



# Spring Retreat At Wellspring



Supporting Growth and  
Healing Through Deep  
Feeling Process

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**Thursday, May 16 – Monday, May 20, 2024**  
**Wellspring Conference Center in Germantown, MD**

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Dear IPA Members and Friends,

Please come for the IPA Spring Retreat at the Wellspring Conference Center in Germantown, MD. Comfortable rooms and delicious food will be offered.

Everyone who attends will have the opportunity to lead or suggest a workshop that would interest 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, breathwork, Intro to Primal, emotional release, Enneagram, art, poetry, authentic movement, psychodrama, and Nonviolent Communication. 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.

This is our maiden event at Wellspring, so we hope you can attend and give input on the location as well as the event.

The retreat begins on Thursday evening (5 pm check-in, dinner at 6 pm). **Everyone will be required to have their temperature taken upon arrival at the retreat.** If you have a temperature, you will be required to take a rapid Covid test. Anyone who tests positive will need to leave the premises. That evening we will decide on most of the activities for the retreat, so we hope you will be there to offer your own workshops or to ask for what you want. The retreat ends Monday after lunch.

*Tricia Wassel*  
Retreat Coordinator

### IPA MEMBER EARLY-BIRD RATES

Fees include room and board and are all subsidized by the IPA to ensure they are affordable to all income brackets. Fees vary depending upon your personal income. If the only thing preventing you from attending are the fees below, please contact Tricia at 1-877-PRIMALS for work scholarship availability. The Early Bird rates (available till May 1st) are:

<u>Income Level</u>	<u>Full 4-night Price</u>	<u>Daily Rate (for shorter stays)</u>
Below \$15k	\$200	\$60/night
\$15k - \$49,999	\$280	\$85/night
\$50k - \$99,999	\$400	\$120/night
Above \$100k	\$490	\$145/night

After May 1st, add \$10/day. Non-members, add \$30/day or consider joining for the calendar year 2024 and save the non-member surcharge. (To become a member, go to the webpage [www.primals.org/membership.html](http://www.primals.org/membership.html) or contact Warren Davis at [treasurer@primals.org](mailto:treasurer@primals.org) or at 443-468-4272.) There is no extra charge for single rooms, however they are not guaranteed.

### **Wellspring Conference Center**

11411 Neelsville Church Road  
Germantown, MD 20876

## Registering for IPA's 2024 Spring Retreat

There are three ways to make a payment.

1) Via credit card:

Contact Warren Davis at [treasurer@primals.org](mailto:treasurer@primals.org) or by phone at 443-468-4272.

2) Via PayPal: Go to <http://www.primals.org/springretreat.html#retreatpay>

3) Via mail: Please return the form on the next page with full payment to:

**IPA c/o Warren Davis  
5539 Columbia Pike #816  
Arlington, VA 22204**

### IPA Membership Dues

Annual Income	Single Membershi p	Joint Membershi p
\$100,000 or more	\$75	\$112
\$50,000 - 99,999	50	75
\$25,000 - 49,999	25	37
Less than \$25,000	15	22

Memberships are on a calendar year basis.

To qualify for a Joint Membership, both members must live at the same address and pool resources.

- ⇒ Lifetime membership available for \$1,000 (single) or \$1,500 (joint). Payable over 5 years.
- ⇒ Memberships for \$25 per year are also available for those living overseas, even if their incomes are above \$50,000.
- ⇒ Membership dues are tax deductible.
- ⇒ Dues cover the calendar year from January to December.
- ⇒ Add \$20 if paying with checks or money orders through non-US banks.

# Registration for IPA Spring Retreat 2024

Name(s) \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Current Member? Yes \_\_\_\_\_ No \_\_\_\_\_

Nights attending (please circle):

Thursday   Friday   Saturday   Sunday

Roommate requests \_\_\_\_\_

Dietary restrictions \_\_\_\_\_

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

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

Expiration 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. Add \$20 if paying with checks or money orders through non-US banks.