With all the experiments, etc., we're still offering all the IPA favorites:

**Yoga, walking, etc.:** Greet the day right, then have breakfast

**Swimming:** Bring a suit for a dip in the pool, lots of scheduled time

**Sandplay:** Let the little figures you place in your sandbox reveal you

**Massage:** Rehab your body—and mind; there is a charge, it's worth it

**Women's and Men's Groups:** Starting Wednesday afternoon

**Mat Track:** The core IPA feelings process, every day starting Tuesday

**Community Meeting:** After dinner, anything, everything, everybody

**Peer Groups:** Meet with yours every evening starting Wednesday, open up all the way

**Cabaret:** Talent show Friday night, Ed Durkin hosts. You’re on!

**Gala ball:** Saturday night, you've got it, so shake it! DJ Gene Long

**Jam session:** Every night, BRING MUSICAL INSTRUMENTS, join the harmony

**Plenty of other stuff:** Make it up as we go along, all of us!

**It’s a big year for the IPA**, the International Primal Association. 40 years. And we felt it was vital to use this Ruby Jubilee Convention to go back to basics. Who are we? What are we trying to accomplish? Every single person involved with Primal probably has a significantly different perception of what Primal is. So, what is the core passion we all share? What exactly can we all do together to bring Primal and intense feelings processing to the place in the world we all feel it merits.

I'm Sandy Weymouth and I'm chairing this Convention—with a lot of great help from a lot of great people.

A great info source for the Convention and all IPA activites is our IPA website, [www.primals.org](http://www.primals.org). Check it out.

**Welcome! Join us.**

**Concord Retreat, Yellow Spring, West Virginia**

It's a beautiful setting and easy to get to. Find your way to Interstate 81 where it passes Winchester, Virginia. From either direction on 81, take Route 37 around the western side of Winchester to U.S. Route 50. Go about 11 miles to Route 259 which goes only to the left about a mile past Gore, Virginia. Look for a green sign saying “Carpers Pike” which is Route 259. Turn left and go about 8½ miles where you’ll see a sign for Concord on the right.

It would help us immensely if you could bring your own bed linen and at least one towel. Please let us know in your registration whether you’re doing that.