To be in Big Sur is to swim in the diversity of how water shows itself on earth.

Here, we find water pushed up from deep in the earth by such great pressure that when it finally emerges to meet air, it is laden with minerals and geothermal heat — gifted to us as hot springs. Here, a fresh water creek that begins almost 4,000 feet above sea level in the Big Sur mountains makes its long, steep journey through rock layers, spring upon spring, fork upon fork, and becomes Hot Springs Creek, which runs through Esalen before finally making its way home to the sea. Here, we behold the salty ocean, mother of all biological life. Ocean waves sing their constant songs, which can remind us of our own pulsing hearts.

To be in Big Sur is to be touched by water, to deeply feel our liquid body and the community of this larger water-body that we live in each moment. Here, we participate in a fluid and animate world while knowing our ancient belonging. This watery foundation is a fertile bed for the many seeds, the tending, weeding, blossoming, and fruition of all that Esalen has brought forth and will bring forth into each individual and our collective, ever-changing world.
Welcome to Esalen

Our History

Since 1962, Esalen Institute has sought to develop what Aldous Huxley originally envisioned as the “human potential”—all those unrealized capacities of mind and body that point to the further evolution of human nature. Esalen is known for its nuanced blend of Western and Asian cultures, its emphasis on experiential workshops, its gifted teachers, its social activism at home and abroad, and its hot springs. Honoring the native Esselen peoples who once inhabited the land, Esalen sits on the spectacular Big Sur Coastline with the Santa Lucia Mountains rising sharply behind.

Our Mission

Esalen is a leading institute for exploring and realizing human potential through experience, education, and research. We work toward the realization of a more humane and all-embracing world, seeking answers to questions unlikely to be explored by traditional universities and religions. We sponsor pioneering initiatives and offer personal, spiritual, and social transformation programs for workshop participants, Work Scholars and extended students, apprentices, and property residents.
Our Offerings

Workshops/Work Study/Conferences

Our workshops range in subject matter from the arts and body movement to meditation, psychology, and nature and sustainability. You may choose from a variety of program lengths; most workshops are weekend, five- and seven-days long. Your workshop registration is all-inclusive, providing you with accommodation, meals, and access to additional classes and facilities on property. Please view the Guide to Workshops for a full list of programs by subject.

Many educational institutions recognize Esalen programs as eligible for credit in their curricula; check with your university or college. Additional information can be provided if needed. Esalen provides continuing education (CE) credit for psychologists, MFTs, LCSWs, nurses, bodyworkers, acupuncturists, and more. See page 109 for details.

We also offer a Work Study program for individuals interested in participating in an intensive month-long course of study. See page 102 for more information.

Personal Retreat and A Time to Reflect

This is a special opportunity to spend time at Esalen without enrolling in a specific workshop. Choose from a single or multiple day Personal Retreat or book a longer stay with A Time to Reflect. A Time to Reflect is offered regularly throughout the year. Personal Retreats, which are not scheduled more than five days in advance, may also become available when space allows. Nourish your body, mind, heart, and soul by enjoying yoga and movement classes, massage, time in the meditation Round House, evening programs, and the hot springs. Visit the website for updates and pricing.

Massage and Bodywork

Esalen has long been known for its unique massage and bodywork modalities, developed by innovative practitioners at the hot springs overlooking the Pacific Ocean, and offered to guests during their stay. Esalen Massage® incorporates long flowing strokes over the whole body, and helps release the stresses of everyday life, leaving the receiver feeling integrated and deeply relaxed. Reservations must be made and paid for in advance. Please call 831-667-3002 for more information.

Hot Springs

Esalen is the steward of a natural hot springs overlooking the Pacific Ocean. The hot springs is a source of relaxation and healing for those who visit, and you may catch a glimpse into the life of a sea otter, seal, or migratory whale while you enjoy the baths. Swimsuits are optional, and nudity common, in the hot springs and massage areas.

We offer public night bathing from 1:00 am to 3:00 am. Reservations are required and can be made online at [www.nightbaths.esalen.org](http://www.nightbaths.esalen.org). Reservations are non-refundable and non-transferable. During the winter months same-day booking applies. Online reservations are available for booking at 9:00 am based on weather. The hot springs may be closed during public holidays and some Esalen events. We do not accept large group reservations.

Additional Classes

Esalen offers a daily schedule of free classes open to all guests. Offerings can include yoga, chanting, meditation, free-form dance, didjeridoo meditation at the baths, and more. We also host visiting scholars and teachers who interface with the Esalen community in many ways, including Wednesday evening discussions.

Farm & Garden

Esalen’s five-acre Farm & Garden produces hundreds of varieties of vegetables, many of which are used to feed Esalen guests and residents. Guests may volunteer with the Farm
& Garden crew during their stay, enjoy the flowers during spring and summer, and participate in farming and permaculture workshops throughout the year.

**Accommodations**
Esalen features an all-inclusive rate, which means your reservation includes your workshop tuition, overnight accommodation, meals, and other offerings. There are several types of accommodations to meet a diversity of needs and budgets. Offerings begin with sleeping bag, bunk bed, and shared standard rooms as well as premium rooms that provide for greater privacy and Point Houses which are private suites nestled behind the Esalen Garden. For full description and pricing, see pages 6–7.

**Children and Families**
Esalen offers family-oriented workshops throughout the year. Guests attending workshops who have small children can also inquire about child care opportunities at the Gazebo School Park. Gazebo is an on-site, state-licensed outdoor preschool for children ages 1-6 that serves families in the Big Sur area as well as workshop guests and leaders. Children may enroll in a half or full day during an Esalen stay, but space is limited. Please give at least one month advance notice for enrollment. Call 831-667-3026 for more information.

**Giving Back**
The Friends of Esalen are supporters whose donations of $65 or more help advance Esalen’s mission of personal and social transformation. By becoming a Friend of Esalen, you receive a $25 discount on a future Esalen workshop. See page 64 for more information.

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**Credits**
Front Cover photo by: Tim Farrell
Back Cover photo by: Jens Wazel

Essays and photography submitted by:
Tom Beil (of Arkin Tilt Architects)
Daniel Bianchetta
Alan Brewer
James Derner
Alena Dubavaya
Joanne Ehrich
Doug Ellis
Kyle Evans
Tim Farrell
Jan Fite, PhD
Wendy Fuchs
Rabbi Rosalind Glazer
Alana Gissen
Mike Goertz
Paul Hess
Christina Kanzavelos
Rosie Karel
Cindy Keefer
W. Jay Klein
David Lazarony
John Lovaas
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Christopher Prentiss
Michel
Dave Minton
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Robert Spindler
Cristin Talley
Jessica Tamayo
Cliff Warner
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Peter Wodarczyk

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Esalen’s Farm & Garden inspires all who walk among its bright flowers, crisp greens, and aromatic herbs. Its five acres nourish the community with the ultimate in farm-to-table produce, with vegetables grown just steps from the Esalen Kitchen.

In addition to heirloom vegetables and rich soils, Esalen farmers also have cultivated a unique agricultural practice for more than 40 years. Through a system of mindful communication and regular group dialogue, the Farm & Garden builds on Esalen’s lineage of transformational growth, and creates a work environment as healthy as the food it grows.

Relational agriculture builds, strengthens, and restores relationships among people and the earth. The elements of Esalen’s farming practice—the work crew, community, natural ecology, soil history, human relationships, the quality of the food, the presence and intention with which farmers interact with the plants—create a Gestalt, a whole that is greater than the sum of its parts.

During your stay, we invite you to engage with this evolving, dynamic process and join our Esalen farmers for mindful harvest before breakfast.
Visiting Esalen

We look forward to welcoming you to Esalen.

To help you plan for your visit, we’ve put together some helpful information. For additional assistance, please call 1-888-837-2536 or 1-703-342-0500 (for international callers) or email info@esalen.org.

Getting Here
Esalen is located 45 miles south of Monterey and 12 miles south of Big Sur on California State Route 1. Allow yourself ample time to travel to this remote and tranquil location. We encourage ridesharing to reduce the number of cars on the road or at Esalen. Ask an Esalen reservationist for rideshare options. Esalen also offers a shuttle service from San Francisco, San Jose, and Monterey on Fridays and Sundays only. A timetable and pricing is available online. Return reservations can be made at the Front Office in the Lodge. Visit www.esalen.org/page/getting-here for more information.

What to Bring
The coastal weather is unpredictable, so we recommend bringing warm and layered comfortable clothing as well as hiking shoes. Esalen paths have low lighting so you may enjoy the night skies, so we recommend you bring a flashlight. Please bring any medications, toiletries, sunscreen, water bottle, and earplugs if you share a room.

What to Expect

PHONE AND INTERNET: There is no cell phone service at Esalen. There are two shared Internet stations available and the Lodge offers WiFi access except during meal times. Due to our remote location, we cannot guarantee Internet connectivity.

HEALTH SERVICES: Esalen has no medical services or pharmaceutical supplies on property. Please come prepared to administer to your own needs. Esalen is 45 miles from a medical facility and pharmacy.

ACCESSIBILITY: Many Esalen paths, though paved, are steep and uneven. Access to some parts of the property may be difficult depending on your level of mobility. Please discuss your needs with an Esalen reservationist at the time of registration (at least 72 hours prior to arrival) and we may be able to assist.

CLOTHING OPTIONAL: In the hot springs, massage area, and pool area, clothing is optional and nudity common. We encourage each individual to choose what is most comfortable for him or her. The environment we strive for at Esalen is one of personal sanctuary and respect for the human body.

General Policies
The following policies are in place for the benefit of Esalen workshop participants, workshop leaders, residents, and other visitors.

SMOKING: Smoking is permitted in designated outdoor areas only; it is not permitted in guest rooms or meeting rooms.

ILLEGAL DRUGS: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen property is strictly prohibited.

PETS: Other than service animals, pets are not allowed. In accordance with the Americans with Disabilities Act (ADA), service animals are defined as dogs that are individually trained to do work or perform tasks for people with disabilities. If you plan to bring a service animal, please contact an Esalen reservationist to register your animal.

AGE RESTRICTIONS: Workshop participants must be 18 years or older unless otherwise noted (such as family workshops).

PERSONAL GUESTS: Workshop participants may not have guests on property.

VALUABLES: The Front Office has no facilities to store guest valuables.
Esalen All-Inclusive Accommodations

When you reserve a workshop at Esalen, your tuition includes both the cost of your workshop as well as a variety of amenities including room accommodation, beautifully prepared meals featuring produce grown in the Farm & Garden, and a 24-hour coffee, tea, and bread bar.

Additional offerings included in your stay are vegan and vegetarian options for all meals; 24-hour use of the hot springs bath facilities; access to the Art Barn (except during construction or when a workshop is scheduled), walks in the Farm & Garden, and meditation in the Round House; daily movement classes; special Wednesday evening lectures and occasional impromptu discussions hosted by visiting scholars and teachers; and a subscription to the Esalen catalog.

### Reduced Rates

In some cases, you may be eligible for a reduced rate. Please inquire about this option at the time of registration. Reduced rate options include:

**WORK EXCHANGE:** Limited assistance is available for workshop participants in exchange for a work commitment in housekeeping or the kitchen.

**SCHOLARSHIPS:** Limited student aid is available for those in financial need. Visit [www.esalen.org/page/scholarships-financial-aid](http://www.esalen.org/page/scholarships-financial-aid) for more information.

**SENIOR CITIZEN DISCOUNT:** A discount is available for workshop participants over 65: a $25 discount for weekend and $50 for five-day or longer workshops.

**MONTH-LONG RESIDENCY PROGRAM:** A 20% discount is available for anyone registering for four consecutive five-day workshops with three Personal Retreat weekends in between. This program is available January-April only. Please contact an Esalen reservationist for information.

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**Workshop Tuition Including Accommodations**

<table>
<thead>
<tr>
<th></th>
<th>Weekend Workshops</th>
<th>Five-day Workshops</th>
<th>Seven-day Workshops</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shared Sleeping Bag Space</td>
<td>$405</td>
<td>$650</td>
<td>$900</td>
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<tr>
<td>Shared Bunk Bed Dorm</td>
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<td>Shared Standard</td>
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<tr>
<td>Premium Room Couple</td>
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<td>$4,025</td>
<td>$5,225</td>
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<tr>
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<tr>
<td>Point House Couple</td>
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<td>$6,750</td>
</tr>
<tr>
<td>Own Accommodations (Off-site)</td>
<td>$405</td>
<td>$650</td>
<td>$900</td>
</tr>
</tbody>
</table>

Friends of Esalen receive a $25 discount on rates. For information on Friends of Esalen, see page 64. Special pricing applies for Personal Retreats and A Time to Reflect. Please see our website for information.

There are a wide array of accommodations available to meet different needs. Shared sleeping bag areas and bunk beds offer the most affordable rates. If you choose a sleeping bag option, you will have access to your sleeping area from 11:00 pm to 8:45 am. Standard rooms are shared housing with two to three people per room. Couples are housed privately. You may choose guaranteed single housing based on availability for an additional $150 per night. Premium rooms and Point Houses offer greater privacy, upgraded amenities, and ocean or garden views. Point Houses also feature a full kitchen and private redwood deck. You may choose to attend a workshop and plan for off-site accommodations, although space is limited for this option.
Check-In/Check-Out
Accommodations include a Friday and Saturday night stay for weekend workshops and Sunday through Thursday night stay for five-day workshops. Schedules for seven-day workshops vary; please ask at registration. Guests are welcome to arrive at Esalen anytime after 2:00 pm on the day your stay begins. Rooms become available at 2:30 pm and you may pick up your key at the gate or at the Front Office. On the day of your departure, please check out of your room before attending the closing workshop session or before 10:30 am; enjoy lunch with us and depart by 2:00 pm. Workshop schedules normally begin at 8:30 pm on the day of arrival.

Payment and Cancellation
A nonrefundable deposit is required for any workshop reservation: $150 for a weekend workshop and $300 for a five- or seven-day workshop. Deposits paid by credit card will automatically have the workshop balance drawn from your credit card five days before your arrival. Deposits are payable in US currency only; overseas residents must pay by checks drawn on US banks or credit cards.

• If you cancel or change any part of your workshop reservation at least seven days before the start of your workshop(s), your nonrefundable deposit, less a $75-per-workshop processing fee will be transferred to an Esalen credit account to be used within one year.

• If you cancel a workshop with less than seven days’ notice, you forfeit your entire deposit. If you have prepaid your entire reservation fee, the balance (less the deposit) will be refunded.

• If you cancel A Time to Reflect or Personal Retreat with more than 24 hours’ notice, a $75 processing fee will be charged for each reservation (per person) and the remaining balance will be refunded. If you cancel with less than 24 hours’ notice, you will forfeit the price of one night of lodging (per person).

• Cancellations must be made by phone with an Esalen reservationist. Seven days’ notice means by Sunday before a Sunday workshop and by Friday before a Friday workshop.

• Esalen may cancel a workshop due to low enrollment before the workshop start date. You can choose to select another workshop, attend A Time to Reflect or Personal Retreat, or receive a full refund.

Fees for Children
Fees for children under 10 enrolled in a family workshops are $100 for weekend workshops and $250 for five-day workshops. Children not attending workshops may be housed with two full-paying adults in premium or standard rooms for a meal charge of $20 a day per child ($10 for children under six). Single-parent accommodations are limited. Please inquire at registration. Note: If children are enrolled in Gazebo School Park, additional fees apply.
Guide to Workshops

Arts & Creativity

Creative Expression/Theater
Mar 12-17 • THE MAX: Self-Expression
Mar 17-19 • Improv Inspiration
Mar 26-31 • Esalen Inspirational Film Festival
May 7-12 • Share Your Life Story: Page and Stage
May 14-19 • Improv: Expand Yourself

Music/Rhythm
Feb 3-5 • Rise Up Singing
Mar 12-17 • Kirtan Flight School
Apr 28-30 • Girish Chant Camp

Visual Arts
Mar 12-17 • The Art2Life Workshop
Mar 19-24 • The Passion of Painting
Mar 26-31 • Mosaic Art
Apr 9-14 • Inspired by Nature
Apr 30-May 5 • Painting Outer/Inner Landscape
May 7-12 • Awakening the Creative: Painting
June 4-9 • Art as a Spiritual Path: Painting
June 11-16 • Painting Process Rediscovered

Writing
Feb 26-Mar 5 • The Craft of Memoir
Mar 10-12 • The Writing Life
Apr 9-14 • The Writer’s Journey
May 12-14 • Jump Start Your Memoir
June 25-30 • Writers’ Camp

Body & Movement

Culinary Arts/Nutrition
May 14-19 • Land of Milk & Honey: Farm Arts

Dance
Jan 15-20 • 5Rhythms: Connections
Jan 20-22 • Dancing with the Dharma
Jan 29-Feb 3 • Soul Motion: Begin Again
Feb 10-12 • The Brazilian Soul
Feb 19-24 • Libido: Desire and Ice
Mar 19-24 • Dancing with the Heart of the World
Apr 2-7 • 5Rhythms: A Graceful Journey
Apr 7-9 • 5Rhythms: Grief, Loss, and the Body
May 19-21 • Waking Up: Embodied Inquiry
May 28-June 2 • Soul Motion: Sanctuary
June 4-9 • 5Rhythms and Buddhist Practice
June 9-11 • Behind the Mask, Beneath the Ego
June 11-16 • God, Sex and the Body

Healing Arts/Somatic Practices
Feb 17-19 • Medical Qigong
Feb 26-Mar 3 • Continuum Movement
Mar 19-24 • The Art of Seeing
Mar 24-26 • Creative Tai Ji Experience
Mar 26-31 • Qigong for Health and Happiness
Mar 31-Apr 2 • Your MythBody
Apr 2-7 • Spinal Awareness (with Humor)
Apr 9-14 • Primordial Qigong Intensive
Apr 21-23 • Integral Transformative Practice
Apr 30-May 5 • Qigong Empowerment
May 5-7 • Guardian Qigong
May 7-12 • SomatoEmotional Release 1
May 21-26 • Mind Body Studies: Feldenkrais
May 26-28 • Gyrokinesis
May 28-June 2 • CranioSacral Therapy 1
June 11-16 • Inner Power Qigong

Massage
Jan 1-6 • Advanced Esalen Massage
Jan 20-22 • Esalen Massage Intensive
Jan 29-Mar 12 • 250-hr Esalen Massage Cert.
Feb 19-24 • Fundamentals of Esalen Massage
Feb 26-Mar 3 • The Body Remembers
Mar 19-24 • Intro. to Esalen Massage
Mar 31-Apr 2 • Esalen Massage: Side-Lying
Apr 7-14 • Deep Bodywork and CFR
Apr 30-May 5 • Esalen Massage and Reiki
June 2-4 • Esalen Massage - The Basics
June 4-9 • Thoracic Outlet Syndrome

Yoga
Jan 1-6 • Advanced Yoga for Everyone
Jan 8-13 • Silent Yoga-Meditation Retreat
Jan 15-20 • Yoga and Zen: Seeing into the Heart
Jan 27-29 • LEVITYoga
Feb 12-17 • The Yoga of Willpower
Feb 17-20 • Mindfulness and Yoga
Mar 3-5 • The Dynamic Spine
Mar 5-10 • Advanced Yoga for Everyone
Mar 10-12 • Yoga and Meditation
Apr 14-16 • Soul Rising: Ritual of Renewal
Apr 16-21 • Living Flow Spring Retreat
Apr 21-23 • Spring Detox
Apr 28-30 • Thresholds on the Yoga Journey
May 7-12 • Yoga as a Journey of Being
May 12-14 • Mindfulness, Yoga and Dance
May 28-June 2 • The Art of Masterful Living: Yoga
June 18-23 • Summer Solstice Sadhana

