

OPENING TO the power WITHIN

2014

monday,
august 25
through
sunday,
august 31

YMCA
Camp
Linwood
MacDonald

Sandyston
new jersey

NEW course
offering:
introduction to
Primal
Therapy

CONVENTION and RETREAT

 International Primal Association
International Primal Association
43900 Grand River, #204,
Farmington, MI 48336

The 42nd Annual IPA Convention & Retreat will be held at the rural Linwood MacDonald YMCA Camp and Conference Center, 1 Flatbrook Road, Sandyston, NJ 07826. Please join us as we share, explore, experience, teach and learn, and deepen our primal processes. We will journey together during this week as we enjoy the comfortable lodges and delicious, homemade meals. Scenic Sandyston is in the northwest corner of New Jersey, just minutes from both the New York and Pennsylvania state lines and near many national and state parks – *it's always a great day at the Linwood MacDonald YMCA!* Directions and more information can be found at: <http://www.NewarkYMCA.org/Linwood.cfm>

Peer Groups Dance Party Community Meetings

Jam Session Cabaret Women's & Men's Groups

Sandplay Massage & Mind-Bodywork

Mat Track Movement & Yoga

2014

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Join us for the 42nd annual IPA Convention & Retreat: **Opening to the Power Within**. We believe that repressed feelings of past traumas may block us from tapping into our power and potential because we fearfully defend against experiencing

these emotions. During the Convention & Retreat people are given the opportunity – through workshops, mat track and group – to investigate issues that may be hindering their pleasure and maturity. We provide a safe, secure environment where risk-taking is encouraged and supported. Please feel free to contact me or any board member for more information.

With best wishes for a full, healthy, ecstatic life.
Dianne Arman, Convention Chair



International Primal Association

Welcome We make every effort to make your Convention & Retreat experience productive and enjoyable. Miriam Greenberger will contact you prior to your arrival to answer any questions. Tom Rose and Jean Rashkind will register you onsite and introduce you to the community. IPA volunteers will be available to show you around the camp and offer support throughout the week.

The Linwood MacDonald

YMCA Camp is in a rustic, natural setting with bunk-house cabins and single style beds; so please bring your own bedding and toiletries, including linens, a pillow, blanket and towels/washcloth. A very limited supply of bedding will be available to attendees who travel by air.



International Primal Association

featured Presenters

2014

Laurie Schwartz, MS, LMHC and Stuart Friedman, MS, LMHC will facilitate a day-long Hakomi workshop and morning drumming

workshop. In an atmosphere of safety, they will teach participants how to listen to internal experiences that have been directing their lives in positive and negative ways.

Mickey Judkovics describes himself as a person who has moved from a survivor to a thriver, and will present two workshops: *Opening to the Joy Within* and *Releasing the Inner Prisoner*. He will help you begin the journey to find the joy, peace, and love you have been seeking.

Due to the lack of trained Primal Therapists around the globe, there is a need for Primal Peer Groups. Barbara Bryan will discuss a comprehensive list of issues that need to be addressed when hosting a Primal Peer Group.

& there's MORE!

Thayer White will present *Getting Better Results from Therapy* and *Mat Track*.

Randy Goldberg will offer *Family Constellations Therapy*.

Julie Eliason provides the art supplies and will facilitate two expressive art therapy workshops.

Art Brown brings his successful *Primal and the Craft of Acting* back this year.

Marie Regis will facilitate a Sand Play Workshop, a Gemstone Workshop, and will offer, by appointment, Chinese Acupuncture.

Rick Benson will help you discover your *Enneagram Personality*.

Leonard Rosenbaum shares information about holistic health and alternative medicine.

Jim Cosby, attorney and composer, brings *Primal Thrash Therapy*, a look at the connection between Primal and the music of *Metallica*.

Tricia Wassel will lead a brief version of a *Shalom Retreat* where you will be encouraged to remove blocks that prevent you from loving fully.

Dianea Kohl will bring us to a new awareness about how tears play a role in our well being.

