



The International Primal Association will hold their **49th Annual Conference and Retreat** at the beautiful and seaside Virden Retreat Center in Lewes, Delaware.

Featured Presenters:

- ▶ **Vicky Lovell**
Mindful Facilitator
- ▶ **Danielle Groth**
Energy Medicine Practitioner

Vicky and Danielle will guide group members through a series of exercises designed to provide support and growth opportunities.

Additional Conference Activities:

- Morning Meditation ▶ Men's/Women's Group
- Mat Track ▶ Body Work ▶ Peer Groups
- Facilitated Workshops ▶ Nightly Community Meeting
- Movie Screening: *Angels and Saints-Eros and Awe*
- Cabaret ▶ Dance Party



**International
Primal Association**

*the
Healing
Heart*



49th Annual
**Summer
Conference
& Retreat**

*Healing Self
Through a
Lens of Love*

August 22-28, 2024

Virden Retreat Center • Lewes, Delaware

This year's theme is

the Healing Heart

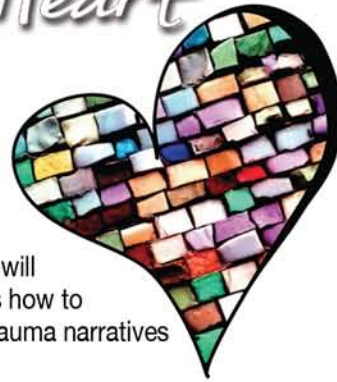
The 49th Annual Summer Conference and Retreat is designed to create a safe community where emotional healing can take place. Trained facilitators will offer a wide variety of workshops including enneagram, art expression, poetry, Primal 101, a Facilitated Cuddle Party, and body work.

This year, the featured presenters are **Vicky Lovell**, *Mindful Facilitator* and **Danielle Groth**, *Energy Medicine Practitioner*. Wonder-Twins® Vicky and Danielle will guide you through their program, *Healing Your Stories*. You will be introduced to tapping (EFT), reiki, vibrational sound healing, meditation, and more. Vicky and Danielle will lead a comprehensive program teaching group members how to identify, process, and reshape emotional responses to trauma narratives through a multifaceted approach.

The Virden Retreat Center is surrounded by the serenity of protected wetlands, so you can enjoy the quiet while practicing being present and mindful with yourself and others during workshops and mat work. In the company of like-minded individuals you will be supported in any work you choose. The featured presenters will also be available for one-on-one sessions.

Affordable! The IPA offers a sliding fee scale and work scholarships.

Questions? For more information: • contact Dianne Arman at diannearman@gmail.com
• call Tricia Wassel at 877-PRIMALS • check the website: www.primals.org



Virden Retreat Center

1155 College Drive
Lewes, DE 19958

The Virden Retreat Center, on the University of Delaware campus, is located in a tranquil setting outside of historic Lewes, Delaware. Virden provides well-appointed rooms with private baths and screened-in porches. The inviting dining room serves nutritious and appetizing food.

In addition to the IPA Conference, there is no shortage of things to do in and around Lewes. Enjoy the town's coffee shops, restaurants, shopping and museums. Head to Cape Henlopen State Park or the bay beach to swim, play and relax.



Virden Retreat Center • Lewes, DE

Registration • Early-Bird Member Rates

49th Annual Summer Conference & Retreat

August 22-28, 2024 • Lewes, DE
THURSDAY THROUGH WEDNESDAY

Annual Income	Six-Day Reduced Rate	Daily Rate
UP TO \$15,000	\$430	\$80
\$15 - \$50,000	\$610	\$110
\$50 - \$100,000	\$810	\$140
ABOVE \$100,000	\$970	\$170

Non-members add \$15/day
Single rooms add \$50/day (limited availability)
Single meal prices: \$24 breakfast \$28 lunch \$35 dinner

DOUBLE ROOM • PRIVATE BATH
Add \$10/day if paid after July 29th

NAME OF REGISTRANT

ADDRESS

CITY, STATE/PROV.

ZIP/POSTAL CODE

COUNTRY

E-MAIL

PHONE

HOW DID YOU HEAR OF THE IPA?

DAYS ATTENDING: THUR/22 FRI/23 SAT/24 SUN/25 MON/26 TUE/27 WED/28

SPECIAL FOOD NEEDS

I AM SHARING A DOUBLE ROOM WITH

I AM REGISTERING FOR _____ OVERNIGHTS \$ _____

PLEASE ALSO REGISTER \$ _____

\$ _____

OPTIONAL TAX-DEDUCTIBLE DONATION TO THE IPA \$ _____

TOTAL (US FUNDS ONLY) \$ _____

PAY ON-LINE VIA PayPal: www.primals.org/pay.html

PAY VIA Credit Card: VISA MASTERCARD DISCOVER

CARD #

EXPIRATION DATE

SECURITY CODE

PAY BY CHECK (IN US FUNDS) payable to IPA

MAIL TO: Warren Davis, 5539 Columbia Pike #816, Arlington, VA 22204
FOR MORE INFORMATION: 877-PRIMALS