Meditation & Spirituality

Contemplative/Spiritual Studies
Feb 19-24 • Open Your Heart
Feb 26-Mar 3 • Divine Tactics for Spiritualized Life
Mar 3-5 • I Am the Word
Mar 5-10 • I Am the Word
Mar 17-19 • Exploring Non-Duality through Body-Mind
Mar 26-31 • Unshakable Presence
Apr 7-9 • Kabbalah and the Tree of Life
Apr 14-16 • Kashmir Shaivism and Sri Aurobindo
Apr 16-21 • Know Thy Selves
May 19-21 • Awakening Through Love
June 2-4 • Awakening the Sacred Body
June 16-18 • Practical Intuition

Meditation/Mindfulness
Jan 1-6 • New Year Meditation Retreat
Jan 6-8 • The Path of Theravadin Insight Meditation
Jan 6-8 • The Path of Tibetan Mahamudra
Jan 6-8 • The Path of Zen
Jan 27-29 • Intro to Mindfulness Meditation
Mar 5-10 • Mindfulness and Leadership
Mar 19-24 • Joining Embodiment and Meditation
Mar 31-Apr 2 • Mindfulness Meditation and Yoga
Apr 28-30 • Meditation as Medicine of the Mind
May 5-7 • The Power of Emotional Connection
May 12-14 • Mindfulness/Lovingkindness Meditation
May 14-19 • Yoga Nidra Immersion
May 21-26 • The Great Intimacy
May 21-26 • Mindfulness and Self-Compassion
June 9-11 • Mindfulness in Relationship
June 9-11 • Using Mindfulness to Work with Trauma
June 16-18 • Enjoying Meditation: Returning to Ease
June 23-25 • Mindfulness-Based Stress Reduction
June 23-25 • Strengthening the Heart through Compassion

Myth / Ritual / Shamanism
Jan 20-22 • Toltec Guide to Freedom
Mar 3-5 • Wild Wisdom
Mar 5-10 • Soulcraft and Mythopoetic Imagination
Mar 12-17 • Shamanic Cosmology
Mar 24-26 • One Spirit Medicine
Mar 26-31 • Revisiting your Hero’s Journey
May 28-June 2 • Artemis, Women’s Circles
June 4-9 • The Shaman’s Path into Illumination
Personal Reflection
Jan 6-8 • A Silent Time to Reflect
Feb 12-17 • A Time to Reflect
Apr 2-7 • A Time to Reflect
May 21-26 • A Time to Reflect
June 30-July 2 • Midsummer Time to Reflect

Mind & Psychology

Neuropsychology / Neuroscience
Apr 23-28 • Mind, Mood and Food
Apr 28-30 • The Psychedelic/Contemplative Mind

Philosophical/Scientific Inquiry
Apr 7-9 • Can Science Be Sacred?
Apr 21-23 • What’s Next: Revisioning Life

Psychology/Transpersonal Psychology
Jan 27-29 • Re-Visioning Madness
Jan 29-Feb 3 • Self-Compassion in Relationships
Jan 29-Feb 3 • Overcoming Addictive Thinking
Feb 3-5 • How We Change and Why We Don’t
Feb 3-5 • Restructuring/Unburdening Trauma
Feb 5-10 • The I in the Storm: Self-Leadership
Feb 5-10 • Trauma, Memory, Restoration
Feb 10-12 • Expanding Sex Therapy
Feb 12-17 • Constellations
Feb 12-17 • The Path of Forgiveness
Feb 17-19 • Constellations
Feb 17-19 • Finding True Love
Feb 26-Mar 3 • Abandonment to Healing
Mar 3-5 • Love Yourself
Mar 5-10 • Acceptance and Commitment Therapy
Mar 12-17 • Radically Alive
Mar 17-19 • Radically Alive Sexuality
Mar 19-24 • Growing Bliss Bodies
Apr 2-7 • Beyond Addiction and Limiting Beliefs
Apr 7-9 • Relational Gestalt Process
Apr 9-14 • Living In Gratitude
Apr 21-23 • The Self-Care Vow
Apr 28-30 • Sensory Awareness
Apr 30-May 5 • Embodied Intimacy
May 5-7 • Play, Embodiment and Humor
May 12-14 • Intro to Gestalt
May 14-19 • EMDR Advanced
May 26-28 • Mind, Mood and Happiness
June 4-9 • Reclaiming Your Authentic Self
June 16-18 • The Five Longings

Sustainable Practices
May 5-7 • Organic Skin and Body Care

Wilderness/Hiking
Apr 16-21 • Big Sur Wilderness Experience
May 14-19 • Walk on the Wild Side
May 21-26 • Waking Up in the Big Sur Wilds
June 11-16 • Simply Wild

Relationship & Self

Family
Apr 14-16 • The Magical Family
May 12-14 • Mother’s Day Family Workshop
May 26-28 • The Mindful Family Retreat
June 16-18 • Celebrating Fatherhood
June 30-July 2 • The Magical Family

Life Purpose/Visioning
Jan 1-6 • Designing the Life You Want
Jan 20-22 • Designing the Life You Want
Feb 10-12 • How to Think Like Leonardo Da Vinci
Mar 24-26 • Finding/Following an Authentic Life
Mar 31-Apr 2 • Taking the Midlife Leap
May 5-7 • Turning Towards Transformation
June 9-11 • Your 30s and 40s: Stay True
June 16-18 • Fail Fast, Fail Often!

Relationship/Communication
Jan 27-29 • New Year’s Retreat for Couples
Feb 10-12 • Secrets of Great Relationships
Mar 10-12 • Getting the Love You Want
Mar 31-Apr 2 • Thriving Relationship
Apr 30-May 5 • Tantra: Art of Conscious Loving
May 19-21 • Wired for Love
May 26-28 • Couples’ Communication
June 2-4 • The Soulmate Secret
June 23-25 • Hold Me Tight Workshop
June 23-25 • Kindred Spirit

Sexuality/Gender
Jan 13-15 • Wisdom Women Gathering
Feb 5-10 • Gay Mens - LifeQuest
Feb 12-17 • Women’s Sexual Stories
Apr 7-9 • Mindfulness for Gay Men
Apr 14-16 • Skydancing Tantra
Apr 16-21 • The Yin and Yang of Ecstasy
May 19-21 • Women’s Intimacy, Desire
June 23-25 • Men’s Renewal Weekend

Nature & Sustainability

Ecology/Permaculture
June 9-11 • Herbs for Restoration, Relaxation
June 11-16 • The Esalen Farm & Garden
WEEK OF JANUARY 1-6

New Year Meditation Retreat
Mark Abramson

Meditating in noble silence offers a special opportunity to focus inward, and to deeply connect with oneself, create intentions, and reflect on life goals. New Year’s, with its connection to the Winter Solstice and new beginnings, is the perfect time to silently journey inward. Participants will set intentions and explore, through seated and moving meditation, themes of self-kindness, self-care, and nurturing. This retreat offers a quiet, reflective New Year’s celebration with the opportunity to discover a deep, centered place within.

“The week will be spent in periods of noble silence with two extended periods a day in various meditation practices,” writes Mark Abramson. “Participants will have the opportunity to enjoy eating lunch at a silent table and continuing their meditation or joining the open activities of the day at Esalen in mindfulness. I will guide you through a series of practices of both stillness and movement, which will build the momentum of concentration and awareness. We will practice mindfulness meditation utilizing the rich, sensual experience of Esalen, with the sounds of the ocean, the feeling of the air, and the beauty of seeing the colors and textures as well as the rich experience of our own bodies and minds.

Evenings will be open to mindfully enjoy Esalen’s beauty and community or choose to continue silence in inner retreat.

Please note: This program can be taken on its own or together with Mark Abramson’s December 30 – January 1 workshop, New Year Meditation Retreat: Self-Love and Kindness that Benefits All.

Mark Abramson is part of the Stanford Center for Integrative Medicine and heads Stanford’s Mindfulness-Based Stress Reduction Program. He teaches at Stanford’s School of Medicine and is on staff at Stanford Hospital. www.drtmjsleepapnea.com

The Promise: Advanced Yoga for Everyone
Mark Whitwell

Refresh your life in the New Year with a powerful and nurturing yoga practice designed especially for you. Yoga is not a linear process. It is direct intimacy with life, and it is available to everyone. This week, Mark Whitwell offers yoga’s advanced practices in a way that you can integrate and make your own, whether you are just beginning to practice or have years of experience. The workshop involves an interwoven promise: You promise to practice yoga, and in return you receive the promise of yoga’s gifts, including health, intimacy, well-being, and joy. In order to experience these benefits, your yoga practice must be adapted to you, not you to yoga. Mark’s skillful and heartfelt guidance will help you:

• Explore the five principles of advanced personal practice
• Dive into asana, pranayama, and meditation as a seamless process
• Discover how yoga transforms life into an intimate celebration with everything
• Experience the nurturing principle as a constant in your life from now on
• Return home with understanding and the embodied felt sense of your own joyful practice
This program is a regenerative and joyful event that will continue to reverberate through your daily life in very practical ways. For all levels; no prior yoga experience is needed. Please bring a yoga mat.

Recommended reading: Whitwell, Yoga of Heart and The Promise of Love, Sex, and Intimacy; Desikachar, The Heart of Yoga.

Mark Whitwell has enjoyed a lifelong relationship with the teachings of Krishnamacharya through his students T.K.V. Desikachar and Sivatsa Ramaswami. He travels the world teaching yoga and is the author of Yoga of Heart: The Healing Power of Intimate Connection and The Promise of Love, Sex, and Intimacy.

Mark Nicolson

You have never been where you are today. You have never been the age you are today, or had the experience you have today. The river of life flows and we find ourselves in places we have never been before. At times, you must pause and reflect: Have you created the life you want? Are you going in the right direction? Are you who you want to be?

Rarely, however, do we allow ourselves the time to stop and look at what is changing and what will prepare us for the next phase. Drawing on psychological principles and ancient wisdom traditions to guide us, we will create a unique environment in which peers can come together for a rare opportunity of deep personal learning and exploration. Our goal is renewing the self, and designing and creating the year and the life we want.

You will develop a set of tools, practices, and intentions as a foundation for the next year and next stage of life. Together we will create a supportive community to make this experiential workshop safe, enlivening, and nurturing.

Mark Nicolson is an organizational consultant based in Silicon Valley, Calif. He specializes in leadership development and in the effectiveness of teams and organizations. He is also the co-founder of Ventana Group, which works with visionary social change leaders. www.nicolsongroup.com

Advanced Esalen® Massage

Rob Wilks & Vicki Topp

This week provides practitioners with the opportunity to inspire their current massage practice. Experienced Esalen Massage and Bodywork practitioners Rob Wilks and Vicki Topp will offer unique explorations in the practices of gentle extensions and dynamic mobilization, along with soft and deep tissue release work. Range of motion and passive release techniques will also be brought onto the table, creating an atmosphere of innovation and exploration.

Come prepared to practice and learn new methods of massage, while enjoying the natural beauty and healing waters of the Esalen Institute. Previous massage training is required. This workshop is useful for those in the helping and healing professions in working with their clients and patients.
A disciplined mind brings happiness.
- The Buddha

In this retreat, we will explore essential teachings and meditations from the Theravada tradition – the earliest Buddhist lineage. There will be systematic instructions in Insight Meditation, which draws on the four foundations of mindfulness to develop insight and a non-reactive, wise relationship to experience. Teachings on loving-kindness (metta) practice will be given that cultivate a compassionate response to ourselves and others. Talks will highlight the core teachings of the Buddha and their practical application to our lives. Throughout the weekend there will be discussions to support you in your practice.

This is an excellent retreat for those wishing to refresh their meditation practice, and to deepen their understanding of Buddhist teachings in the supportive company of others.

On Saturday evening, the group will come together with two other meditation workshops, Zen and Tibetan Mahamudra, in order to discuss and explore the differing and complimentary perspectives of Buddhist teachings from different traditions.

Please note: This workshop is part of Esalen’s property-wide Power of Silence retreat. Outside of class sessions, the community will remain in social silence in order to allow a deepening relationship to self, to one another, and to nature.

Mark Coleman is a teacher at Spirit Rock Meditation Center and has taught insight meditation since 1997. He is founder of the Mindfulness Institute and facilitates mindfulness teacher trainings. He leads wilderness retreats worldwide and is also an author and coach. www.awakeinthewild.com

One single torch can dissipate the accumulated darkness of a thousand eons. Likewise, one single instant of clear light in mind eliminates the ignorance and obscurations accumulated over countless ages.
- Tilopa

“Mind itself, in its depths, is bliss, clarity and openness,” says Lama Palden. “All phenomena are spontaneously present; their nature is dharmata [pure being], which resemble space. Realizing the nature of mind and the non-duality of experience and experiencer is the...
path of Mahamudra, which sets us free. Tibetan Buddhism, actually
called Vajrayana, works with our mind, body, expression, emotions
and creative energy as a unified path of skillful means that can
rapidly transform us.

“During this Tibetan Buddhist retreat, teachings and meditation
from two eleventh-century wisdom dakinis (awakened women) will
provide a way to directly connect with our innate, awakened nature
of wisdom and love—the essential goodness of who we truly are.
Through Mahamudra meditation and its pointing-out instructions,
we are able to directly experience the healing and joy that abide at
our core.”

On Saturday evening, the group will come together with two other
meditation workshops, Theravadin Insight Meditation and Zen, in
order to discuss and explore the differing and complimentary per-
pectives of Buddhist teachings from different traditions.

Please note: This workshop is part of Esalen’s property-wide Power
of Silence retreat. Outside of class sessions, the community will
remain in social silence in order to allow a deepening relationship to
self, to one another, and to nature.

Lama Palden Drolma was authorized as a Buddhist lama in 1986 after
completing the traditional three-year retreat. She has been teaching
since then. She also is a licensed psychotherapist, and believes that
the spiritual path is most effective when mind, body, and psyche are
integrated. www.sukhasiddhi.org

Essential Teachings on Awakening:
The Path of Zen

Pamela Weiss

To study the Buddha Way is to study the self.
To study the self is to forget the self.
To forget the self is to be intimate with all things.

–Dogen Zenji

This retreat will explore the heart of Zen practice, which is learning
to be intimate with ourselves, others, and all of life. In addition to
meditation, we will study and cultivate the archetype of the bodhi-
sattva—a wise, feeling being dedicated to alleviating suffering.
Walking the bodhisattva path involves waking up from the illusion of
a separate, solid self, and coming to realize that our happiness and
freedom are intricately intertwined with all beings.

Our time together will weave silence and meditation with dharma
talks, interactive inquiry, and ritual to support quieting the mind,
cultivating loving listening, and clarifying our heartfelt aspirations.
This is an excellent retreat for those wishing to deepen their un-
derstanding of Zen and the bodhisattva path.

On Saturday evening, the group will come together with two other
meditation workshops, Theravadin Insight Meditation and Tibetan
Mahamudra, in order to discuss and explore the differing and compli-
mentary perspectives of Buddhist teachings from different traditions.

Please note: This workshop is part of Esalen’s property-wide Power
of Silence retreat. Outside of class sessions, the community will
remain in social silence in order to allow a deepening relationship to
self, to one another, and to nature.

Pamela Weiss has been practicing Buddhism since 1987, including
several years of Zen monastic training and teacher training with Jack
Kornfield through Spirit Rock. Pamela leads a weekly sitting group at
SF Insight and offers retreats and workshops internationally.

A Silent Time to Reflect

This is a special opportunity for people to experience Esalen without
taking a workshop. During this period, we have a limited number of
spaces available for people who would like to participate in the
Esalen learning culture in their own unstructured way. Deeply nourish
your body, mind, heart, and soul through beautifully prepared and
healthy meals, daily movement classes, the hot springs and massag-
es, time in the meditation center, tea with new friends, or even an
evening program, lecture, or open workshop session, when available.
Space in the program is limited, so we recommend you register early.

During the weekend, the whole Esalen community will be in social
silence, as part of our Power of Silence property-wide experience.
Time to Reflect participants will also join in periods of social silence.
We recommend that you bring the following: journal, digital camera,
art supplies, hiking/walking shoes, a good book, and a map of the
Big Sur coast. Special pricing applies. Please contact Esalen Reserva-
tions for details.

SILENT RETREAT

“In removing ourselves from our familiar surroundings and busy
schedules, retreats afford us the opportunity to see accumulated
habits of distraction and begin to soften them,” observes Sarah
Powers, who had been pursuing a master’s degree in psychology
when she found her passion in yoga. “In removing everything
we do that is not supportive of living with freshness and
wakefulness, practice retreats realign us with our deepest values,
helping us discover ways to upgrade how we live our lives on a
daily basis.”

As part of this property-wide silent meditation retreat, Sarah
will focus on the Buddhist psychological view of expanding our
heart-based attitude with loving-kindness and compassion
toward ourselves and others. Joining her is Paul Grilley, who
Sarah credits as sparking her interest in yin yoga. Paul’s sessions
will focus on yin yoga practice and chakra meditation practices.
Paul’s wife, Suzee Grilley, will offer a variety of yin sequences that
target the myofascial and skeletal segments of our bodies.

Rounding out the retreat teachings is Ty Powers, co-founder
of Insight Yoga Institute alongside his wife, Sarah. Ty will lead
participants in the concentration practice of shamatha, often
described as calm or peaceful abiding. “Shamatha can lead us
into deeper and more concentrated, or non-distracted, states of
awareness,” says Ty.

WEEK OF JANUARY 8-13

Silent Yin/Yang Yoga Meditation Retreat

Sarah Powers, Ty Powers, Paul Grilley & Suzee Grilley

This is a unique opportunity to immerse yourself in the tranquil
beauty of Esalen for five days of property-wide, sustained, and
continuous silent practice. Practicing yoga for the body/mind/spirit
within an environment of shared stillness and silence is a potent
means to deepen one’s understanding of subtle truths and alter your
inner life, which encourages a shift in your outer expression. With the
support of the whole community of students and Esalen staff, we will
remain in social silence outside the class sessions in order to amplify our relationship to ourselves, to one another, and to nature.

In this retreat we will practice yin and yang yoga, walking meditation, chakra visualizations, mind training, and methods for awakening the heart. We will focus on cultivating meditative awareness through internal listening and subtle attunement while on the mat, cushion, eating, or walking the beautiful Esalen grounds. We will combine yogic, Taoist, and Buddhist methods to integrate into your practice, as well as generating a fresh outlook for your year ahead.

Each full day will be an opportunity to continually braid together yoga and meditation in the sublime setting of Esalen, with time for the baths and massages every afternoon and/or evening. Participants will be divided into two or three groups with instruction to support both beginning and experienced yoga students. Yin yoga is a helpful complement for our active, busy lives. Poses are often held for 3-10 minutes.

There will be four practice sessions a day, and everyone will have a chance to be with each teacher each day.

• The yoga sessions led by Sarah Powers will incorporate Sarah’s contemplative style of yin yoga, combined with an active or yang (flow) practice to help balance our overall well-being while opening the body and enlivening the mind for meditation. In her talks, Sarah will focus on the Buddhist psychological view of expanding our heart-based attitude with loving-kindness and compassion toward ourselves and others, and developing the capacity to rest the mind in its natural state: open and clear.

