



International  
Primal Association



# Spring RETREAT

Dedicated to the Memory of  
Harriet Geller

Supporting Growth and Healing Through Deep Feeling Process

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Wednesday, May 15, 2019 ~ Sunday, May 19, 2019

Dear IPA Members and Friends,

Please join us for our annual Spring Retreat. This year we will remember and celebrate the life of Harriet Geller. In addition to her prodigious contributions to the IPA over a span of 40 years, Harriet was one of the early supporters of the Spring Retreat and served as chair and co-chair for this event multiple times. We will miss her intrepid spirit as well as her quintessential workshops in poetry and in working with “ideal parents.”

Everyone who attends has the opportunity to lead or suggest a workshop. We welcome proposals for Primal or related modalities as well as activities focusing on movement, the arts, and nature. In addition, there will be daily Mat Track (facilitated Primal group), men’s and women’s groups, and smaller check-in groups. 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 when we will decide on most of the program for the week: we hope you will be there to choose workshops and to reap the benefit of the full four days. Keep in mind that space at The Farmhouse is limited, so register early and get the early-bird discount as a bonus.

We look forward to reconnecting with old friends and making many new ones.

Warmest regards,

Jean Rashkind and Alex Tadeskung  
Retreat Coordinators

## **IPA MEMBER EARLY-BIRD RATES**

*Per person • Double/triple occupancy • Includes meals*

<b><u>Annual Income</u></b>	<b><u>Full Retreat (4 Nights)</u></b>	<b><u>Daily Rate (per night)</u></b>
Below \$15,000	\$165	\$45
\$15,000 - \$49,999	\$230	\$60
\$50,000 - \$99,999	\$310	\$80
\$100,000 or more	\$390	\$100

Fees are subsidized by the IPA.

After April 21, add \$10/day. Non-members, add \$15 per day or consider joining for the calendar year 2019 and save the non-member surcharge. To become a member, go to [www.primals.org/membership](http://www.primals.org/membership) or contact Warren Davis at [treasurer@primals.org](mailto:treasurer@primals.org) or 301-763-6080. See following page for variable rates.

### **Registering for the Retreat**

There are three ways to make payment.

- 1) By credit card: Contact Warren Davis at [treasurer@primals.org](mailto:treasurer@primals.org) or by phone at 301-763-6080.
- 2) By PayPal: Go to [www.primals.org/membership](http://www.primals.org/membership). Click on Donate at the bottom of the page.
- 3) By mail: Please send in the Registration Form on the following page with full payment.

**The Retreat starts Wed. at dinner (4 pm check-in) and ends Sun. after lunch (3 pm check-out).**

### **Directions to The Farmhouse at Kirkridge Retreat Center**

Kirkridge Retreat Center  
2281 Fox Gap Road  
Bangor, PA 18013

Phone: (610) 588-1793

Website: [www.kirkridge.org](http://www.kirkridge.org)

Map: [www.kirkridge.org/directions.html](http://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 onto Fox Gap Road at the second Kirkridge sign. Go down the hill about a quarter mile to the first driveway on your left 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, Ankermanville, 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 to the first driveway on your left 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.

# IPA Spring Retreat Registration Form

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

Roommate requests \_\_\_\_\_  
 (we will do our best to accommodate)

Credit Card Type (AmEx not accepted) \_\_\_\_\_

Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_ Last 3 digits on back \_\_\_\_\_

Rate \_\_\_\_\_ x \_\_\_\_\_ person(s) \_\_\_\_\_

IPA Membership Dues (see below) \_\_\_\_\_

Donation \_\_\_\_\_

**Total Payment** \_\_\_\_\_

Please make your check payable to IPA in US funds only. Add \$5 for Canadian checks or \$7 for international money orders.

## IPA Membership Dues

Annual Income	Single Membership	Joint Membership
\$100,000 or more	\$110	\$165
\$50,000 - 99,999	75	112
\$25,000 - 49,999	50	75
\$15,000 - 24,999	25	37
Less than \$15,000	15	25

- ⇒ 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 members even if their incomes are above \$25,000.
- ⇒ Members 80 and over eligible for free lifetime membership.
- ⇒ Membership dues are tax deductible.
- ⇒ Dues cover the calendar year from January to December.
- ⇒ Please add \$5 for Canadian checks (in US dollars) or \$7 for international money orders.

To qualify for Joint Membership, both members must live at the same address and pool resources. Joint members will receive one mailing per household.