Convention Activities

**Mat Track.** Express your feelings in a safe, supportive primal group.

**Massage/Bodywork/Acupuncture.** An expert team offers various modalities on-site. Win half-hour sessions by being punctual at Community Meetings!

**Women's and Men's Group.** After breakfast, gather to share and learn.

**Small Wrap-Up Groups.** Close the day and wind down every evening.

**Walking.** Wake up to an early morning walk with Alex Tadeskung.

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

**Sandplay and Painting.** Materials are always available for creative expression.

**Swimming & Sunning.** Take a short ride to local beaches.

**Jam Session and Singalong.** Every evening into the wee hours.

**Cabaret!** Another opportunity for artistic expression in music, poetry, comedy, satire, or any form you choose on Sunday evening.

**Annual Membership Meeting** Saturday.

**Monday Night Dance Party.** Bring your party clothes for a laid-back, swinging evening of dancing and conversation.

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**NEW THIS YEAR:**

2 featured presenters!

**Tricia Wassel**

*Core Energetics*

brings consciousness to how we block energy and create defense patterns

**Jean Rashkind**

*The Theater Within*

a fun way to experience various creative parts of yourself
The IPA 44th Annual Convention and Retreat, co-chaired by Dianne Arman and Bill Machold, is returning to the Virden Retreat Center in Lewes, Delaware. The meals are nutritious and delicious, rooms are comfortable (with private bath and maid service), and beaches are nearby. Enjoy Virden while practicing being present and mindful with yourself and others during workshops and mat work. In the security of the community you will be supported in any work you choose to do. You will have the opportunity to meet one-on-one with an experienced primal person to help you get the most out of your time at the Convention and Retreat.

Travel and pick-ups from Philadelphia and the Cape May Ferry Terminal will be coordinated by Leonard Rosenbaum (202-329-6134). If it is more convenient, you are welcome to meet a day early at The Woods Place in Rising Sun, Maryland and travel in groups to Lewes.

**A Sample of Workshop Choices**

**Primal Integration Training** with experienced facilitators Barbara Bryan, LMSW and Dianne Arman, LMSW, is open to anyone who wants to gain a clearer understanding of the Primal Process and to learn more about facilitating peer groups. 6 CEUs are available for social workers.

**Body Armor** by Bill Whitesell will help identify areas where chronic contracted muscles are holding blocked emotions.

**Gemstones to Heal the Heart.** Marie Regis will discuss ancient ways to use gemstones to heal trauma and will facilitate a Jungian Sandplay Workshop.

**An Enneagram Conversation.** Rick Benson will bring new ways to help understand yourself and others.

**Health and Wellness** information will be provided by Leonard Rosenbaum to address ways to avoid illness and to help alleviate physical problems.

**Contact Improv** by Anne Bassen will release the creative side of our personality.

**Family Constellation Groups** by Randy Goldberg will help you connect with and understand your family history.

**Hakomi and Creative Arts** to restore health and wellness by Laurie Schwartz and Stuart Friedman. Mindful and experiential.

**Acting and Emotional Truth: Pushing Your Own Buttons** by Art Brown.

**Mindfulness Exercises** to open somatic intelligence with Dianne Arman.

**Being Present with Words and Support For the Feeling Child** by Harriet Geller, poetess.