• Sessions led by Paul Grilley will focus on yin yoga practice and chakra meditation practices. Paul’s lectures will present the basics of chakra theory such as the three bodies, karma, vrittis, vasanas, and energetic pathways.

• The sessions led by Ty Powers will focus on the concentration practice of shamatha, often described as calm or peaceful abiding. Shamatha can lead us into deeper and more concentrated, or non-distracted, states of awareness. Our normal modern lives have provided many gifts, especially in technology, but these gifts have a dark side, and that is their ability to keep us constantly stimulated in a way that actually cultivates distraction, and sows a seeming need for more and greater external stimulus. Concentration practices provide a potent countervailing force against this trend.

• Sessions led by Suzee Grilley will offer a variety of yin sequences that target the myofascial and skeletal segments of our bodies. We will take time to savor the “rebound” that follows our effort. This is how we learn to feel the subtle energetic response to our asana practice. Yang sequences will emphasize stimulating muscle groups and cultivating movement of subtle energy, chi, through our bodies.

Please bring a yoga mat.

Please note: Because this is a special property-wide event, an extra $80 is added to the cost of this workshop.

Sarah Powers blends the insights and practices of yoga and Buddhism into an integral practice to enliven body, heart, and mind. She leads retreats and classes internationally and is the author of Insight Yoga. www.sarahpowers.com

Ty Powers cofounded The Insight Yoga Institute and has practiced yoga since 1987. Ty practices Buddhism under the guidance of Dzogchen teacher Tsoknyi Rinpoche, as well as Ajahn Amaro. Ty has taught at Spirit Rock and the Mountain Cloud Zen Center in Santa Fe.

Paul Grilley has taught yoga since 1979. His asana classes integrate skeletal variation and the importance of fascia. He teaches meditation informed by the theories of his teacher Dr. Hiroshi Motoyama.

Suzee Grilley has practiced yoga since 1980. She is a former professional dancer, choreographer, and educator, and has studied many styles of yoga. She teaches the slow, healing, Yin style of yoga that prolonged her career in dance and aids her practice of meditation.

WISDOMWOMEN

In 2016, more than 100 women trailblazers, heart leaders, thought leaders, paradigm shifters, and seekers arrived at Esalen for the inaugural WisdomWomen retreat. Conceived by Michelle Stransky, formerly conference director with Wisdom 2.0, the property-wide gathering helps to connect, inspire, and co-create a different kind of workshop experience led by the insights from the group as opposed to one central workshop leader. After hosting subsequent gatherings in New York, Colorado, and Brazil, WisdomWomen returns for a second retreat at Esalen in January 2017.

“I am interested in how we as women can discover our natural gifts as leaders and bring them forward,” says Michelle, a self-described weaver of the WisdomWomen web. “The focus of WisdomWomen is less about women being equal in our current culture, and more about women co-creating a thriving culture in a new way.”

This year’s workshop features the convening of small, themed councils to focus on key areas impacting our world such as education, the environment, intergenerational community, racial equality, and gender and identity. Workshop participants will then meet again as a whole to participate in daily celebration and ceremony. “I would say the vision of WisdomWomen has been guiding me, versus the other way around,” reflects Michelle of the growing movement. “Often I am surprised to find where it takes me.”

An application is required for workshop participation consideration. Learn more at wisdomwomen.community/esalen.
tion and support to embrace our grief, wisdom, wounds, and gifts while we collaborate. We sacredly co-create with one another by:

- Gathering as a whole group daily in ceremony, land honoring, and celebration
- Convening in smaller, themed councils to catalogue wisdom gleaned from the best and worst practices of our current world and envisioning new systems of societal organization (education, language, governance, environment, intergenerational community, living in village, health and well-being, gender and identity, currency, racial equality, the arts)
- Building a blueprint for the new world while sharing resources and possibilities for the physical creation of our collective vision beyond the gathering
- Nurturing our souls and bodies through movement, bathing, nature, and spontaneous connection.

WisdomWomen conveners listen for the unique theme and structure for each of our Visionary Gatherings by joining together in Council prior to our time together. Our convener and facilitation team uses information gathered from applications to co-create the gathering with the emergent wisdom of the women in attendance.

This gathering is a gateway experience for continued radical co-creation as a community. WisdomWomen provides opportunities for attendees to connect before and beyond the gathering. The possibilities we birth will be nurtured by our ongoing support network and offerings.

Application process: To ensure a diverse and co-creative gathering, participation in this program is by application. Please fill out an application at wisdomwomen.community/esalen. Your application will be reviewed within 30 days of submission. Once you have been accepted, you will receive confirmation and the code for registration.

WisdomWomen is a place where we are beginning to bring a new vision – a society co-existing in harmony as people and planet – into form. In our membership community, we support one another in birthing our visions and practice embodying our wisdom through radical co-creation. Our convening team encompasses a variety of backgrounds, experiences, and expertise, but most importantly holds devotion to our collective vision of a thriving world.

WEEK OF JANUARY 15-20
Yoga and Zen: Seeing into the Heart
Tias Little & Henry Shukman

One minute of sitting, one inch of Buddha
Like lightning all thoughts come and go.
Just once see into your mind-depths:
Nothing else has ever been.
– Manzan

The alchemy of yoga and zen is deep and powerful. Yoga offers incomparable insight into the body-mind connection, while Zen opens up the way to see through the body and mind entirely to reveal our original nature. In this retreat, we explore the conjunction of these
two magnificent traditions, in order to become more intimate with the bare fact of being.

Through the power of Zen meditation, we can discover our true heart, inseparable from all things. On the mat, walking the paths of the magnificent grounds, sitting in deep stillness, we enter into deeper currents of awareness, so that the spirit of practice permeates all that we do. The combination of asana and pranayama with the clear, poignant teachings of the Zen tradition—its poems, koans, and lore—illuminates the heart of our life.

For the third year in a row, Tias and Henry share their delightful and joyous spirits from their respective traditions. The result is a truly radiant week of profound practice. Please bring a yoga mat.

Tias Little synthesizes classical yoga, Sanskrit, Buddhist studies, anatomy, massage, and trauma healing. He has studied B.K.S and Ashtanga Vinyasa yoga systems, and is a longtime student of the meditative arts and Buddhism. He is the author of The Thread of Breath, Meditations on a Dewdrop, and Yoga of the Subtle Body. www.prajnayoga.net

Henry Shukman, associate Zen master of Sanbo Zen, teaches at Mountain Cloud Zen Center in Santa Fe, NM, and Sonnenhof in Schwarzwald, Germany. He is also a prize-winning poet and novelist, and frequent contributor to Tricycle and The New York Times. www.mountaincloud.org

5Rhythms®: Connections

Invisible threads are the strongest ties.
- Friedrich Nietzsche

What are the invisible threads that connect you in this life? How can we use the path of the 5Rhythms to explore the connections we most want? By fostering the intimate union of breath and movement, we follow a path that leads us out of isolation and into connection. Here one learns to create the conditions for healthy connections between self, partner, and community.

In this workshop, we will integrate the stillness of Buddhist mindfulness meditation with the moving meditations of the 5Rhythms: Flowing, Staccato, Chaos, Lyrical, and Stillness. The Buddha encouraged us to bring wise attention to every aspect of our lives.

In sitting meditation, we have the opportunity to observe the mind and body at rest through silent introspection, and in the 5Rhythms, we engage in mindfulness while in motion. The 5Rhythms is a map that teaches how energy moves. The two polarities of moving and sitting meditation together mirror the dance of life and open the door to peace, well-being, and balance.

No experience is required. All workshop hours contribute to 5Rhythms teachers training prerequisites.

Lucia Horan has danced with Gabrielle Roth from the time of her birth, and was born and raised in the Esalen community. She has been teaching 5Rhythms® since 1998. She also teaches Buddhist dharma in the lineage of Noah Levine, Jack Kornfield, and the forest masters of Thailand. www.luciahoran.com

WEEKEND OF JANUARY 20-22

Dancing with the Dharma: 5Rhythms® and Insight Meditation

In order to understand the dance one must be still. And in order to truly understand stillness one must dance.
- Rumi

In this weekend of meditation and dance, we will integrate the stillness of Buddhist mindfulness meditation with the moving meditations of the 5Rhythms. The Buddha encouraged us to bring wise attention to every aspect of our lives. In sitting meditation, we have the opportunity to observe the mind and body at rest through silent introspection. In the practice of the 5Rhythms, we engage in mindfulness while in motion. The 5Rhythms is a map that teaches how energy moves. The two polarities of moving and sitting meditation together mirror the dance of life. In this journey, we are always moving between these two spectrums. If we can learn not to cling or avoid, we can hold the place of the silent witness and be with all that life offers.

We encourage meditation students to practice mindful dancing in order to bring balance and insight into their lives. We invite dancers to engage in sitting meditation in order to embody integration, balance, and insight. Join us for the groundbreaking union of these two deep and wise practices.

Lucia Horan bio on page 16.
You have never been where you are today. You have never been the age you are today, or had the experience you have today. The river of life flows and we find ourselves in places we have never been before. At times, you must pause and reflect: Have you created the life you want? Are you going in the right direction? Are you who you want to be?

Rarely, however, do we allow ourselves the time to stop and look at what is changing and what will prepare us for the next phase. Drawing on psychological principles and ancient wisdom traditions to guide us, we will create a unique environment in which peers can come together for a rare opportunity of deep personal learning and exploration. Our goal is renewing the self, and designing and creating the year and the life we want.

You will develop a set of tools, practices, and intentions as a foundation for the next year and next stage of life. Together we will create a supportive community to make this experiential workshop safe, enlivening, and nurturing.

Mark Nicolson bio on page 11.

“The ancient Toltec culture believed that life as we perceive it is a dream,” says don Miguel Ruiz Jr. “We each live in our own personal dream, and all our dreams together make the Dream of the Planet. Problems arise when our perception of the Dream becomes clouded with negativity, drama, and judgment (of ourselves and others), because it’s in these moments of suffering that we forget that we have the power to change our Dream.”

The Mastery of Self takes the Toltec philosophy of the Dream of the Planet and the personal dream and explains how a person can liberate themselves from illusory beliefs and stories, and live with authenticity. Through guided exercises, visualizations, and his teaching of The Mastery of Self principles, don Miguel Jr. can help you awaken powerful new intentions and show you how to:

• Discern between “who you are” and “what you know”
• Gain awareness of the way your attachments have created your reality
• Stop creating your identity based on opinions and judgments of others around you
• Let go of the fear of what you are without your beliefs
• Make new agreements that are more in line with your authentic self
**Weekend Esalen® Massage Intensive**  
**Char Pias & Robin Fann-Costanzo**

This weekend offers the opportunity to replenish spirit and reconnect to the healing power of nature, while learning how to give an effective and pleasurable Esalen Massage.

Through brief lectures and demonstrations, the workshop will present essential tools and information that can easily be applied. The principle elements of bodywork, including breath awareness, grounding, movement, and quality of contact will also be introduced and practiced, creating a firm foundation for learning massage. Participants will have time to enjoy the healing waters of the natural hot springs and the magical beauty of the Esalen grounds.

This workshop is especially useful for those in the helping and healing professions in working with their clients and patients.

☆ CE credit for nurses; see page 109.
☆ CE credit for massage; see page 109.

**Char Pias**, a member of the Esalen massage staff since 1980, teaches internationally, focusing on bodywork’s energetic, emotional, and spiritual aspect. She is a Reiki teacher, a Circle of Life facilitator/coach, and a licensed graduate of The Center for Spiritual Healing. [www.piasoma.com](http://www.piasoma.com)

**Robin Fann-Costanzo** has a lifelong background in dance and movement. An Esalen® Massage practitioner, CranioSacral practitioner, and certified yoga instructor, she has taught and assisted Esalen® Massage trainings, yoga retreats, and Upledger Institute trainings. [www.esaleninstructor.com](http://www.esaleninstructor.com)

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**Re-Visioning Madness: Compassionately Responding to People in Extreme States**  
**Michael Cornwall & David Lukoff**

Esalen co-founders Richard Price and Michael Murphy envisioned Dick Price’s experiences of madness to be of great potential value in helping others, and as a way to expand the human potential movement. As a result, Esalen became a hub in the exploration of alternative models of madness and the development of new ways to help people in extreme states. Michael Cornwall and David Lukoff have been involved in continuing this exploration for more than thirty years.

Workshop attendees will learn about new, ground-breaking research and contributions by pioneers like Price, Bateson, Laing, Perry, Silverman, Perlis, Grof, and others who attended historic gatherings on madness at Esalen.

During collegial conversations, personal sharing, and interactive exercises, we can expand on the paradigms by which madness may be expressed, understood, and responded to, by drawing on heart-centered ways of “being with” an individual in an extreme state.

The primary goal of this weekend together is to renew and inspire each of us to go back into our communities to bring compassion to those we serve.

**Note:** All potential participants must first contact one of the faculty prior to registration. Please call or e-mail Michael at 707-853-6808 or michael.cornwall@att.net, or call David at 707-364-2702.

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**Recommended reading:**  

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**250-hour Esalen® Massage Certification Program**  
**JANUARY 29-MARCH 12, 2017**

This six-week immersion workshop is an in-depth experience of Esalen Massage theory and method. Read more on page 108.
Michael Cornwall, PhD, MFT, has done therapy with people in extreme states since 1980 in medication-free sanctuaries and community settings. He completed doctoral research on the Jungian sanctuary, Diabasis House, and leads Esalen workshops and conferences on extreme states. He blogs on www.madinamerica.com. www.michaelcornwall.com

David Lukoff, PhD, is professor of psychology at Sofia University in Palo Alto, Calif., a licensed psychologist, author of 80 articles, and co-author of the DSM-4 and DSM-5 category Religious or Spiritual Problem. He has been actively involved with the mental health consumer movement since 1994. www.spiritualcompetency.com

The Shared Heart
New Year’s Retreat for Couples
Joyce Vissell & Barry Vissell

Imagine your relationship expressing the true depths of your love and commitment. If you are in love, this retreat is an opportunity to rise even higher in love. If you are in crisis, it is an opportunity for healing on the deepest level. We all carry some degree of negative programming from our past, and there are loving and effective ways to transform this programming into a positive and vibrant celebration of our connection.

During this workshop you will experience exercises and practices for you to do with each other, therapeutic coaching of each couple by the Vissells, the support of other couples, and time for sharing after each practice.

Participants are given tools for deeper appreciation and communication building, including healthy communication of feelings, our partner as a mirror, understanding and respecting each other’s differences, conflict resolution, healing past hurts, sexual wellness, inner child/inner parent, taking responsibility, and developing a true inner connection. For more information, visit www.SharedHeart.org.

Recommended reading: Vissell and Vissell, Light in the Mirror.

Joyce Vissell is a masters-level nurse/psychotherapist who, with her husband Barry, founded the Shared Heart Foundation dedicated to changing the world one heart at a time. Together they write a syndicated column for 80 periodicals worldwide. www.sharedheart.org

Barry Vissell is a psychiatrist who, with his wife Joyce, practices the medicine of unconditional love worldwide. He and Joyce have coauthored many books, including The Shared Heart, Models of Love, Meant To Be, and A Mother’s Final Gift, among others. www.sharedheart.org

Being Present for Your Life: Introduction to Mindfulness Meditation
James Baraz

How much are you present for your own life? Most of us spend more time in our own inner world—worrying about the future, replaying the past, or lost in fantasy—than experiencing what life is offering to us right now. The present moment is where we can most directly be intimate with our life—touched by beauty and intimacy, while learning through the difficult lessons how to open our hearts.

Mindfulness—or vipassana—meditation is the practice described by the Buddha for developing wisdom, compassion, and peace by learning to be mindful of what is actually happening in the present
moment. Using the breath, body sensations, thoughts, and emotions as objects of attention, we can learn to be more fully awake. When we see directly that the nature of reality is change, we begin to let go of clinging to the pleasant or avoiding the unpleasant. We become more capable of meeting each situation with spontaneity, fearlessness, and love.

Participants will be introduced to this meditation practice and the principles on which it is based. There will be periods of silent sitting and walking meditation as well as discussion, providing a foundation for applying mindfulness practice to everyday life.


James Baraz has been teaching meditation since 1978. He leads workshops internationally, is a founding teacher of Spirit Rock Meditation Center in Woodacre, Calif., and has taught his popular online Awakening Joy course since 2003. James coauthored *Awakening Joy* with Shoshana Alexander. www.awakeningjoy.info

WEEK OF JANUARY 29-FEBRUARY 3

**Soul Motion™: Begin Again**

**Vinn Arjuna Martí**

“Each time we gather to dance,” says Vinn Arjuna Martí, “we are poised at an open portal to divine presence. This presence takes notice each time we use our body, heart, and mind to shape and shift the forms and textures of its creation. Each one of us occupies a unique vessel in which this presence is able to manifest and know itself. Our dance then becomes a vehicle to place our bodies and our souls in motion.”

Soul Motion is a movement ministry, designed by Arjuna and devoted to the mystery and passage in our everyday dance from the known to the unknown. It presents method and strategy to relax into this nameless dance. Each of us improvises steps in a dance of self-awareness and unconditional acceptance of all things. The practices promote open-minded, warmhearted, and lithe body approaches to whatever is at hand. Participants practice the dance above, below, in front of, and behind the beat, and speak the creative voice of the unfamiliar.

Says Arjuna, “We will practice moving alone, together, and in divine dialogue. We will allow the inherent wisdom and memory of the body to speak through us as movement, stillness, and witness to the body-choir of dancers. We will nudge the voice of our hearts ‘after years of secret conversing to speak loudly in the clear blue air.’ Through guided imagery and relaxed induction techniques, we will dive deep into the body of the unconscious and resurface to ‘speak’ of our findings.”

All are invited. All are welcomed. The workshop meets for a total of 23.5 hours.

Vinn Arjuna Martí experienced freedom and aliveness running in circles in the school yard and dancing in the Bronx. Storytelling informed him how to speak with presence, and working with young children taught patience. Arjuna created Soul Motion Conscious Dance Practice. He offers freedom, aliveness, presence. www.soulmotion.com

**Self-Compassion in Inner and Outer Relationships**

**Richard Schwartz**

This five-day retreat is open to anyone—currently in a relationship or not—who is interested in exploring the idea that it is possible and optimal to bring one’s full heart to any important relationship. In a safe and supportive environment, this experience will offer ways to work with the parts of ourselves that stand in the way of giving and receiving love fully.

With the beauty of the Pacific coast to support and nurture their
process, participants have the opportunity to explore many aspects of self-compassion, in the following ways:

- Learn about the Internal Family Systems model of psychotherapy and gain skills that make self-exploration engaging and deeply satisfying
- Address the question, “Who am I in a relationship?”
- Use tools to understand the nature of relational burdens and let go of old ways of relating
- Engage in deep personal work that can lead to the development of new beliefs about oneself
- Support and be supported by others on a similar journey
- Increase courage to take new risks in connecting

☆ CE credit for psychologists; see page 109.
☆ CE credit for MFTs and LCSWs; see page 109.
☆ CE credit for nurses; see page 109.

Richard Schwartz, PhD, is a systemic family therapist and an academic. Dr. Schwartz developed the Internal Family Systems model (IFS) and founded the Center for Self Leadership. A featured speaker for national professional organizations, Dr. Schwartz has published 5 books and more than 50 articles about IFS; www.selfleadership.org

Overcoming Addictive Thinking and Behavior: A Path to Inner Freedom
Raoul Goldberg

Our reality and experience in life are determined by the character position in which we find ourselves. This position may be historically determined through social conditioning, or ingeniously through the character we create for ourselves for optimal security and comfort. It changes constantly through our interaction with the world and with ourselves. But are they the best positions for effective living? Or are they the root cause for unsustainable health? For example, isn’t the character position of “always wanting to please others” restrictive and limiting? Is the subconscious position of “neediness that quest for gratification” the force that lies behind addictive behavior?