Harriet Geller will lead a creative poetry workshop.

At this year's Convention & Retreat, we are pleased to offer *Introduction to Primal Therapy*. This training is open to anyone interested in learning about primal integration. The two-day,

course offering:

three-hour class meets during the Summer Convention on Tuesday and Wednesday, August 26-27. Leaders for this course are: **Barbara Bryan**, MA, MSW, IPA therapist with over 40 years experience as a Primal Center director and therapist, and **Dianne Arman**, LMSW,

a therapist with over 35 years experience and a background in primal therapy, family therapy, and IMAGO Relationship Therapy. 6 CEUs are available for Social Workers. For more information call 1-877-PRIMALS.

Favorites

- Early morning **yoga, stretching, or hiking**.
- **Massage and acupuncture**. Everyone is eligible for a free ½-hour massage this year!
- **Women's and Men's Groups** meet daily after breakfast. Often a Convention highlight: participants bond, share, and learn.
- **Mat Track** is a place where deep feelings can be expressed in a safe, supportive environment. An experienced facilitator will be available for guidance.
- At the **Community Meeting**, we gather to greet newcomers, discuss news, review the schedule, and introduce presenters.
- Small **Peer Groups** meet to discuss the day's activities and to share feelings.
- The **Friday Night Cabaret** gives those with stage fright the opportunity to move out of their comfort zone and perform music, a song, poetry, a skit. . . You have the opportunity to perform in front of the most supportive audience anywhere.
- Saturday night **Dance Party** is a fun-filled opportunity to relax and dance: in a group, on your own, or with a partner.
- **Sandplay Therapy** is available throughout the Conference, and a Wednesday afternoon workshop is offered to help people design a setting in sand that will reach deep into their psyche.
- **Night Owl Jam Session** meets every evening. Bring instruments or sing along in the audience.

Fees & Registration

INCOME	DAILY PAID BY JULY 31	DAILY PAID AFTER JULY 31	ALL 6 DAYS PAID BY JULY 31	ALL 6 DAYS PAID AFTER JULY 31
UP TO \$15,000	\$70	\$75	\$360	\$390
\$15k - \$30,000	\$95	\$100	\$480	\$520
\$30k - \$50,000	\$125	\$135	\$640	\$685
\$50k - \$85,000	\$155	\$165	\$795	\$855
\$85k & ABOVE	\$175	\$185	\$895	\$955

\$10/day extra for non-members. Day rate with no overnight stay is \$60.

2 ways to pay

PAY ONLINE: <http://www.primals.org/pay.html>
(PayPal membership not required)

BY MAIL: return this form to: Barbara Bryan
43900 Grand River, #204, Farmington, MI 48336
For more information call 1-877-PRIMALS.

NAME _____

IPA MEMBER YES NO

ADDRESS _____ NEW ADDRESS YES NO

STATE/PROVINCE • ZIP/POSTAL CODE • COUNTRY _____

PHONE _____

E-MAIL _____

ATTENDING: M/25 TU/26 W/27 TH/28 F/29 SA/30 SU/31

I WILL ARRIVE ON AUGUST ____ IN TIME FOR: BREAKFAST LUNCH DINNER

I WILL DEPART ON AUGUST ____ AND WILL STAY FOR: BREAKFAST LUNCH DINNER

SPECIAL FOOD REQUIREMENTS, (ALLERGIES, VEGAN, ETC.): _____

YES! I WILL BE ATTENDING *INTRODUCTION TO PRIMAL THERAPY*. YES NO

PERSON #1 NAME _____	
IS STAYING _____ NO. DAYS _____	FEE \$ _____
PERSON #2 NAME _____	
IS STAYING _____ NO. DAYS _____	FEE \$ _____
OPTIONAL ADDITIONAL CONTRIBUTION TO IPA _____	\$ _____
	TOTAL \$ _____
CREDIT CARD# _____	EXP. DATE _____
OR INCLUDE CHECK - MADE PAYABLE TO IPA	