International Primal Association

Spring RETREAT

Supporting Growth and Healing
Through Deep Feeling Process

Wednesday, May 3, 2017 – Sunday, May 7, 2017

Kirkridge Retreat Center, Bangor, PA

Dear IPA Members and Friends,

Please come to the annual Spring Retreat at Kirkridge Retreat Center, only 90 minutes from New York City on the Appalachian Trail. This year we will be at "The Farmhouse," which offers comfortable double rooms and delicious food. It overlooks a beautiful meadow and frog-filled pond. Close by are a secluded labyrinth and the imposing Celtic megaliths of Columcille Park.

Everyone who attends has the opportunity to lead or suggest a workshop that would interest some others. We welcome Primal or related presentations as well as activities focusing on movement, the arts, our verdant and intriguing surroundings, and whatever else would enhance our experience. Workshops may include, for example, psychodrama, ideal parenting, art, poetry, movement, Nonviolent Communication, and Bonding Psychotherapy. In addition, there will be Mat Track (facilitated Primal group), men's and women's groups, and smaller peer groups every day. In the evenings, we will make music, perform for one another in Cabaret, and dance at the closing party.

The retreat begins on Wednesday evening (4 pm check-in, dinner at 6 pm). That evening we will decide on most of the activities for the week, so we hope you will be there to offer your own workshops or to ask for what you want. The retreat ends Sunday after lunch (3 pm check-out).

This is a wonderful opportunity to rejuvenate ourselves in the breathtaking beauty of the Poconos. The limited number of participants and the familiarity of the venue generate an intimacy and ease that many of us have come to cherish.

Alex Tadeskung and Bill Whitesell
Retreat Coordinators

IPA MEMBER PRICES

Fees include room and board and are all subsidized by the IPA and vary depending on your personal income. The Early Bird rates (available till April 19) are:

Income Level	Full 4-night Price	Daily Rate (for shorter stays)
Below $15k	$165	$45/night
$15k - $49,999	$230	$60/night
$50k - $99,999	$310	$80/night
$100k or more	$390	$100/night

After April 19, add $10/day. Non-members, add $15 per day to Member Price or consider joining for the calendar year 2017 and save the non-member surcharge. (To become a member, go to the webpage www.primals.org/membership.html or contact Warren Davis at treasurer@primals.org or at 301-763-6080.)

Directions to the Farmhouse, Kirkridge Retreat Center

2281 Fox Gap Road
Bangor, PA 18013

Phone: (610) 588-1793
Website: www.kirkridge.org

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 onto Fox Gap Rd. at the second Kirkridge sign. Go down the hill about a quarter mile; the first driveway on your left is for the Farmhouse.

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, Ackermanville, and Bangor. Continue another 5 miles to the top of the ridge. Turn right onto Fox Gap Rd. at the first Kirkridge sign. Go down the hill about a quarter mile; the first driveway on your left is for the Farmhouse.

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.

Registering for IPA's 2017 Spring Retreat

There are three ways to make a 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/retreat.html.

3) By mail: Please return this form with full payment 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.