Raoul Goldberg will present his approach to Participatory Medicine and Participatory Psycho-development by showing how we can find out where we are at all times. When we know who we become and in what position we are, we can choose to shift this position and create the character of our own choice for maximizing our life potential.

This is an interactive workshop in which participants will be taken from the phenomena of experience into the heart of the psyche. There, they can discover the psychological formations that make up all aspects of their personality, and learn how to consciously work with these fixed forms to bring about desired change.

Please bring a notebook and pen.

☆ CE credit for massage; see page 109.

Raoul Goldberg, MD, is a South African integrative and participatory medical doctor and psychotherapist. He is an international speaker, workshop facilitator, researcher, and author with a special interest in self-empowerment and self-transformation. He has a special interest in addictive behavior and his latest book, Addictive Behaviour– the Struggle for Freedom, deals with this topic. www.pathmethod.com

WEEKEND OF FEBRUARY 3-5
How We Change and Why We Don’t: The Art and Science of Transformation
Cassandra Vieten

Have you ever worked hard to make a change, only to find yourself slipping back into old habits and patterns? Are you in the midst of riding massive waves of change, and need a few surfing lessons? This workshop is for people who are in the process of change, or who work as change agents with individuals, groups, or the collective. Through dialogue, experiential practice, and creative process, the group will learn about the emerging science of transformation and explore indigenous, religious, spiritual, and secular models of transformation. Participants will examine how peak experiences, a-ha! and extraordinary moments, and awe can stimulate change; investigate the transformative potential of pain, struggle, hitting bottom, and post-traumatic growth; delve into stories, symbols, and metaphors of transformation; and map their own lifelong journey of change. The group will also examine how people can get stuck or lost, and how to shake free from periods of inertia or patterns that prevent them from moving forward.

Restructuring and Unburdening Trauma  
Bessel van der Kolk & Richard Schwartz

In this workshop, two master clinicians in the treatment of traumatic stress will experientially explore two complementary approaches: Internal Family Systems (IFS) and Psychodramatic Structures. IFS involves an inward focus on both the protective and wounded parts of traumatized people, and accesses a person’s healing essence called the Self to help those parts transform.

Psychodramatic Structures seek to correct another primary issue with trauma: people are hurt just as much by what they lack as by what they have experienced. They may not know what it feels like to be cherished, to be seen, understood, and truly met. In these role-play structures, participants are able to have a visceral sense of what it would have been like to have had that kind of caregiving and reciprocity at the appropriate stage of development, and create new experiences that they can carry into their daily lives. The group will compare and contrast the effects of these two treatment approaches, and weigh their relative benefits for various populations.

Rise Up Singing  
Lisa G. Littlebird

If I cannot fly, let me sing. – Stephen Sondheim

Singing is one of the most accessible pathways to an unlimited, joyful life force. Lisa Littlebird cultivates a supportive playground of group harmony and sound, teasing out an easy, authentic connection to yourself and others. Through gentle invitations, vocal practices, body movement, exploratory songwriting, and a repertoire of more than 400 oral-tradition songs to choose from, she invites singers to expand and delight in the full potential of their voices. Her style is shaped by more than twenty-five years of vocal training and rooted in compassionate awareness practices. She is a Big Sur resident and has been leading singing classes at Esalen for more than a decade. This workshop is designed for singers of all abilities and levels of experience, including no experience or negative experience in need of healing. Come prepared to find your voice (and not just your singing voice!), explore your capacities with curiosity, contribute your spirit in our co-created circle, and collect songs and tools to nourish your well-being and enrich your life.

Lisa G. Littlebird facilitates group singing opportunities as a transformational personal practice, healing art, and to foster community building in groups. She leads workshops internationally and has been on the faculty at Esalen Institute since 2007. www.thebirdsgs.com

WEEK OF FEBRUARY 5-10

The I in the Storm: Bringing Self-Leadership to Everyday Life  
Richard Schwartz

This workshop introduces the Internal Family Systems (IFS) model of psychotherapy, and teaches healing professionals and all who are interested how to apply it to their own countertransference. Richard Schwartz developed IFS as he learned to set aside his trained assumptions and truly listen to his clients. IFS is a highly effective way of guiding people to a state of inner clarity and compassion (called the Self) from which they know how to heal themselves. From the Self, one can calm and transform troubling inner voices, compulsive distractions, and feelings of vulnerability, inadequacy, and overwhelm. These parts of the psyche are surprisingly responsive and resilient when addressed with respect and patience. A therapist’s ability to remain steady, centered, and open-hearted in the face of their clients’ extreme emotions or predicaments is central to his or her effectiveness. By utilizing IFS, therapists and lay people can hold this Self state of loving kindness that allows others to heal themselves.

At the end of this workshop, participants will have the tools to understand the role of the Self, discuss the role of mindfulness in
self-awareness, and recognize the essential features of the IFS model. This workshop is for everyone.

☆ CE credit for psychologists; see page 109.
☆ CE credit for MFTs and LCSWs; see page 109.
☆ CE credit for nurses; see page 109.


Trauma, Memory and the Restoration of One’s Self
Bessel van der Kolk & Licia Sky

The function of our brains is to take care of us and to be in sync with the body’s systems. Trauma changes the way the brain processes information and the body engages with the world. Trauma makes people afraid to know what they know and feel what they feel. This is expressed in heartbreak, and the state of being out of sync with oneself and one’s surroundings. This course explores how, because of altered biological systems, traumatized people continue to be trapped by their history and react to current experience in a myriad of ways as a replay of the past, and shows ways to break the cycles of re-enactment and suffering. This workshop explores ways of representing and befriending our inner experience.

Therapies that work all start from a basic sense of calm and safety. The calmer we are, the more we can allow ourselves to know what we know, and to feel what we feel. We will study and experience the capacity of EMDR, yoga, Internal Family Systems, sensorimotor practices, theater work, and neurofeedback to help people overcome a traumatic past and regain the capacity to be fully alive in the present.

Recommended reading: van der Kolk, *The Body Keeps the Score.*

☆ CE credit for psychologists; see page 109.
☆ CE credit for nurses; see page 109.
☆ CE credit for MFTs and LCSWs; see page 109.

Bessel van der Kolk bio on page 22.

Licia Sky, LMT, has more than 25 years of experience as a therapist and singer-songwriter who leads therapeutic attunement—dynamic experiential exercises that integrate music, movement, vocalizing, and touch—to foster safe, transformative, interpersonal connection. She has taught at Kripalu and other national and international venues.

Gay Men’s - LifeQuest
Devarshi Steven Hartman

Imagine delving into new transformational tools that can launch you into the next phase of your extraordinary life. Bring your current challenges or hoped-for changes to the LifeQuest process, which can enhance integration, healing, and clarity. Now is the time for you to claim, learn, explore, and act on what has been just beyond your reach. What venture and passion is calling you next? Bring it to this safe and compassionate environment enhanced by the beauty and magic of Esalen.
The experiential LifeQuest tools provide the foundation for you to find your unique path to greater fulfillment, freedom, and fearlessness. There will be community building and intimacy that will help you feel seen, supported, and known in both familiar and surprising ways. Discover how to unwind previous limitations with ease and grace. Come get a new dose of insight, energy, clarity, inspiration, and camaraderie to charge forward boldly with your most passionate life inquiries. Meet and form community with like-minded men on the path of greater fulfillment, self-expression, and conscious communication in one of the most beautiful places on the planet.

Devarshi Steven Hartman, ERYT-500, founded Pranotthan Yoga School and was former dean of Kripalu Schools. He is the creator of two best-selling audio series called The Essence of the Bhagavad Gita and Safari. He has taught yoga and yoga teachers around the world for 40 years. www.stevenhartman.com

How to Think Like Leonardo Da Vinci:
7 Steps to a Personal Renaissance
Michael Gelb
Anatomist, architect, botanist, city planner, chef, engineer, inventor, geographer, geologist, musician, painter, philosopher, and raconteur, Leonardo da Vinci (1452 – 1519) helped bring the Western world into
the Renaissance. Now, his approach to optimizing human potential is more relevant than ever.

This dynamic, interactive program brings da Vinci’s genius to life through fascinating biographical and historical information, setting the stage for an introduction to seven principles for thinking “a la Leonardo.” You will be guided to apply the principles, through a proven series of practical exercises designed to enrich your life now.

Leonardo invented the parachute before anyone could fly. Imagine what you will accomplish with that kind of innovative thinking!


Michael J. Gelb is the author of 14 books on creativity and innovation including the international bestseller How to Think Like Leonardo da Vinci. Gelb leads seminars and consults for organizations worldwide including Genentech, Microsoft, Nike, and YPO. www.michaelgelb.com

Secrets of Great Relationships: For Individuals and Couples

Charlie Bloom & Linda Bloom

For one human being to love another, that is the most difficult of all our tasks; the ultimate, the last test and proof, for which all other work is but preparation. – Rainer Maria Rilke

A great relationship means more than just staying together. Unless we enjoy trust, intimacy, caring, and love with our partner, we are sharing an arrangement, not a true partnership. We seek relationships hoping to bring greater fulfillment and meaning into our lives, yet for a disturbing number of couples the dreams of infatuation soon dissolve into the disappointment of a cold and joyless relationship or end in divorce. The biggest mistake that many people make is not in expecting too much from their relationships, but in desiring too little. A true partnership can not only provide security, pleasure, intimacy, and fun, but also can be a means through which our deepest longings are awakened and ultimately realized.

In this workshop, we will examine the unique qualities that exceptional relationships embody and identify the various means through which it is possible to develop and integrate those qualities, and to manage the inevitable differences that arise. We will identify and engage in practices that can transform the quality of connection in ways that promote co-creativity, unconditional acceptance, and spiritual awakening. This workshop provides tools that can promote enduring love and deep intimacy.


Charlie Bloom is an educator, therapist, and seminar leader. He and his wife Linda are cofounders of Bloomwork and coauthors of Secrets of Great Marriages: Real Truth from Real Couples about Lasting Love and 101 Things I Wish I Knew When I Got Married. He has facilitated workshops internationally since 1986. www.bloomwork.com

Linda Bloom is a licensed clinical social worker and educator. She and her husband Charlie are cofounders of Bloomwork and coauthors of Secrets of Great Marriages: Real Truth from Real Couples about Lasting Love and 101 Things I Wish I Knew When I Got Married. They have facilitated workshops internationally since 1986. www.bloomwork.com

The Brazilian Soul: Dance and Drumming

Cida Vieira & Mestre Beiçola

Drumming inspires people to connect. Nationalities and individual agendas disappear; what remains is the grounding presence of our transformed selves—our spirits lightened and empowered. Join Cida Vieira and Mestre Beiçola on this journey of joy straight into the heart of Brazilian dance and music. This hands-on (and “feet-on”) workshop explores the instruments, rhythms, music, and the samba dance jeitinho brasileiro (“of the Brazilian way”) in an inclusive and safe environment. Cida writes: “My teaching focuses more on movement than on technical aspects, so that participants can achieve a lively workout and, most importantly, have fun.” This workshop is for everyone aged 14 and up who enjoys and wants to learn more about Brazilian dance and music and its impact in their soul. Please bring drums and/or any instruments (if you have them), along with a significant item to place on a communal altar as a way of sharing your essence. Expect nothing and be ready for everything! No previous dance or drumming experience is necessary.

Cida Vieira has choreographed and performed in the US, South America, and Europe, with dance groups and artists including Xuxa, Ray Charles, Daniela Mercury, and Airto Moreira. Born at the heart of the dance circles of Brazil, currently Cida teaches in the San Francisco Bay Area.

Mestre Beiçola is a native of Brazil and 30-year master of capoeira, an African-Brazilian martial art and dance form. Now based in East Palo Alto, Calif., Beiçola has taught capoeira, Brazilian dance, percussion, and stringed instruments at Stanford, UC Berkeley, and elsewhere. www.brazivedas.com

Photo by Esalen seminarian Jens Wazel

Photo by Esalen seminarian Jens Wazel
WEEK OF FEBRUARY 12-17

Constellations for Family and Personal Issues: Liberating Your Potential

Judith Hemming

Constellations are a simple yet profound method to shed light on areas of unhappiness and distress in our lives, which often occur as a result of unresolved and hidden relational issues. The source of the difficulty may lie in the human systems to which we belong, such as a current relationship, family of origin, friendships, or professional life. When we witness and honor these dynamics, we can free ourselves from suffering and energy-sapping entanglements.

This approach to healing was originally developed by Bert Hellinger and for the last twenty years has been developed to provide deep levels of resolution for many issues, such as:

- Relationship difficulties between partners, including divorce and second marriages
- Inability to achieve what we want in life - life choices
- Problems with money, career, or work relationships
- Relationship difficulties between parents and children
- Illness and addictions
- Bereavement
- Fertility, adoption, miscarriage, abortion
- Incest, rape, violence
- Family secrets and ruptures

Everyone is welcome. The work is suitable for people who have no previous experience of Constellations as well as those who wish to deepen their previous experience. It is also suitable for people in the helping professions who wish to explore how the approach would add to their practice.

Judith Hemming practices and teaches Constellations worldwide. She has developed and taught applications of the systemic approach in family, educational, and organizational contexts. She is a UKCP registered psychotherapist and the director of Moving Constellations in the United Kingdom. www.movingconstellations.com

Judith Hemming

How did you come to be teaching in your field? As a Gestalt therapist it was a natural movement for me to develop my practice through the philosophy of Constellations originated by Bert Hellinger. Constellation work includes the impact of our whole history and provides resources that seem to go way beyond what an individualistic approach can manage.

Was there a pivotal moment or experience that led you to your current calling? I was instantly inspired after the very first Constellation I witnessed in 1991, and I resolved there and then to devote myself to learning this beautiful approach. It was an hour that changed my life.

What is unique about teaching at Esalen? It is always a pleasure to spend days together with a group that is so beautifully supported. The place makes a big contribution, and its energy seems to enable everyone to feel safe enough to go deeply into what matters to them. The days have a rhythm that helps people to also enjoy time in the baths, in nature, and in solitude as well as benefiting from the other faculty on property, and the glorious food!

What is your favorite thing about Esalen? I continue to travel from London to spend time at Esalen because of the wonderful people who work there, their encouragement of my work, and the sheer magic and beauty of the place.

Where is your favorite spot/view on property? I love to look down at the waves of the ocean crashing below, and to feel their power. There are many spots for this.

How would you describe Esalen in one word? Hope.


Women’s Sexual Stories: Healing the Wounds, Celebrating the Joy

Gina Ogden with Kamara McAndrews

The route to sexual pleasure and intimacy is like the route to any other of life’s mysteries. It means exploring new emotional landscapes. It means opening your wild, precious, vulnerable self to nature, divine presence, and the profound wisdom of your body. It means daring to know what you want.

During this workshop for women of all ages and sexual and spiritual orientations, we create a safe, confidential environment where you can learn innovative ways to create heart-to-heart communication, expand your capacity for love, creativity, and compassion, transcend guilt, shame, and “good-girls-don’t” messages, and heal the wounds of violence, abuse, and compulsivity. We merge the latest research with women’s stories, shamanic journeying, and sacred ceremony in the Esalen hot springs. Our work together is based on the following three principles:

- The core power of sexual connection is its ability to transform our lives—at any age, with or without a partner
- Erotic satisfaction begins with self-esteem
- A supportive circle of women sharing information about sex can be life changing

Please bring two objects to our first session—one to represent an
aspect of your sexual story you want to keep, the other to represent an aspect you want to move beyond. You’ll introduce yourself with these objects, and take them home with you.

This workshop is especially useful for healing professionals in their work with clients and patients.

Recommended reading: Ogden, *Expanding the Practice of Sex Therapy, The Heart and Soul of Sex, The Return of Desire, and Women Who Love Sex.*

Gina Ogden bio on page 24.

The Yoga of Willpower and Intention™: A Journey to Self Mastery

Tracee Stanley

Are you living to your fullest potential? Many times in life we may feel like a rudderless ship: aimless, stuck, or having so many projects that our energy is dispersed and nothing ever gets accomplished. At other times, we just don’t know what our purpose is, and if we do have a sense of our dharma, it can be hard to actualize it with all the other responsibilities that we have in life. This immersion offers a chance to journey into the lotus of the heart, uncover our heart’s deepest desire, and align with our soul’s unique purpose. Sourced from the teachings in Rod Stryker’s book, *The Four Desires,* we access the deepest parts of ourselves through yoga, meditation, visualization, deep relaxation, and writing exercises. During this workshop, you can gain tools to activate willpower, manifest intentions, and release negative habits. Through this process of self-study and deep listening, we come into effortless alignment with who we truly are meant to be and access the doorway to our infinite potential. Other goals of the workshop include the following:

- Develop a personal practice to reduce lethargy, procrastination, and other negative habits
- Learn deep relaxation techniques to enhance rejuvenation, memory, and clarity
- Access meditations to cultivate intuition and increase shakti (empowerment)
- Uncover and diminish the shadow energy that keeps you from achieving goals


Tracee Stanley, ERYT, is a senior Para Yoga teacher who specializes in using the ancient technologies of yogic wisdom for self-empowerment, willpower, and intention. She is the creator of the Empowered Life Activation Kit and Soul Journal. www.traceeyoga.com

A Time to Reflect

This is a special opportunity for people to experience Esalen without taking a workshop. During this period, we have a limited number of spaces available for people who would like to participate in the Esalen learning culture in their own unstructured way. Deeply nourish your body, mind, heart, and soul through beautifully prepared and healthy meals, daily movement classes, the hot springs and massages, time in the meditation center, tea with new friends, or even an evening program, lecture, or open workshop session, when available. Space in the program is limited, so we recommend you register early.

We recommend that you bring the following: journal, digital camera, art supplies, hiking/walking shoes, a good book, and a map of the Big Sur coast. Special pricing applies. Please contact Esalen Reservations for details.

Photo by Esalen seminarian Tim Farrell
The Path of Forgiveness: Returning to Love
Eileen Barker & Michael Gelbart

Forgiveness is essential for anyone seeking psychological freedom, emotional transformation, more fulfilling intimacy, and spiritual growth. Forgiveness is a field of consciousness that can be accessed via specific stages, exercises, and practices that help us break down and clear limiting stories, beliefs, and barriers, as well as shame and blame tendencies that are often instilled generationally. Ultimately, the path of forgiveness is a journey back to our authentic self, to the embodiment of more love.

In this retreat, we will show you how to access the field of forgiveness and guide you step-by-step through a powerful, research-based forgiveness process that can be used to heal any type of conflict or painful situation. Intended for anyone seeking to forgive or learn about forgiveness, the class will work with both forgiveness of others and forgiveness of self. Attention will be given to mind-body methods and integration to ensure lasting results. Bring your greatest challenges and move toward more resourcefulness, love, connection, and inner peace than ever before.

This program is foundational for psychologists, social workers, mediators, coaches, caregivers, and others who wish to help clients forgive and/or incorporate forgiveness therapy into their practices. We’ll work with somatic, affective/emotional, cognitive, interpersonal, and spiritual dimensions of forgiveness.

☆ CE credit for MFTs and LCSWs; see page 109.

