laugh, cry, work, play – make this the retreat that you will remember forever!

Early registration is highly recommended as space is limited. Some scholarship positions are available to those demonstrating financial need. An application can be downloaded from our website at www.primals.org/conventionscholarship.html. For more information on scholarships, contact treasurer@primals.org.

I look forward to seeing you soon!

Jean Rashkind

Spring Retreat Coordinator

(480) 247-9779 or email jrashkind@aol.com.

IPA MEMBER PRICES

Per person • Double/triple occupancy • Includes meals • Single rooms *may* be available: please contact the treasurer.

<u>Length of Stay</u>	<u>Early Bird</u>	<u>Regular (after April 9)</u>
1 Day or Night	\$125	\$140
2 Days or Nights	\$240	\$255
3 Days or Nights	\$345	\$360
4 Days or Nights	\$440	\$455

Non-members: Please add \$15 per day to Member Price. If you are not currently a member, please consider joining for the calendar year 2010 and save the non-member surcharge.

NOTE: New members and returning members with a seven-year lapse can receive **FREE MEMBERSHIP** this year!! Visit www.primals.org for details.

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

Children: Due to the nature of the program, please contact Jean Rashkind if you wish to bring children.

