



International
Primal Association

Spring RETREAT



Supporting Growth and Healing
Through Deep Feeling Process

Wednesday, May 11, 2016 – Sunday, May 15, 2016

Kirkridge Retreat Center, Bangor, PA

Dear IPA Members and Friends,

It is my pleasure to invite you all to attend the 2016 IPA Spring Retreat held at Kirkridge. We will be adhering to the IPA's traditional daily schedule of men's and women's groups, small wrap-up groups, a morning primal session (Mat Track), and afternoon workshops on such diverse topics as psychodrama, art, poetry, massage and the world famous Primal Theater. Other possible offerings are such items such as Reichian Armoring, Non Violent Communication, Mindfulness, ALBA Emotional Effector Patterns, Trauma Healing, Embodiment, Ideal Parents, Bonding Psychotherapy, Transcendent/Spiritual processes and Emerson Trauma Postures.

We create the schedule of workshops the first evening of the Retreat, so please come ready to present or to ask for what you want. Jam sessions, singing, dancing, cabaret presentations, games, and community sharing will round out our evenings.

This is a wonderful opportunity to rejuvenate ourselves in the breathtaking beauty of the Pocono Mountains. There is ample time for participants to walk in the woods, visit the labyrinth and sculpture garden, or connect with the peepers and pond creatures that remind us of our watery origins. The limited number of participants and the familiarity of the venue produces an intimacy and ease that I have come to cherish.

Mickey Judkovics

Spring Retreat Coordinator

607-785-9134 or email mickeyjudd@gmail.com

IPA MEMBER PRICES

Per person • Double/triple occupancy • Includes meals

Early Bird rate is \$120/day • Full Retreat discount rate is \$440

After April 18, rate is \$130/day, full retreat is \$480

Non-members, please add \$10 per day to Member Price and consider joining for the calendar year 2016 and save the non-member surcharge.

The Retreat starts Wednesday at dinner (4 pm check-in) and ends Sunday after lunch (3 pm check-out).

Directions to Kirkridge

Kirkridge Retreat Center
2495 Fox Gap Road
Bangor, PA

Phone: (610) 588-1793

Website: www.kirkridge.org

Map: www.kirkridge.org/directions.html

BY CAR

From I-80

Take Pennsylvania exit # 307 in Stroudsburg to Rte 191 South. Take Rte 191 south approximately 5 miles to the top of the ridge. Turn left at first Kirkridge sign. Proceed to The Nelson Lodge facility.

From I-78

From either east or west, take the Rte 22 exit and follow to Rte 33 North. Take Rte 33 north to Rte 191 exit at Stockertown. Take Rte 191 north through Stockertown, Ankermanville, and Bangor. Continue another 5 miles to the top of the ridge. Turn right at the second Kirkridge sign Proceed to The Nelson Lodge facility.

BY BUS

From New York City's Port Authority Terminal or Scranton/Wilkes Barre.

Take Martz Trailways to Stroudsburg/Delaware Water gap (not Bangor). For information call Trailways at (800) 858-8555 or Port Authority at (212) 564-8484. In New Jersey call (800) 233-8604.

From Philadelphia

Take Greyhound to Stroudsburg. For information call (800) 231-2222.

BY AIR

From New York City airports, go to the Port Authority Bus Terminal and follow the bus directions above.

From Lehigh Valley Int'l Airport, (45 miles from Kirkridge), take a taxi costing approximately \$60. See below.

LOCAL TAXI

Call Lehigh Valley Taxi at (610) 867-6000 or (800) 292-6380.

IPA Membership Dues

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

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.
- ⇒ Memberships for \$25 per year are also available for overseas, even if their incomes are above \$25,000.
- ⇒ Membership dues are tax deductible.
- ⇒ Dues cover the calendar year from January to December.
- ⇒ Please add \$20 for Canadian checks (in US dollars) or for international money orders.

Registering for the Retreat

There are three ways to make payment.

- 1) By credit card: Contact Warren Davis at treasurer@primals.org or by phone at 301-763-6080.
- 2) By PayPal: Go to www.primals.org/membership.html. Click on Donate button at bottom of page.
- 3) By mail: Please cut off and return the below form with full payment:

**Registration Form to use if sending check or cc info by mail to
IPA, 5539 Columbia Pike #816, Arlington, VA., 22204:**

Name(s)

Address

Email

Phone

Current Member? Yes _____ No _____

Days Attending (Circle): Thurs Fri Sat Sun

Credit Card Type (Amex not accepted)

Card #

Exp. Date _____

Last 3 digits on back _____

Rate _____ x _____ person(s) = _____

IPA Membership Dues (see above) _____

Total Payment

Please make your check payable to IPA in US funds only.
Add \$20 for Canadian checks or for international money
orders.