Eileen Barker is a forgiveness teacher and author of The Forgiveness Workbook and Forgiveness Meditation CD. In addition to leading retreats and workshops, she is a forgiveness coach and lawyer/mediator with a private practice in San Rafael, Calif. www.ThePathofForgiveness.com

Michael Gelbart, LCSW, is an integrative psychotherapist offering mindfulness-based, somatic, pragmatic, depth work, and relational coaching in Berkeley and San Leandro, Calif. He facilitates intimacy work by deepening capacities to regulate physiology and communicate with compassion and integrity. www.shiftinperspective.com

WEEKEND OF FEBRUARY 17-19
Constellations for Family and Personal Issues: Liberating Your Potential
Judith Hemming

Constellations are a simple yet profound method to shed light on areas of unhappiness and distress in our lives, which often occur as a result of unresolved and hidden relational issues. The source of the difficulty may lie in the human systems to which we belong, such as a current relationship, family of origin, friendships, or professional life. When we witness and honor these dynamics, we can free ourselves from suffering and energy-sapping entanglements.

This approach to healing was originally developed by Bert Hellinger and for the last twenty years has been developed to provide deep levels of resolution for many issues, such as:
• Relationship difficulties between partners, including divorce and second marriages
• Inability to achieve what we want in life - life choices
• Problems with money, career, or work relationships

Photo by Esalen seminarian Rosie Karel
• Relationship difficulties between parents and children
• Illness and addictions
• Bereavement
• Fertility, adoption, miscarriage, abortion
• Incest, rape, violence
• Family secrets and ruptures

Everyone is welcome. The work is suitable for people who have no previous experience of Constellations as well as those who wish to deepen their previous experience. It is also suitable for people in the helping professions who wish to explore how the approach would add to their practice.

Judith Hemming bio on page 26.

Cultivating Meaning and Happiness through Mindfulness and Yoga

Ira Israel

Many of us would benefit from learning how to dis-identify with the mental chatter in our heads and cultivate equanimity. These qualities help us make healthy, long-term decisions and engender loving, positive, secure, and supportive attachments to other people. We must learn to transcend any blunt tools we developed over the years—negative self-talk, over-reactions, judgments, facades, fears, expectations, passive-aggressive behavior—and replace them with precise tools such as authentic communications, loving relationships, balanced lifestyles, commitments to personal integrity, and yoga and/or meditation practices.

In this workshop we will explore specific practices that bode favorably for creating meaning and happiness in our lives. We will determine our long-term goals and the skills we should cultivate to realize them. There will be all-level vinyasa flow yoga classes as well as restorative yoga classes, and we will practice myriad mindfulness meditations to cultivate non-reactivity in order to reduce drama and de-escalate conflicts. Most importantly, we will learn how to replace the resentments that our minds create with gratitude. Please bring a yoga mat.

☆ CE credit for MFTs and LCSWs; see page 109.

Ira Israel, LPCC, LMFT, E-RYT500, is a psychotherapist and certified yoga therapist. He holds graduate degrees in Psychology, Philosophy, and Religious Studies, and is the creator of the Meditation Made Easy app and the DVDs A Beginner’s Guide to Happiness and A Beginner’s Guide to Mindfulness Meditation. www.IraIsrael.com

Medical Qigong—Preventative Medicine & Self-Healing Through Mind-Body Practices

Roger Jahnke

Qigong is medical by its very nature. Qigong works by improving the practitioners’ immunity response, increasing self-healing and self-recovery capabilities, and enhancing self-regeneration potential. Science has demonstrated that humans can prevent 70-80% of the diseases for which they get treated. Qigong practice serves both a preventive and curative function. It is considered to be effective in improving many chronic conditions such as hypertension, diabetes, allergies, asthma, arthritis, depression, anxiety, and addiction. Qigong practice also can put the body into a state of relaxation and regeneration. Learn about and practice the easy but powerful components of qigong, including movement, breathing, meditation, mindfulness, and self-massage. You can learn simple qigong to master stress and help prevent disease, and benefit for your entire lifetime. This workshop is based on Roger Jahnke’s best-selling book, The Healer Within. This retreat is suitable for all levels.

☆ Recommended reading: Jahnke, The Healer Within and The Healing Promise of Qi.

☆ CE credit for nurses; see page 109.

☆ CE credit for acupuncturists; see page 109.

Roger Jahnke, OMD, has dedicated his professional life to sharing the powerful ancient healing traditions of China. He is the director and chief instructor of the Institute of Integral Qigong and Tai Chi, in Santa Barbara, Calif., and a cofounder and recent chairperson of the board of the National Qigong Association. www.feeltheqi.com

FROM A CONDORS EYE: My Trip to Esalen

Gliding down the Big Sur Coast from the San Jose airport, the magic began to unfold. Since graduate school, I’d heard stories of personal transformation at Esalen. As I grew closer, I felt the pull of this special place. At Esalen, we can be gently held by the sounds of pounding surf, relax in hot springs on the cliffs and meet fellow travelers from all over the world.

Chris Germer and Kristen Neff greeted us, upon arrival, with open arms and open hearts, for a week of teacher training in mindful self-compassion. They provided the kind of comfort and security we all needed. As kindred spirits, sixty-two of us sat on our cushions in a giant heated yurt high above the Pacific ocean. Under their care, we synchronized our breath to the sounds of the waves below and stood in awe silently together as the sun set into the ocean and painted the sky in soft pastels. Soothing memories come to me still.

Luckily, I happened to be at Esalen when the whales were migrating to Mexico, and the monarch butterflies were not far behind. The animal spirits must have had a little tee-tee-tee, because later, a shy red fox peeked out just in time for me to see him on a rock peering out over my parked car. But the greatest thrill from the animal spirits who found me that week was my send-off from the condors. Just as predicted by the in-house naturalist at Esalen, Daniel Bianchetta, the condors were in the very spot he told us to look. Through my open sunroof, I spotted them. A perfect ending to a blissful week. A lifelong gift to myself which keeps on giving.

Jan Fite, PhD
Mindful Self-Compassion: Core Skills Training
January 2013
Finding True Love
Daphne Rose Kingma

“Love is the experience of emotional and spiritual awakening to the bliss that is the true condition of the soul,” says Daphne Rose Kingma. “Love is an essential human quest and intimate romantic partnership is love’s most luminous expression.” Join this best-selling author and expert on matters of the heart for an immersion into the spiritual and emotional preparations necessary to attract love into your life. Focusing on the four keys to true love - Faith, Intention, Trust, and Surrender - Daphne guides you on a step-by-step journey to self-knowledge that can liberate your heart.

As you move through each process, including resolving emotional issues from your past, healing relationship wounds, examining your myths about relationships, and identifying your life theme (and discovering its effects upon your past relationships), you can discover your own internal barriers to intimacy and gradually release them.

This workshop is for people who are looking for a love in the highest and deepest form, for those who want to heal the pain of old unresolved relationships, and for those who can’t seem to bring themselves into alignment with the love that is already waiting to approach them. Activities include meditation, exercises, and group process.


Daphne Rose Kingma is the author of 12 best-selling books about love and relationships, including Coming Apart, The Future of Love, and The Ten Things to Do when Your Life Falls Apart. She has been a psychotherapist, 6-time guest on Oprah, partner in a publishing house, studio painter, and poet. www.daphnekingma.com

WEEK OF FEBRUARY 19-24
Libido: Desire and Ice
Andrea Juhan

“As conscious dance becomes more popular, many of us are regularly moving in non-verbal, embodied proximity to others,” says Andrea Juhan. “Our bodies are built to respond to each other, and they do, even if you don’t exchange names, or words. In the Open Floor Movement practice we find it is common for movers to have simple ecstatic experiences of surrendered dance between strangers; a deeply sensual, satisfying connection between two souls in motion. In these moments the mind can go wild as the yearning grows stronger. “Am I attracted to this person? How can I show it? Does he/she want me? Am I allowed feel this? I mustn’t let it show.” The dance itself can be so simple yet we humans tend to make it complicated. These stories can become so preoccupying we miss the dance altogether. The terrain of any dance includes the peaks and valleys of our own longings. Some of the deepest, most chaotic and complex longings live in our connections with others. Desire for connection is often the place of our greatest vulnerability. Open Floor provides a rich field to explore the games and strategies of approach and avoidance. This Libido workshop creates a sacred structure in which to open these doors.”

Andrea Juhan, PhD, MFT, is a therapist and dancer, and for three decades a student/teacher of Gabrielle Roth’s 5Rhythms, Gestalt Awareness Practice, and Integrative Body Psychotherapy. She has created her own form of movement practice called Open Floor, and together with other gifted teachers she cofounded Open Floor International. www.openfloor.org
Open Your Heart, Develop Your Mind, Awaken Your Spirit
George Protos & Adam Leonard

“Life can be complex: relationships, careers, health, finances, personal development, and so on,” say the leaders. “We do our best to navigate life’s ambiguity, but often we settle for staying busy and covering discontent with more busy-ness. Or, we may feel that changing our habits is awkward, complicated, impractical, or ‘I just don’t deserve real happiness.’ For many, we just don’t know where to even start.

“For a few days, leave the excuses behind and examine transformative practices in three specific dimensions of human potential.”

• Spiritual: Experience the simple “pointing out” style of meditation to diminish reactivity and develop trust, and allow yourself to experiment shifting from a “Doing” oriented life to one of “Being”

• Psychological: Explore both negative self-talk and the unconscious mind through potent approaches to cultivating optimum psychological well-being

• Mental: Sample “reality maps” designed to develop mental agility to skillfully and effectively navigate our complex world

Everyone is welcome—from newcomers to experienced practitioners—in this fresh exploration of our shared evolutionary potential and who we really are.

George Protos integrates the experiences of his careers in financial services, health care, and as a teacher of the “pointing-out” way of Tibetan Buddhist meditation since 1995. He leads retreats and an ongoing meditation study group in Marin County, Calif.

Adam B. Leonard helps leaders and teams at Google develop their human potential through organizational development consulting, coaching, group facilitation, and meditation. He co-authored Integral Life Practice with Ken Wilber, Terry Patten, and Marco Morelli.

Fundamentals of Esalen® Massage
Carl Swanson & Jessica Fagan

This workshop introduces the core concepts of Esalen Massage. Through brief lectures and demonstrations, and with plenty of personal supervision of hands-on work, the workshop presents essential tools and information, including the long, integrating strokes and gentle stretches that are the foundation of Esalen Massage. The principle elements of bodywork—including attention to breath and sensory awareness practices, grounding, movement, and quality of contact—will also be introduced and practiced, creating a firm foundation for learning massage. This workshop is especially useful for those in the helping and healing professions in working with their clients and patients.

Come prepared to enjoy the healing waters of the natural hot springs and the magical beauty of the Esalen property. All levels of experience are welcome.

☆ CE credit for massage; see page 109.
☆ CE credit for nurses; see page 109.

Carl Swanson is a full-time Esalen Massage practitioner/instructor and a yoga instructor. In addition to being a member of the Esalen massage crew, he has been teaching weekly yoga classes in the Esalen Movement Program since 2004. He teaches massage and yoga workshops at Esalen and abroad.

Jessica Fagan, a member of the Esalen massage staff, is a dancer and performer who is deeply immersed in the practice and teaching of Eastern and Western somatic therapies as well as Vinyasa yoga.
consciousness from which healing emerges. The spirit of water is
central to all spiritual traditions. The moving language of the inherent
river of life within is revealed through waves and spirals that undulate
their healing messages throughout our bodies.”
☆ CE credit for massage; see leader.

Donnalea Van Vleet Goelz, PhD, RSMT, RSME, is director of Continuum
Movement, a worldwide organization of somatic teachers, founded
by Emilie Conrad-Da’oud. She is also the founder and owner of Cobalt
Moon Center, a center for integrative health in Neptune Beach, Fla..
www.continuummovement.com

The Craft and Art of Effective
Memoir Writing
Katie Hafner
Memoir writing is one of the most challenging forms of narrative
non-fiction. A memoir is by definition revealing, and often intimate.
To write about one’s own life in prose that is compelling and
engaging demands discipline and a deep self-awareness. In this
workshop, aspiring memoirists can learn the art and craft of writing
their life stories in authentic, captivating prose.

We will explore questions that every memoirist faces: How
accurate is my memory, especially when it comes to events that
took place years—even decades—ago? My life is interesting to me,
and to those who know me, but how do I make it interesting to a
wider readership? How do I navigate the tricky terrain of writing
about people who are still alive? How do I turn myself into a reliable
narrator, one the reader will come to know and trust?

We will do writing exercises, and each participant will come
away from the workshop with at least one polished chunk of prose,
as well as a plan for moving forward. Participants should bring
whatever writing tools they are most comfortable using: pad and
pen/pencil, laptop, index cards, or any combination thereof. Also
bring an example of memoir writing you particularly admire for
group discussion.

Recommended reading: Hafner, Mother Daughter Me; Fechtor, Stir;
Kalanithi, When Breath Becomes Air.

Katie Hafner is the author of the memoir, Mother Daughter Me, which
was featured by The New York Times and Oprah. Hafner was on staff at
The New York Times for more than a decade, and she is the author of
five previous books. www.katiehafner.com

Living through the Heart:
Divine Tactics for a Spiritualized Life
Jonathan Goldman
Everything you need to live a grounded, prosperous, love-filled,
spiritually authentic life is already built into your greatest gift: your
body. Your body has many energetic layers. Each quality that you
have identified as “you”—your strengths, your talents, your weakness,
your lessons, your joys, and your sorrows—has its assigned place in
your energetic field. Compassion, faith, forgiveness, and joy each
have their actual place in your heart chakra. Becoming a conscious,
empowered spiritual person is in part learning to consciously access
these in-built qualities; manifesting the ones you want to live by, and
transforming the ones that no longer serve you. This can be done. It
does not involve a magic wand. It requires conscious work. Spiritual
awakening is not an event. It is a path. To walk that life-path, you
need tools. Because on the way to that empowered state of open-
hearted clarity, we have to see, embrace, and transform the denser
Esalen's mission of transformation often extends beyond the workshop experience, including through partnerships with like-minded organizations. One example is The Wellbeing Project, a unique co-creation among Esalen and three other leading non-profit institutions: Ashoka, the Fetzer Institute, and Synergos.

The Wellbeing Project is focused on both modeling support to social change leaders, and cultivating a shift in the culture of the field from the one of “hero” towards one that is more sustainable over a lifetime, honors our human struggles, and is supportive of inner well-being. Convened by Ashoka Fellow Aaron Pereira, The Wellbeing Project is a three-year project that includes retreats at Esalen for Wellbeing cohorts.

"The Wellbeing program supports inner emotional exploration, personal processing, somatic sensing, and integration of contemplative tools like journaling, meditation, and movement practices, among other things," says Cheryl Fraenzl, director of Programs at Esalen. "Delivering a comprehensive Esalen curriculum that integrates the whole person mind, body, and spirit has powerful implications for the work that social entrepreneurs do and the tens of millions of people whose lives they touch."

In addition to its inner development program, The Wellbeing Project will develop comprehensive research that captures the effect of inner work on the field of social change, as well as support an international learning community to apply research learnings and create a forum from which to share wellbeing stories of social entrepreneurs.

"We see that a profound key to the success of the many important social movements is supporting more deeply the well-being of the individuals driving the movements," adds Aaron.
energies that also have their places in us. Anger, fear, resentment, and pain can be transformed in Light to provide fuel for our spiritual awakening. In this experiential workshop, you will be taught some of the divine tactics—body centered exercises and meditations, and most importantly, the discernment of the heart—to walk an authentic, useful, spiritualized life.

Jonathan Goldman is an acupuncture, energy medicine, and spiritual healing practitioner. He is principle director at the Essential Light Institute, developer of Transformational Energy Healing, and the originator of the Chakra Map method of observing and helping the Human Energy Vehicle. www.essentiallight.org

Abandonment to Healing: Overcoming Your Self-Defeating Patterns

Susan Anderson

Abandonment is a primal human fear and the underlying cause of emotional distress and dysfunction. Susan Anderson, psychotherapist and author of Taming Your Outer Child and Journey from Abandonment to Healing, will share powerful tools of emotional and spiritual healing to help you reverse abandonment's universal wound. You will be taught exercises for each of the five stages of abandonment: shattering, withdrawal, internalizing, rage, and lifting; how to conquer “abandoholism” and other outer child behaviors; how to make new connections; and steps for healing abandonment. Whether you’re experiencing a recent breakup, a lingering wound from the past, or struggling to overcome self-defeating patterns, the tools will propel your growth, help restore your sense of self, and increase your capacity for love. This workshop is particularly useful for health and healing professionals in their work with clients and patients.

Recommended reading: Anderson, Taming Your Outer Child, Journey from Abandonment to Healing, and Black Swan: 12 Lessons of Abandonment Recovery.

☆ CE credit for MFTs and LCSWs; see page 109.

Susan Anderson, is a psychotherapist who has spent 30 years of research and clinical experience working with the victims of abandonment trauma and loss. Founder of “Abandonment Recovery,” she is author of Journey from Abandonment to Healing, Taming Your Outer Child, Black Swan: 12 Lessons of Abandonment Recovery, and Abandonment Recovery Workbook. www.abandonment.net

The Body Remembers: Healing Trauma and Returning to Ourselves with Esalen® Massage

Brita Ostrom & Dean Marson

“Touch is a universal form of soothing, and it can awaken us to what is real in this moment,” the leaders write. “Familiar, nonsexual touch provokes the release of hormones and returns the body to the beneficial relaxation response. This workshop expands our understanding of healing touch. It offers tools to make touch safe and consensual, and allows for deeper release and present-moment centeredness within the context of a massage or bodywork session.

“The lingering effect of painful, disrespectful, or clinical touch can be to defend oneself, to become numb, shrink away, and freeze. How can we re-establish a loving relationship with our own body and sensation? How can touch restore trust?”

This workshop offers experienced practitioners ways to help in the healing of difficult experiences through skilful and thoughtful touch. The course will address the following topics:
• The power of embodiment, of living in one’s body
• How to create safety through empathetic dialogue
• How to set up the space and the table to create a sense of safety
• The basic elements of Esalen Massage, and how it can release muscle rigidity due to fear-based contraction

Participants will be taught the earmarks of trauma and how to accept and address those fears. The course will include introductory classes in the slow, calming Esalen Massage as an aid to embodiment and practice in safe touch. This workshop would be especially suit-
able for the experienced bodyworker, caregiver, or healing professional to learn the basic skills of attuned contact.


☆ CE credit for nurses; see page 109.

Brita Ostrom has led massage and somatic workshops at Esalen and internationally for more than 40 years. She is a founding member of the Esalen Massage School, practices Gestalt awareness work, and participated in Esalen’s two-year somatic education program. She is also a licensed psychotherapist.

Dean Marson teaches Esalen® Massage and Ocean Yoga. He integrates meditation, movement, and bodywork practices to assist people in enlivening their bodies and their lives. He has led workshops at Esalen and internationally for more than 20 years. www.beEnlivened.com

WEEKEND OF MARCH 3-5

**Love Yourself and the Rest Will Follow**

Mike Robbins

Self-love is one of those things that many of us know is important on our personal journey, yet can be challenging to embody and experience in an authentic way. This workshop explores why it can be hard for us to genuinely love ourselves—the familial, cultural, and personal influences; the thoughts and fears that lead us to believe that we are not good enough and that self-love is arrogant or narcissistic; and the difficulty we may have practicing true loving kindness towards ourselves. With fun and vulnerability, we delve deeply into some specific and powerful ways to experience love towards ourselves, which in turn impacts our relationships, work, personal growth practices, and lives in a profound way. The ideas and exercises laid out in this interactive program give you specific practices to:

- Make peace with and forgive yourself
- Accept and appreciate all of who you are
- Care for and nurture yourself in an authentic way
- Experience and express your authentic self
- Deepen your capacity to love others

- Recommended reading: Robbins, *Focus on the Good Stuff, Be Yourself, Everyone Else is Already Taken, and Nothing Changes Until You Do*.

Mike Robbins is the author of *Focus on the Good Stuff, Be Yourself, Everyone Else is Already Taken, and Nothing Changes Until You Do*. He delivers seminars around the world, his books are translated into 14 different languages, and he writes for The Huffington Post.

I Am the Word: The Energetics of Consciousness

Paul Selig

In his breakthrough works of channeled literature, *I Am the Word* and *The Book of Love and Creation*, author and medium Paul Selig recorded a program for personal and planetary evolution as human-kind awakens to its own divine nature. Through a series of lectures, attunements, and energy activations, workshop participants will be introduced to the frequency of the Word, which can be described as the energy of “God in action.”

You will be shown exercises for healing the self and others, along with practical techniques for developing and sustaining higher levels
of consciousness. You will also receive individual instruction that will support you in moving through the physical and emotional blocks that may be keeping you from manifesting your own higher nature. You can discover how realizing your own true potential is inexorably linked to the well-being of others and our planet. Paul’s workshops can be deeply transformative. The energy he works with is palpable and loving, and those attending will be supported in moving to the next level of their own spiritual development. Please see March 5-10 for a five-day version of this course.


Paul Selig is a conscious channel, intuitive, and empath. His books include I Am the Word, The Book of Love and Creation, The Book of Knowing and Worth, and The Book of Mastery. www.paulselig.com

The Dynamic Spine: Yoga for the Prevention and Relief of Low Back and Pelvic Dysfunction

Harvey Deutch

We live in a culture that extols constant productivity. From sunrise to sunset, we move at a breakneck pace in order to meet the day’s demands. Is it any wonder that we have distanced ourselves from the body’s signals of discomfort? Such signals may be a particular chronic ache or perhaps a more abstract sensation of overall stiffness. This path leads to decreased energy and an inability to embrace each day with optimal vitality.

But there is another path. First we must unlock the mysteries of why and how our bodies hold onto unhealthy movement patterns. Then we can address and correct our bodies’ biomechanical inefficiencies and so move throughout our day with greater consciousness and fluidity, ultimately opening, healing, and re-energizing ourselves.

Join Harvey Deutch, physical therapist and yogi, for a weekend that focuses on spinal awareness and mobility, with emphasis on the lumbar spine and major joint systems of the lower body. Through group discussion and pranayama and iyengar-influenced asana, you can discover that sacred balance that arises from the convergence of core strength, flexibility, and the spiraling lines of energy within the body.

In addition to a yoga mat, please bring your curiosity and desire to share in the group experience, compassion for honoring your body exactly as it is, and a sense of humor.

Harvey Deutch teaches yoga with a unique blend of precise technical expertise and signature humor. He has been a physical therapist and yogi since 1982. He is well known for making two-dimensional anatomy come to life, off the page and onto the mat.

Wild Wisdom: Free Your Instinctual Knowing

Llyn Roberts

“Nature is alive and intelligent,” says Llyn Roberts. “We can tap into that same spark of knowing, which also flows through us. We can use it to heal and transform, and to live an inspired life. And, we don’t have to isolate ourselves in the wilderness to do this.”

In this experiential workshop, shamanic teacher Llyn Roberts can help you nourish your relationship to the conscious, intelligent force that lives in the land and flows through the air and waterways – it is the same force that lives in your own breath, body, bones, and blood. It can help you to express your authentic nature at the same time that you also honor the Earth. You will be guided to:

• Track the wild wisdom threads of deep longing
**WEEK OF MARCH 5-10**

**Romancing the World: Soulcraft and the Mythopoetic Imagination**

*Bill Plotkin & Geneen Marie Haugen*

“What ignites your imagination?” the leaders ask. “When do you erupt into awe and wonder? What circumstances bring you heart-achingly alive? What if your own deepest longings are evoked by the world longing for you?”

“In Romancing the World, we’ll approach the waters, forest, gardens, and creatures (human and other) as the beloved, awakening the mythopoetic imagination where everything is alive and participatory. Our practices will include ceremony, deep imagery, council, soul-oriented dreamwork, trance drumming, and dancing. We’ll encourage solo wanderings on the land with invitations to tend the mystery of relationship with Earth and cosmos. We’ll live the question, If Earth is romancing us for her own purposes—very much the way the nectar lust of bees serves the desires of flowers—what wild child, what honey, will we create from this joining?

“Romancing the world is a way of falling into the depths of soul as well as nourishing greater intimacy with other-than-human beings. It’s a way of imaginative participation that can shift perception and experience. In the depths of the mythopoetic imagination await visionary seeds that long for expression in our troubled, tender world—potent seeds for artisans of cultural renaissance: change agents, tricksters, artists, poets, therapists, eco-politicians, and true leaders.”


**Bill Plotkin**, founder of Colorado’s Animas Valley Institute, is a depth psychologist, wilderness-based soul guide, and agent of cultural evolution. Author of *Soulcraft, Nature and the Human Soul*, and *Wild Mind*, he has guided thousands of people through initiatory passages in the underworld of soul. www.animas.org

**Geneen Marie Haugen** is a writer, wilderness wanderer, scholar prone to nature mysticism, and guide to the intertwined mysteries of Earth and psyche. Her writing appears in *Spiritual Ecology: The Cry of the Earth, Ecopsychology, Parabola*, and *Thomas Berry: Dreamer of the Earth*. www.animas.org

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**I Am the Word: The Energetics of Consciousness**

*Paul Selig*

In his breakthrough works of channeled literature, *I Am the Word* and *The Book of Love and Creation*, author and medium Paul Selig recorded a program for personal and planetary evolution as human-kind awakens to its own divine nature. Through a series of lectures, attunements, and energy activations, workshop participants will be introduced to the frequency of the Word, which can be described as the energy of “God in action.”

You will be shown exercises for healing the self and others, along with practical techniques for developing and sustaining higher levels of consciousness. You will also receive individual instruction that will support you in moving through the physical and emotional blocks that may be keeping you from manifesting your own higher nature. You can discover how realizing your own true potential is inexorably linked to the well-being of others and our planet. Paul’s workshops can be deeply transformative. The energy he works with is palpable and loving, and those attending will be supported in moving to the next level of their own spiritual development.

This five-day intensive will offer the opportunity for more individual work and a deeper immersion in the higher energies. Please see March 3-5 for a weekend version.


**Paul Selig** bio on page 36.
Words Like Wings

I sit here
like a butterfly
my mind quiet.

Crumpled wet images
fresh from chrysalis,
cling to the stem of hope
my gut will pump life
to form words
of light, pattern, color.

A touch of warmth
words like wings
take flight
to disappear
against the sun.

Dave Minton
October 2013

Acceptance and Commitment Therapy: Cultivating Psychological Wellness
John Forsyth & Jamie Forsyth

Acceptance and mindfulness-based practices are rapidly making their way into mental health care, medicine, and society – both to alleviate human suffering and nurture psychological health and wellness. This body of work offers a fresh perspective on psychological suffering, and powerful clinical strategies that support meaningful life changes. In this workshop for mental health professionals, participants will learn about one particular approach and set of evidence-based practices called Acceptance and Commitment Therapy (ACT). ACT balances mindfulness and acceptance processes with commitment and behavior change in the service of living a more vital life.

Through lectures, live and video demonstrations, and practical experiential exercises, the group participants will be taught new ways to help their clients grow and live meaningfully without first having to defeat or eliminate sources of emotional and psychological pain. This work can be challenging for both therapists and clients because it calls on each to stand in difficult places and open up to that difficulty, both personally and professionally. Therapists are encouraged to engage with the material at a personal level, as it applies to their own lives, and also in the context of their mental health work. Mental health professionals, including graduate students and post-doctoral fellows, are invited to attend. Familiarity with ACT is not required.


($75 additional tuition will be added to the workshop cost)
☆ CE credit for MFTs and LCSWs; see page 109.
☆ CE credit for psychologists; see page 109.
☆ CE credit for nurses; see page 109.

John P. Forsyth, PhD is a clinical psychologist, professor, and director of the Anxiety Disorders Research Program at SUNY Albany. He is an author, speaker, and trainer, and leads workshops worldwide. www.drjohnforsyth.com

Jamie R. Forsyth, PhD is a clinician, clinical supervisor, and trainer with expertise in Acceptance and Commitment Therapy (ACT) in inpatient and outpatient mental health settings. Her clinical work offers unique insights into the subtle nuances of ACT as it unfolds in clinical practice.

The Promise: Advanced Yoga for Everyone
Mark Whitwell

Yoga is not a linear process. It is direct intimacy with life, and it is available to everyone. This week, Mark Whitwell offers yoga’s advanced practices in a way that you can integrate and make your own, whether you are just beginning to practice or have years of experience. The workshop involves an interwoven promise: You promise to practice yoga, and in return you receive the promise of yoga’s gifts, including health, intimacy, well-being, and joy. In order to experience these benefits, your yoga practice must be adapted to you, not you to yoga. Mark’s skillful and heartfelt guidance will help you:

• Explore the five principles of advanced personal practice
• Dive into asana, pranayama, and meditation as a seamless process
• Discover how yoga transforms life into an intimate celebration with everything
• Experience the nurturing principle as a constant in your life from now on
• Return home with understanding and the embodied felt sense of your own joyful practice

This program is a regenerative and joyful event that will continue to reverberate through your daily life in very practical ways. For all levels; no prior yoga experience is needed. Please bring a yoga mat.

Recommended reading: Whitwell, Yoga of Heart and The Promise of Love, Sex, and Intimacy; Desikachar, The Heart of Yoga.

Mark Whitwell bio on page 11.

WEEKEND OF MARCH 10-12

Getting the Love You Want: A Workshop for Couples

Rick Brown

This workshop is designed to help couples understand at a deeper level why they were attracted to each other, why they get stuck in endless power struggles, and how to safely begin to work through those stuck places toward a safer and more satisfying relationship. Couples share only with their partner and are able to maintain privacy. Couples are shown:

• New communication skills to break destructive cycles of relating
• How to channel the energy from arguments to create passion and stability
• How the unconscious forces that attract partners to each other are also the source of conflict
• New tools for re-romanticizing their relationship to reestablish the passion of their early time together
• How to use their relationship for emotional healing and spiritual evolution

Activities include lectures, written exercises, guided imagery, and live demonstrations of communication skills and processes. Rick Brown has been offering this workshop for more than twenty years, and has appeared on Oprah. The methodology is based on Harville Hendrix’s best-selling Getting the Love You Want. For more information, visit www.rickbrown.org.

Please note: This workshop is for couples only.

Recommended reading: Brown, Imago Relationship Therapy; Hendrix, Getting the Love You Want.

($20 materials fee for manuals will be added to the workshop cost)

Rick Brown is executive director for the Institute for Relationship Therapy in Winter Park, Fla. Rick was executive director for Harville Hendrix’s Institute, and he lectures and gives workshops across the country. He has been married since 1977. www.rickbrown.org
The Writing Life
Ellen Bass

There is a vitality, a life-force, an energy, a quickening that is translated through you into action. And because there is only one of you in all time, this expression is unique. And if you block it, it will never exist through any other medium, and be lost. The world will not have it. It is not your business to determine how good it is, nor how valuable, nor how it compares with other expressions. It is your business to keep it yours clearly and directly, to keep the channel open. -Martha Graham

“This workshop,” writes Ellen Bass, “will allow us to leave the rush of our busy lives and be still enough to hear the stories and poems that gestate within us. We’ll write, share our writing, and hear what our work touches in others. We’ll help each other to become clearer, go deeper, take new risks. With the safety, support, and inspiration of this gathering, you will have the opportunity to create writing that is more vivid, more true, more complex and powerful than you’ve been able to do before.”

Whether you are interested in poetry, fiction, nonfiction, memoir, or journal writing, this weekend will provide a rich opportunity to immerse yourself in the writing life. Both beginners and experienced writers are welcome.


Ellen Bass has supported and inspired writers for 45 years. Her books include Like A Beggar, The Human Line, and Mules of Love (poetry), and the best-selling The Courage to Heal. She teaches at Pacific University’s low-residency MFA program. www.ellenbass.com

Sacred Evolution: Yoga and Meditation
Charu Rachlis

“We are living in the most accelerated time of change in history,” Charu Rachlis writes, “The challenge each of us faces is how to navigate these changes with wisdom, creativity, and joy. Yoga as an ancient art and science oriented toward reducing suffering is the path that will guide us in our time together. We will weave together asanas (postures), meditation, pranayama (conscious breath), and restorative poses. In times like now, there are huge opportunities for growth, which we can see as evolutionary gifts. Regardless of where we live, our station in life, or the circumstances we face, if we embrace what is unfolding before us as an evolutionary gift, we will rise up in consciousness to a new pattern of life. The daily practices during this workshop will support us in opening to the new alignments that are available as long as we surrender and invite ourselves to wholeness and deep connection with the earth and the cosmos. We will embark on a beautiful inner/outer journey that can prepare us to take on the joy and responsibility to embrace sacred evolution. Everyone is welcome.” Please bring a yoga mat and a journal.

Charu Rachlis, born and raised in Brazil, has been teaching yoga in San Francisco since 1997. She teaches in a Bhakti lineage. She has a 20-year history of Tibetan Buddhist meditation, and is strongly influenced by Iyengar and Ashtanga yoga. www.yoginicharu.com

WEEK OF MARCH 12-17
Visionseeker: Shamanic Cosmology
Hank Wesselman

Over the past 35,000 years, indigenous shamans developed a methodology to expand awareness and explore the many dimensions of reality, generating a rich body of knowledge about the nature and function of the sacred realms. Unfortunately, ever-multiplying overlays of spiritual scripture and esoteric literature have obscured our understanding of these hidden worlds. Today, this confusion is being reversed as the methods of the shaman are being reconsidered by non-tribal Westerners seeking direct experience of the transpersonal realms once again.

Hank Wesselman writes, “This workshop will engage participants in investigative shamanic fieldwork into the numinous regions of the spirit worlds where all mysteries become known. We will deepen connection with our spirit helpers as well as our oversoul and the elder spirits who serve as master teachers on our Cosmic Committee. We will hone our abilities in areas such as divination and attempt to learn more about those localities where the most creative work of souls is accomplished. We will explore the nature of who and what we really are, providing an expanded perspective on the destiny of souls.”

Note: Bring a rattle, a drum, a notebook or sketchpad, a set of oil or chalk pastels, a bandanna or eyeshade, and a light blanket. Please
refrain from alcohol during the workshop.


**Radically Alive: A Radical Aliveness Workshop**

**Ann Bradney**

Ann Bradney writes, "There is a state in which you are fully alive, authentic, and spontaneous. You are open to all of your feelings, connected to your strength and your truth. You are not afraid to know anything about yourself. I call this radical aliveness. In this state you embrace your creativity and see life in all its possibilities.

"Standing in the way of this are chronic patterns formed in your past to survive. These live as frozen feelings and history in your body and no longer serve you. "Radical Aliveness is a powerful, body-based system that evolved from Core Energetics. It frees the frozen feelings and history in your body by working with the blocked and held energy. It helps you reconnect with deep parts of the self that you disconnected from as a child. It uncovers the power and goodness at the source of your most destructive patterns. It leads you to connection with your deepest essence.

"In this workshop, you will work individually and in groups to understand, transform, and release the past as you deeply explore, experience, and express your blocked and held energy. You will work on your relationship to yourself and explore relating to others in radically alive ways. You will find what stands in the way of your full potential for life."

**Please note:** An interview is required for admission. Please e-mail ann@radicalaliveness.com for information.

☆ CE credit for MFTs and LCSWs; see page 109.

**Ann Bradney** is director of the Radical Aliveness/Core Energetics Institute of Southern California. She studied under Core Energetics founder John Pierrakos and teaches internationally. Ann’s Radical Aliveness model expands Core beyond the individual, to address community healing and world issues. [www.annbradney.com](http://www.annbradney.com)

**The Art2Life Workshop**

**Nicholas Wilton**

This workshop is a playful exploration of the creative image-making process. Utilizing imagery inspired from our own personal stories and life experience, we will engage in a hands-on journey through fundamental painting principles, and learn how to sustain our own creative momentum. Throughout the week, we will work on a series of small paintings on wood panels, often working on several pieces simultaneously, which leaves little time to worry about success or failure. We will also explore how themes of change and spontaneity enable us to create our own unique artwork, and illuminate life lessons inherent in the creative process. We seek to engage both sides of the brain, and invite in mistakes, intuition, and spontaneity. We’ll explore the six ArtLife Creativity Principles: value, design, color, texture, risk, and soul. Generous time will be given for experimentation with new tools, mediums, and techniques.

Join us as we celebrate a process of inspiration, reclamation, and the journey of self-discovery through painting. This workshop is designed for people from a wide variety of disciplines. All skill levels are welcome. No artistic experience is necessary, only a willingness to play. This workshop is especially useful for those in the healing and helping professions in working with their patients and clients.

($125 materials fee will be added to the workshop cost, and includes everything needed for the course)

**Nicholas Wilton** is an artist whose paintings are sold internationally. He is the founder of the ArtLife Creativity workshops and classes, and he established the Creative Visionary Mentoring Program, which offers artistic, business, and creative coaching to artists. [www.nicholaswilton.com](http://www.nicholaswilton.com)
THE MAX: EXPANDING THE LIMITS OF YOUR SELF-EXPRESSION
Paula Shaw

For more than twenty years, THE MAX has been considered by many at Esalen to be an essential rite of passage for community members. The purpose of THE MAX is to discover yourself beyond who you know yourself to be. It is a voyage through your own humanity and a journey to discover the extent of your self-expressive power. The experience can move you into a new arena of personal creativity and self-expression.

THE MAX employs a variety of acting, communication, and observation techniques to help participants explore the sources of their emotional limitations. Working individually, “on stage,” each person is encouraged and supported to move through lifelong fears of being “on the spot”—often playing to and with other group members—and to emerge into greater authenticity and enhanced “presence.”

There are exercises that use raw emotion, role-playing, and dress-up assignments. This is an opportunity to experience yourself in ways you may have dreamed about but never thought possible. The course is for those committed and courageous in their process. If your heart beats faster when you think of taking THE MAX, it may be just the thing to do.

Please consider taking Paula Shaw’s Improv inspiration weekend workshop that immediately follows THE MAX. It is a delicious dessert to top off an extraordinary entrée, and is a very satisfying way to end this transformational journey.

Required: Bring a one- to three-minute memorized piece—monologue, poem, song, etc.

Please note: Due to the intense and sequential nature of this workshop, attendance at all sessions is necessary.

Paula Shaw, a professional actress and acting teacher for more than 40 years, has conducted workshops for those interested in expanding their self-expression, well-being, and creativity in the US, Canada, Germany, and the UK. www.themaxwithpaulashaw.com

KIRTAN FLIGHT SCHOOL
Dave Stringer with Miles Shrewsbery and Sheila Bringi

If you can’t teach me to fly, then teach me to sing.
—Peter Pan by Sir James Barrie

When you participate in a kirtan, the call and response form of mantra chanting, you’re not just listening to the music: you are the music. In Dave Stringer’s Kirtan Flight School, you have the opportunity to explore and redefine the edges of what music can be when the crowd is itself an instrument.

Both experienced musicians and those rediscovering their own musical selves can walk away with a working body of knowledge about how to move a crowd to participate, and how to employ different musical devices in order to deepen everyone’s experience. No previous musical experience is necessary.

Participants will be organized into small ensembles. Each ensemble chooses a chant, rehearses it together, and presents a kirtan to the rest of the groups. Dave and his musicians rotate through the groups, working closely with the participants to develop rhythmic and harmonic concepts, solve problems, and answer questions.

Students who have taken a previous Flight School are invited to join Level 2 this week, which will be offered concurrently with Level 1.

Level 2 focuses on writing, improvisation, and advanced instrument and performance skills.

Dave Stringer is an innovative artist of the new kirtan movement. His sound marries the transcendent mysticism of traditional Indian instruments with the exuberant, groove-oriented sensibility of American gospel. An articulate and engaging public speaker, Stringer probes the dilemmas of science and spirit with a wry and unorthodox sense of humor. www.davestringer.com

WEEKEND OF MARCH 17-19
Doorways to the Infinite: Exploring Non-Duality through the Body-Mind
Sally Kempton

The Vijnana Bhairava (Wisdom of the Fiery One) is an ancient manual for self-realization and one of the most famous and powerful meditation texts in tantric literature. In this highly experiential workshop, meditation teacher Sally Kempton will guide you through a series of powerful contemplations and immersions in the inner yoga of tantric meditation. The workshop offers transmission from a profound tradition of non-dual wisdom, and can open pathways into the ground of your being. The workshop includes an in-depth introduction to the text, the philosophy behind it, and its enormous relevance to contemporary practice.

Through guided discussion and experiential sessions, you can explore and experience the following topics:

• Discover an ancient, open-eyed meditation practice
• Use intense past experiences as a path to opening
• Learn about the masculine and feminine currents from the tantric perspective
• Practice how to work with awareness and contemplation to deal with major psychological issues

Sally Kempton is a teacher of applied spiritual wisdom who is known for her ability to transmit deep meditative states through the heart. A former monk and 40-year practitioner of Shaiva yoga, Sally teaches internationally and is the author of several best-selling books. www.sallykempton.com

THE ART BARN

The Art Barn serves as a venue for a broad spectrum of workshops including: painting, drawing, ceramics, metal working, wood turning, stone carving, and textile arts.
Radically Alive Sexuality: A Radical Aliveness Workshop

Ann Bradney

“Sexual energy and life force energy are the same,” Ann Bradney says. “When we can experience ourselves as fully developed sexual beings, alive with vibrant energy coursing through our bodies, we feel more connected, creative, and excited about bringing our gifts to the world. In this deeply interactive workshop, you will be shown techniques to free up this energy and access more pleasure and fulfillment. Radical Aliveness group process is unique; it demands courage, committed engagement with others, and a strong desire to discover and develop your potential within an accelerated, intense time frame and setting. We work with body/mind/ and spirit to move past old blocks and to open to all that you are and want to be.”

Please note: An interview is required for admission. Please e-mail ann@radicalaliveness.com.

Ann Bradney bio on page 41.

Improvisation: Wit and Wisdom in an Instant

Paula Shaw

This workshop is an adventure in releasing programmed patterns and discovering the delight of spontaneous creation. The joy of playing improvisational theatre games comes from surrendering to the process. Each game has focus points that allow you to suspend your accustomed automated and controlled thinking. The liberation that follows fully opens up your mind to imaginative freedom, your voice to new and surprising sounds, verbal humor, eloquence, and flowing physical grace in movement.

In this work, you are never alone. The easy-to-follow instructions and coaching tune you in with the other players, and when that connection is made, instantaneous creativity ensues. Once you’ve allowed yourself to join in, each improvised piece takes flight, with truly amazing results. The program is an experience of how wonderfully well life can flow when you get out of your own way, and the learning is what it means to be able to do that. It is also full of falling-down laughter.

All are welcome. This is an excellent entry workshop for first-timers to this work. Prior improv experience will be forgiven.

Paula Shaw bio on page 42.
WEEK OF MARCH 19-24
Growing Bliss Bodies: Sparking Full Aliveness With Body Intelligence, Presence and Play
Kathlyn Hendricks & Lamara Heartwell

Are you willing to experience the pleasure of being fully alive in your body? Are you ready to make the shift from adrenaline- and fear-based living to embodied presence and flow? If so, this seminar invites exploration and practice of the key skills that favor innate joy, befriend your inner life, and nurture your unique aliveness.

Body intelligence is the direct, consciously felt experience of being alive, from the flow of blood and sensation to the many attitudes and mental shifts that inform your experience of being in a body and connected in relationships, work, and the world. If you’re ready to increase the level of energy, joy, clarity, and connection in your life, this highly-experiential seminar will help open wide the gates for you to:

- Discover your true body intelligence: how to easily recognize your inner signals for “yes” and “no”
- Increase your capabilities for receiving and acting on the messages from your body
- Navigate the flow of your day with vitality and balance
- Shift easily from stress and fear to creativity and collaboration
- Solve problems in new ways
- Create more fun with work and more pleasure in general
- Expand your capacity for giving and receiving love
- Heal the collective 2000+ year old myth that the body is “bad” and must be controlled

This workshop is particularly useful for healing professionals in their work with patients and clients.

Recommended reading: Hendricks and Hendricks, At the Speed Of Life.

Kathlyn (Katie) Hendricks, PhD, BC-DMT, is an evolutionary catalyst and contextual disruptor who creates transformational collaboration around the world. A pioneer in the field of body intelligence and conscious loving, she has co-authored 12 books with Gay Hendricks, including her newest, Conscious Loving Ever After: How to Create Thriving Relationships at Midlife and Beyond. [www.hendricks.com](http://www.hendricks.com)

Lamara Heartwell is a body intelligence expert who inspires people to claim their bodies as an essential source of intelligence, power, and pleasure. She is the founder of Santa Barbara Dance Tribe, holds a coaching certification from the Hendricks Institute, and completed counseling training from the Interchange Institute. [www.lamaraheartwell.com](http://www.lamaraheartwell.com)

Dancing with the Heart of the World
Ya’Acov Darling Khan

“In order to bring the essence of who we are to our lives, we must take time to remember the dreams that inspire us, and uncover the purpose that guides us,” says Ya’Acov Darling Khan. “As a species, we have created a situation that threatens our very survival. We have been living in what the Achuar people in the Ecuadorian Amazon call a ‘trance.’ Fueled by decades of unconscious consumption and disconnection from the natural world, this trance has put the knowledge that we are all interconnected strands in the complex and delicate balance of life on earth to sleep.

“We are in need of a new story, and we each have a role to play in its creation. This intensive workshop offers a blend of focused...
Movement Medicine practice and the Pachamama Alliance Awakening the Dreamer curriculum to help you deepen your love for life and take your place as an empowered, informed, and creative human being. We will follow the energy of the spring and listen for the deep wisdom we all carry inside us. We will plant the seeds of our dreams in the fertile ground of the dance, and let the dancer translate them into movement, ritual, and dancing prayer for All Our Relations.

Please note: Thursday afternoon and evening will include a 10-hour-long dance ritual designed to re-dedicate your life to what truly matters to you. Light fasting is encouraged but not required.

Ya’Acov Darling Khan has been recognized by elder shamans from the Sami, Achuar, and Sappara peoples of the Amazon. He is the co-founder of Movement Medicine and has led workshops around the world since 1989. He co-wrote Movement Medicine: How to Awaken, Dance and Live Your Dreams and wrote Jaguar in the Body, Butterfly in the Heart (Hay House, 2017). www.schoolofmovementmedicine.com

Heart of Awareness: Joining Embodiment and Meditation, Discovering Healing and Compassion

Susan Aposhyan

Being a human is a complex task. In order to make the most of our lives and cultivate a peaceful and sustainable human culture, most of us need to practice being present and feeling our bodies. This workshop uses embodiment practices, embodied meditation practice, embodied speech, embodied listening, and embodied relationship as the means to achieve personal and cultural peace and creativity. Susan Aposhyan developed these practices in the context of Body-Mind psychotherapy. The fundamental question of this workshop has to do with the role of the human physical heart in this process, and exploring the reasons that the heart rests quietly at the center of all spiritual and healing work. How can we bring more awareness to this process? What is the relationship between our brains and our hearts? And what if spiritual work, healing, and creativity all stem from the same basic energy? As a workshop leader, Susan Aposhyan brings simple, clear thinking, humor, and a great intention to penetrate to the essence of things. Her experience includes more than thirty-five years as a psychotherapist, teacher, bodyworker, mover, meditator, spiritual counselor, Body-Mind Centering practitioner and teacher, and aspiring adult. Her interest in neuroscience, physiology, and evolution bring some scientific clarity to this messy human process. All are welcome. This course is especially helpful for those in the health and healing professions in working with their clients and patients.

Recommended reading: Aposhyan, Body-Mind Psychotherapy and Natural Intelligence.

☆ CE credit for psychologists; see page 109.
☆ CE credit for nurses; see page 109.
☆ CE credit for MFTs and LCSWs; see page 109.
☆ CE credit for massage; see page 109.

Susan Aposhyan trains professionals in her Body-Mind Psychotherapy. She is the author of Natural Intelligence: Body-Mind Integration and Human Development and Body-Mind Psychotherapy. She has been practicing meditation and body-mind disciplines for more than 30 years, and integrates science with healing and meditative experience. www.bodymindpsychotherapy.com

The Passion of Painting: Get In, Get Out, Get On With It!

Erin Gafill with Tom Birmingham

How much more could you create if you weren’t second-guessing yourself, or walking away from the easel too soon? During this workshop, you can learn tricks and practices to bring you back, including working in a series, setting a timer, and working with house-painting brushes and torn paper collage. Experiment and have fun with exercises that take twenty minutes or less. By utilizing short blocks of focus and surprising methods, you can awaken creative thinking and move into perceiving and expressing instead of overanalyzing. Artist-teachers Erin Lee Gafill and Tom Birmingham will offer ample demonstrations of technique, feedback, and encouragement. Known for their nurturing teaching styles and dedication to creating a caring classroom, Tom and Erin have traveled all over the US, Japan, Italy, and Mexico bringing creativity

www.bodymindpsychotherapy.com

www.schoolofmovementmedicine.com
The Art of Seeing: Integrating Our Eyes, Brain and Body for Better Wellness

Sam Berne

Today, the fear of losing our eyesight is escalating because of an increase in many deteriorating visual conditions. Current allopathic medical approaches offer little hope. In this workshop, you will be taught The Berne Method®, an evidenced-based system designed to reconnect us to the most important sense organ we have: our eyes.

Sam Berne has spent more than twenty-five years developing his method, which teaches that neuroplasticity exists within us. Topics include:

• Primordial movements that relax the reptilian response that is so ingrained in how we use our eyes
• Vestibular-visual relationship as it relates to orientation and balance
• Therapeutic lenses and prisms that can enhance peripheral vision and depth perception
• Color and light therapy that can balance our visual system and improve function in the endocrine, nervous, and fluid systems
• Medicinal essential oils that can strengthen eye and general well-being

As we begin to match present consciousness with present seeing, we can ignite our vitality and awaken our creativity. Trusting the eyes as a primary navigational system can release body tension and give us a sense of freedom.

This workshop is especially useful for those in the helping and healing professions in working with their clients and patients.


($20 materials fee for color therapy gels and perceptual props will be added to the workshop cost)

☆ CE credit for nurses; see page 109.
☆ CE credit Pending for acupuncturists; see page 109.
☆ CE credit for massage; see page 109.

Sam Berne, OD, is a pioneer in the field of vision science and holistic health. He is a behavioral optometrist, certified medicinal aromatherapist, certified craniosacral therapist, and authorized Continuum teacher. www.drsamberne.com
**An Introduction to Esalen® Massage: The Art of Healing Touch**

Deborah Anne Medow & Robin Fann-Costanzo

This workshop is a wonderful opportunity for you to enjoy the beauty of Big Sur and the healing waters of the Esalen hot springs, while gaining a foundation in the art and practice of Esalen Massage. During the week, participants will be taught massage methods that address the whole body: Esalen’s signature long, flowing strokes that support feelings of wholeness, connection, and integration; passive joint movement; and a variety of techniques to work with the major muscle groups of the body. Each day will include a brief massage demonstration and instruction in various self-care methods, with plenty of time to practice giving and receiving a massage.

Robin and Deborah will work at the tables with each participant to accommodate the group’s different skill levels. Beginners will be taught the basic tools and techniques that will allow them to more skillfully massage their partners, friends, and family. More experienced practitioners will be taught techniques that can easily be integrated into their massage sessions, inspiring and infusing their work with a deep sense of presence and flow. This workshop is also useful for those in the helping and healing professions in working with their clients and patients. Join us for a week of learning, healing, nurturing, and play!

☆ CE credit for nurses; see page 109.
☆ CE credit for massage; see page 109.

**Deborah Anne Medow**, longtime Esalen workshop leader, yoga instructor, and bodywork practitioner, teaches yoga, massage, creative movement, awareness practices, and related healing disciplines throughout the US, Europe, and Japan. She is also a certified nutrition educator, Zumba® dance instructor, and manager of the Esalen Healing Arts Department.

Robin Fann-Costanzo bio on page 19.

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**Weekend of March 24-26**

**One Spirit Medicine: The Mind of God, the Brain of Man, the Heart of the Shaman**

Alberto Villoldo

Are you ready to create a life filled with joy, prosperity, and peace? “Shamans from South America learned how to wire the brain for bliss.” Four Winds Society founder Alberto Villoldo writes. “They called it One-Spirit medicine. They discovered that the heart was the passageway between the visible and invisible world. They mastered a path of power and wisdom based on the practice of dreaming the world into being.

“It is simple: You dream your world or settle for the nightmare dreamed by others. You dream health, and disease goes away. You dream peace, and conflict ends.

“In this workshop, you will be shown how to upgrade the brain through diet and nutrition so it is in service to the heart. You will learn about cutting-edge neuroscience and ancient shamanic wisdom. After this weekend, you can take home tools you can use to dream a better world, and better health, into being.”

**Alberto Villoldo, PhD.** is a medical anthropologist and psychologist who studied the spiritual practices of the Amazon and the Andes for

more than 30 years. While at San Francisco State University, he founded the Biological Self-Regulation Laboratory. He is a best-selling author and founder of the The Four Winds Society. www.thefourwinds.com

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**Creative Tai Ji Experience in Daily Living**

Chungliang Al Huang

“This week, we will re-invent tai ji forms playfully with ancient Tai Ji rituals, Five Moving Forces of Nature, as well as traditional Tai Ji motifs,” Chungliang Al Huang writes. “We will explore, improvise, and evolve, to find renewal and refreshed ways to dance the open structures of this ancient wonder of movement meditation.

“To be truly creative is to learn not to consciously control yourself with pre-conceived restrictions, but to allow yourself the freedom to flow. Taoist wisdom calls it Wu Wei: Not interfering with what is already happening. With more than fifty consecutive years of teaching experiences since Esalen was founded, Master Huang will share his unique ways of imparting Tai Ji experience to all levels of practitioners. Come enjoy this creative ‘Living Your Tao’ Tai Ji experience.”

Chungliang Al Huang teaches Tai Ji philosophy, East/West synthesis, and the art of movement meditation. He is the founder-president of the Living Tao Foundation and director of Lan Ting Institute in the Sacred Mountains of China. He is the best-selling author of numerous books including Embrace Tiger, Return to Mountain and Tao: The Watercourse Way, coauthored with Alan Watts. www.livingtao.org
Callings: Finding and Following an Authentic Life
Gregg Levoy

Callings are urgings and imperatives from the deep self that tell us what it will take to make our lives “come true.” They point us toward awakenings, course corrections, and powerful authenticity.

This hands-on retreat takes a creative approach to striking up a deep dialogue with our own lives. Through writing, storytelling, myth, improvisation, meditation, reflection, and nature, participants explore the psychological, spiritual, and practical processes we encounter in finding and following our callings, whether calls to do something (become self-employed, go back to school, leave or start a relationship, move to the country) or calls to be something (more creative, less judgmental, more loving, less fearful). You will have the opportunity to learn how to:

• Clarify your callings
• Discern whether a call is true
• Work creatively with resistance and conflict
• Reconnect with your powers and gifts
• Gain a renewed sense of possibilities

Recommended reading: Levoy, Callings: Finding and Following an Authentic Life.


WEEK OF MARCH 26-31
Qigong for Health and Happiness
Mingtong Gu

Join Master Mingtong Gu for a week dedicated to healing and balancing body, mind, heart, and spirit through the powerful movement, sound, and visualization practices of qigong. This retreat is a great way to take a vacation for yourself, journey inward with deep nourishment, and recharge with renewed energy, clarity, and vitality.

Qigong supports you in releasing limitations and expanding into new possibilities for balance, wellness, deep fulfillment, and lasting joy. By bringing the mind back into the body, this technique and teaching of awakened consciousness can be not only life changing but also a gift for lifelong health and happiness.

Whether you are addressing specific conditions such as cancer, Parkinson’s, diabetes, Lyme’s disease, immune deficiencies, addiction, chronic pain, or trauma, or are working with patients with these conditions; whether you need to relax and rejuvenate from excessive stress; whether you want to support others in their healing journey and/or deepen your own understanding and practice of qigong, the retreat environment is a one-of-a-kind opportunity to tap your deepest potential for healing and joy. By participating in this healing retreat, you can:

• Learn to clear and balance the emotions so that deeper healing can occur on all levels
• Develop a quiet and creative mind to most effectively realize healing
• Learn the ultimate methods to build and transmit chi (energy) for healing of self and others (called FaChi)
• Organize a chi field with others to accelerate healing •
• Learn about profound theories and practices of energy healing to better understand and activate our healing capacity

Mingtong Gu is an internationally recognized teacher and healer who received his training from a variety of Grandmasters in China and at the world’s largest Qigong hospital. www.chicenter.com

Revisioning your Hero’s Journey®: A Mythological Toolbox (24th ed., revised)
Robert Walter

For years, Joseph Campbell celebrated his birthday (March 26th) at Esalen. Explaining why, he’d tell of Carl Jung’s wondering, “What myth am I living by?” And how Jung, realizing he didn’t know, wrote “I took it upon myself to get to know ‘my’ myth, and I regarded this as the task of tasks.” “That’s what a birthday is for,” Campbell would conclude, “and what Esalen is about.” In March 1988, five months after Campbell’s death, his friends again gathered at Esalen for “Campbell Week”—a tradition that endures. These festivities morphed into this playshop, for familiarity with Campbell is not needed to retool the myths that shape one’s life—though a sense of humor certainly helps.

Recall dreams, rekindle visions, deploy mythmaking tools like drums and dance, music and song, masks, medicine bags and altars. Individual, small-group, and collective activities provide opportunities for reflection and expression. Who were you? What mise-en-scènes inspire your biographical saga? What treasures are banished to your basement, secreted in your attic? Who are you? What’s displayed in your home or dangling from your rearview mirror? Who do you aspire to be? What face do you envision in the mirror? What remains on your bucket list? If you dare to revision yourself, then join our springtime rituals of rebirth.

Please bring a meaningful but expendable totem, an unsung story, or evocative song. For more information, visit www.jcf.org.

Robert Walter, Joseph Campbell’s editor for a decade, is president of the Joseph Campbell Foundation and a poet/playwright with several decades of experience as group leader, teacher, publisher, and theatrical producer/director/designer. www.jcf.org
Esalen Inspirational Film Festival: Films that Empower and Enrich the Human Spirit

Corinne Bourdeau & Mary Elizabeth Murphy

Cinema can enlighten, inspire, and uplift the human spirit. Examples of these transformative films include *What the Bleep Do We Know?*, *The Celestine Prophecy*, *What Dreams May Come*, *Field of Dreams*, and *The Cove*. Films like these can truly make a difference in how people live and express their creativity.

During the fifth annual Esalen Inspirational Film Festival, participants will enjoy a vibrant mix of films, panel discussions, and thought-provoking dialogue with filmmakers. Our intention for the week is to build an engaging and supportive community of film enthusiasts whose common goal is to enrich and uplift the human spirit. The festival is open to everyone, and will be of particular interest to artists, filmmakers, and those who have a passion for social justice, environmental issues, personal growth exploration, and spiritual themes.

Discussion topics include the following:

• The exploration of positive psychology in film
• The landscape of independent films dedicated to transformation
• The power of entertainment to create social change and activism
• The art of mythology and powerful storytelling

The festival will feature an exciting lineup of award-winning filmmakers and producers, studio executives, and thought leaders in the arena of illuminating cinema. Please check the Esalen website and the event’s Facebook page for updates: www.facebook.com/groups/1610932652485077

Note: Due to the flexible nature of filmmaking and production schedules, the week’s schedule is subject to change.

Corinne Bourdeau is president and founder of 360 Degree Communications, an agency specializing in films that celebrate and enrich the human spirit through social change. Bourdeau’s portfolio includes Academy Award®-winning documentaries such as *The Cove*, *Samsara*, *The Way*, and *Way of the Peaceful Warrior*.

Mary Elizabeth Murphy is an expert at creating innovative grassroots campaigns for independent films that target niche markets. She has worked on the Academy Award®-winning film *The Cove*, and other indie hits such as *Pina*, *Cave of Forgotten Dreams*, *Buck*, and *The Way*. 
Imagine being deeply at rest, and held within an unconditional love that offers total support for you to go within, let go, and address the important themes of your life. In the core of every human being lives indestructible purity, love, intelligence, peace, and stillness, unaffected by the difficulties of our histories and the identifications we have formed. Yet commonly we live on the surface of ourselves, busy trying to control life to manifest our desires and keep away our fears. This keeps us seeking fulfillment but disconnected from it. This group will journey through and beyond the habits of mind that typically block access to deeper dimensions of consciousness.

Miranda Macpherson teaches and transmits a unique synthesis of holistic self-inquiry, psychological wisdom, and devotional and meditation practice in a tangible atmosphere of unconditional love. The experiential format includes exercises in pairs, meditations, chanting, open sessions, rich wisdom teachings, and satsang (sacred community). Hers is an integrated and feminine approach to non-dual awakening oriented at facilitating direct spiritual experience, while providing a practical foundation to unwind the patterns that shape our lives. Additionally, Miranda will share her map of awakening, drawn from perennial truths at the heart of the world’s mystical traditions, which encourages more substantial access to presence.


Miranda Macpherson guides people into direct experience of the sacred. Founder of the OneSpirit Interfaith Foundation in London, the ‘Awakening Love: Embodying Wisdom’ sangha in the Bay Area, and author of *Boundless Love*, Miranda draws from extensive study of the world’s wisdom traditions, and more than 20 years of experience teaching internationally. www.mirandamacpherson.com

“Nature provides space to quiet our souls, gain perspective, and harness our creativity, says Wilma Wyss. “Explore Esalen’s stunning grounds to find places that resonate and inspire your mosaic art, be it big vistas, small individual succulents, or anything in between. Mosaic is a slow and contemplative art form, perfectly suited for Esalen’s restorative setting.”

In this mosaic workshop, you can conceive, develop, and realize your own mosaic project. You sketch initial concepts in pencil. Wilma works one-on-one with you as you develop your concept into mosaic artwork. You can compose in glass, tile, and found objects. Demonstrations include cutting and shaping the materials, adhesives, and use of color. Slide presentations illustrate relevant examples and the power of pattern. Known for her joyful teaching style, and her creative use of materials, Wilma provides individual instruction to foster your creativity. This workshop is designed for adults who may have some experience with mosaic, as well as anyone who has never touched a wheeled nipper.

The materials fee provides high-quality wheeled nippers (to keep), glass in a wide variety of colors, and materials to complete one or more wall-hung mosaics.

Contact wilma@wyssdesign.com if you plan to bring your own tools/materials. ($75 materials fee will be added to the workshop cost)

Wilma Wyss is an award-winning sculptural collage and mosaic artist based in the San Francisco Bay Area. Her artwork features unusual materials and nuanced colors and textures. Wilma is a member of Society of American Mosaic Artists (SAMA) and Berkeley Art Center. Her work has been shown in more than 30 shows nationally. www.wyssdesign.com

When Chungliang Al Huang and Joseph Campbell co-led Esalen workshops in the 1980s, they coined the term “MythBody” to describe the vital interrelationship of your physical body and your story (“myth”) of yourself.

This year, they have resurrected their neologism to consider how your MythBody develops and transforms over the course of your life. Group explorations will mix twice-told tales with Tai Ji turns, will utilize calligraphy and poetry, will weave praxis and personal anecdote – all in celebration of your life’s journey, for as Joseph Campbell reminds us: “The privilege of a lifetime is being who you are.”

In preparation, please reflect on transformative incidents in your own life, those singular events that helped to make you who you are. Then plan to bring a verse or lyric you can share that bespeaks one or another of those significant moments.

Chungliang Al Huang bio on page 47.

Liberate the Body and Stretch the Mind: Mindfulness Meditation and Yoga

Oh wondrous creatures,
by what strange miracle
do you so often not smile?
– Hafiz

Many of us are amazed when we read the latest scientific discovery about the size of the cosmos or the workings of biological evolution, but few of us know how to bring that sense of wonder and delight into our lives. In this workshop, we will make creative use of classic Buddhist meditation practices and Anusara Yoga to help us embody the amazement of being alive and human.

This workshop combines the traditional practice of Buddhist mindfulness meditation with sessions based on Anusara Yoga. Periods of meditation will alternate with yoga, allowing the techniques to support each other and create a sense of mind-body connection, vitality, and well-being. The weekend will provide ample time for discussion and interviews, as well as attention to individual challenges. There will also be talks, an exploration of Buddhist and yogic philosophy, as well as plenty of poetry and good humor.

The workshop is appropriate for both experienced and beginning students of either mindfulness meditation or yoga. Please bring a yoga mat.

Wes Nisker is a Buddhist meditation teacher, radio commentator, and performer. His books include Essential Crazy Wisdom, Buddha’s Nature, and Crazy Wisdom Saves the World Again! Wes teaches at Spirit Rock Meditation Center in Woodacre, Calif. He founded and co-edits the journal Inquiring Mind. www.wesnisker.com

Katchie Ananda is an internationally recognized yoga and dharma teacher whose leadership in yoga and social change prompted Yoga Journal to name her one of 5 top yoga teachers making change in the world. www.katchieananda.com

Taking the Midlife Leap, One Step at a Time

If you are between 40 and 65 years old, you are undoubtedly attempting to navigate the emotional, psychological, and spiritual dimensions of your midlife passage. What makes this an experience unlike any other is that it requires the death of who you have known yourself to be and promises the birth of who you could possibly become. Far too many people “die” in their fifties and are not buried until their eighties, because they did not take the full journey possible at midlife. The whole point of midlife is to allow the construct of who you are and the life you have created to fail. It’s not just an opportunity for a fresh start; it’s a mandate for one.

Come step beyond the coordinates of the known and discover how to place the struggles you are sure to encounter during your middle years within a greater framework that can guide you to rediscover your soulful individuality, which lies buried below your first-half-of-life’s obligations and definitions.

Please visit www.midlifeleap.com/course-descriptions/ for a detailed course outline. Please bring a pen and a journal.

Jett Psaris, author of Undefended Love and Taking the Midlife Leap, teaches others to use intimate relationship and the midlife journey as catalysts for psycho/spiritual transformation. She has been teaching workshops about how to inhabit the full spectrum of one’s humanity for the past 25 years. www.midlifeleap.com/course-descriptions
Developing Your Personal Close/Free Balance for a Thriving Relationship

Gerald Smith

“How can we be open and vulnerable to love our partner, and at the same time be free to continue to grow as an individual?” Gerald Smith asks. “This balance of merging and yet maintaining our own center is never completely worked out, because each of us continues to change. However, this dilemma of competing needs can be dealt with in ways that will add even more aliveness to what we already have. In fact, a relationship that offers closeness, while at the same time supports the freedom to be different, can be a superb motivating force for our own deepest growth.

“Some of your time this weekend will be private with your partner separate from other couples. We will use verbal, non-verbal exercises, music, and written exercises to heighten your openness with each other, as well as exercises for resolving conflict in ways that do not leave scar tissue. Since play is an essential part of keeping a relationship thriving, we will spend time doing that as well. My hope is the two of you will finish this weekend having tried numerous experiences that become ‘take homes,’ because you have found out they could add to the many ways you have come to cherish each other.”

Gerald Smith is a licensed psychologist in private practice in San Mateo, Calif. He has led workshops for couples at Esalen for many decades. He wrote two books concerning enhancing a love relationship: Couple therapy and Hidden Meanings.

Esalen® Massage in the Side-Lying Position

Daniela Urbassek & Nora Matten

During this weekend workshop, we will explore the basic principles of Esalen Massage: quality of touch and presence, long, integrative and flowing strokes, and passive movement, with the client lying in the side position.

Working in the side-lying position opens a wide range of new possibilities for both the practitioner and client, allowing the practitioner to simultaneously access the front and back of the body and move the limbs in a variety of ways. This position is especially wonderful for pregnant women as well as people who are facing physical challenges and are unable to lie on their backs or fronts.

This workshop is suitable for practitioners, doulas, and all others who are interested in exploring Esalen Massage from the side-lying position, and is also useful for those in the helping and healing professions.

☆ CE credit for nurses; see page 109.
☆ CE credit for massage; see page 109.

Daniela Urbassek is a longtime member of the Esalen massage staff. Her work is strongly influenced by her studies in craniosacral work, movement, yoga, and dance.

Nora Matten is a member of the Esalen Massage crew and an Esalen® Massage teacher. As part of the Esalen Movement staff, she teaches dance and yoga. Her work draws on Forrest yoga, Soul Motion, vipassana meditation, Gestalt Awareness Practice, and the Diamond Approach, among others. www.noramatten.com

WEEK OF APRIL 2-7

5Rhythms®: A Graceful Journey

Lucia Horan


–Gabrielle Roth

“Through the map of the 5Rhythms movement practice, we investigate the art of graceful transitions,” says Lucia Horan. “How are you at beginning, following through, and ending? This practice helps us understand the stages of the creative process. In doing so, we learn where we are moving and where we get stuck. With this knowledge we can bring balance and integrity into each stage of the creative process of life.

“In this workshop, we will integrate the stillness of Buddhist mindfulness meditation with the moving meditations of the 5Rhythms. The 5Rhythms are a map of how energy moves. It shows us the patterns, rhythms and cycles of life through the rhythms of Flowing, Staccato, Chaos, Lyrical, and Stillness. The Buddha encouraged us to bring wise attention to every aspect of our lives.

“In sitting meditation, we have the opportunity to observe the mind and body at rest. In the practice of the 5Rhythms, we engage in mindfulness while in motion. The two polarities of moving and sitting meditation together mirror the dance of life and open the door to peace, well-being, and balance.”

No experience is required. All workshop hours contribute to 5Rhythms® teachers training prerequisites.

Lucia Horan bio on page 16.
Who Are You: Beyond Addiction, Illness and Limiting Beliefs

Gabor Maté with Katalin Kálmán & Andrea Davis

All addictions are afflictions and all afflictions are addictions.
-Michael Brown, author of The Presence Process

Join leading addiction expert and best-selling author Dr. Gabor Maté for a five-day inquiry into who you are beneath the limiting beliefs you acquired during childhood – and then have acted out through addiction, physical illness, or mental/emotional distress.

Recommended reading: Maté, In The Realm of Hungry Ghosts: Close Encounters With Addiction and When The Body Says No: Exploring the Stress-Disease Connection.

Gabor Maté is a leading expert on addiction, stress, and childhood development. Dr. Gabor co-founded the non-profit organization Compassion for Addiction, and advises for Drugs over Dinner. His best-selling books include In the Realm of Hungry Ghosts, When the Body Says No, and others. He teaches in the Faculty of Criminology, Simon Fraser University.

Katalin Kálmán is a mindfulness trainer and coach with multinational clients including Audi, Wendy’s, Coca Cola, and GE. Her work has led her to the most prevalent disorders of our times: depression and anxiety. Kata practices Thich Nhat Hanh’s Buddhist mindfulness-based tradition.

Andrea Davis is an intuitive facilitator of Family Constellation Work. She has shared this work extensively at Spirit Rock Meditation Center and InsightLA, and consults nationwide with dharma teachers, psychotherapists, and medical doctors. She is also a certified teacher of Gabrielle Roth 5Rhythms. www.familyconstellationwork.org

Spend a week exploring the stress-disease connection and addictions.

Video Library

We offer an extensive video library featuring many of Esalen’s teachers past and present. Guests are welcome to watch during their stay. Visit www.esalen.org/page/esalen-video-lending-library

Spinal Awareness (with Humor): The Essence of Feldenkrais® and Energy Work

Patrick Douce

Spinal awareness is a combination of the Feldenkrais Method®, Taoist energetic science, and the Esalen experience. In this workshop, participants will experience movements that help bring new awareness as well as maintain health and assist in the rehabilitation of pain, tension, stiffness, limitation, and injury.

The use of joy and humor will be the undertone of this time together. Real freedom in the body is also freedom of spirit and fun.

Lessons adapted from Indonesian Silat originating from the monasteries of China and Tibet will be shared which greatly expand the scope and effectiveness of each session. The concepts of grounding, extending, generating, protecting, circulating, and efficiently using our energies will be experienced.

Safe, non-invasive touch lessons will be used to help in the understanding of our spines, as well as to loosen and improve each person in the workshop. Fun partner lessons will add to the learning and the freedom to be experienced in our bodies.

By increasing awareness and fluidity in the spine, students will find new ways of being sensitive to and improving their work with patients and clients, in their own yoga practice and teachings. Those persons with chronic or acute tension, stress, stiffness, or pain will find tools specific to their needs that will help in their improvement and often healing.

Gabor Maté

How did you come to be teaching in your field? As a practicing medical doctor I learned what medical education does not teach. I was called to write by the need to formulate my ideas, to express myself, to get to know myself, and to inform many others of the science and essential insights that are ignored within the narrow confines of Western medical approaches.

Why are centers like Esalen important in 2017? The dualism of the mainstream culture, including its reflection in the mind/body separation of mainstream practice—both in physical medicine and in psychiatry—demands the existence of holistic centers such as Esalen, where people can explore unity and healing and what it means to be authentic.

What has drawn you to teach at Esalen? I have known about Esalen for decades, of its unparalleled setting and of the many great teachers who have offered their wisdom there. I am glad to have opportunity to follow in their footsteps.

Your workshop invites a deep inquiry into addictive behaviors. What does “traditional” Western medicine miss when it comes to addiction? Contrary to the prevailing medical establishment, I assert that neither addiction nor most illnesses are genetically determined conditions. Instead they are rooted in childhood trauma and in our attempts to defend ourselves from the pain of trauma. Far beyond a medical issue, healing requires reconnection with our deepest authentic self.

See Who Are You: Beyond Addiction, Illness and Limiting Beliefs, April 2-7.
Patrick Douce, one of Moshe Feldenkrais’s first American students, has been associated with Esalen since 1972. Since 1986 he has lived some months of each year in Bali, developing programs with Indonesian Silat martial-arts-for-health schools. www.spinalawareness.com

A Time to Reflect

This is a special opportunity for people to experience Esalen without taking a workshop. Please see page 27 for the full description.

APRIL 7-14
Deep Bodywork® and Cortical Field Reeducation®

Perry Holloman, Johanna Holloman, Melissa Krikorian & Laura Kunysz

Traditionally, deep tissue modalities have been practiced and taught with a singular focus on organizing the body’s connective tissues. Rarely are they taught with an emphasis on the relationship of the brain to the body’s structural components, supporting a deep exploration of body, mind, and soul. This workshop proposes to do just that, and to teach Deep Bodywork as a modality capable of re-organizing the mind’s relationship to the body’s structural elements.

Techniques from Cortical Field Re-education (CFR) remind the brain of its plasticity (the capacity to learn and evolve throughout our lifetimes). CFR helps us discover barriers to the restoration of our neuro-plasticity due to habitual habits of posture, movement, and other factors like traumatic injury. As massage practitioners, when we practice Deep Bodywork from the perspective of re-awakening its creative relationship to the brain, we open our clients to much deeper realms of potential self-organization and healing.

As creators and pioneers of their respective methods, the leaders have collaborated to bring powerful aspects of these two forms together: Deep Bodywork with its capacity to physically touch places in the body otherwise difficult to reach and stimulate, and CFR with its focus on the integration of body and mind through movement.

Participants are advised that this is an advanced course of bodywork study, and previous bodywork experience is highly recommended. This course offers 32 continuing education credits for massage.

CE credit for massage; see page 109.

CE credit Pending for acupuncturists; see page 109.

Perry Holloman has been a teacher and practitioner of Esalen® Massage, Deep Bodywork, and body-oriented approaches to Relational Gestalt Process work for more than 30 years. He teaches in the USA, Asia, and Europe, and makes his home in Big Sur. www.deepbodywork.com

Johanna Holloman is a German-born clinical psychologist, Diamond Approach® teacher, and certified Esalen® Massage and Deep Bodywork instructor, teaching at Esalen and internationally. She is a yoga teacher (E-RYT 500) and created the Esalen In-house Yoga training program. www.deepbodywork.com

Melissa Krikorian, MPT, is a licensed physical therapist using Cortical Field Re-Education (CFR) mindfulness training to address orthopedic issues. Providing continuing education units for physical therapists in neuroplasticity, she teaches internationally and has a private practice in Westlake Village, Calif. www.nexushysicaltherapy.com

Laura Kunysz is a senior CFR instructor and cranio-sacral therapist. She has a background in Esalen Massage, Somato-Emotional Release work, the Chickly Brain Curriculum, energy healing, and lymph drainage. She is in private practice in California.

Photo by Esalen seminarian Jens Wazel
WEEKEND OF APRIL 7-9
5Rhythms®, Grief, Loss, and the Body in Motion
Lucia Horan & Peter Selwyn

Have you experienced loss and the natural emotions of sadness, anger, fear, and love? How do you process your losses and move through your life? Unfortunately, many of us have not found safe and effective ways to express these emotions, and we can feel stuck, both emotionally and at times physically, with the cumulative burden of our unfinished business. Using the tools of the 5Rhythms movement practice combined with a process of grief-work grounded in emotional presence, non-judgment, and supportive witnessing, participants will join together in a safe space to help heal mind, body, and spirit.

Lucia will facilitate the 5Rhythms as a method to experientially access a wide spectrum of feelings. Peter, a physician with more than thirty years of experience in HIV/AIDS and palliative care, will facilitate story sharing as part of releasing and working through losses. Other elements of the workshop include both didactic and experiential content, focusing on natural and distorted emotional responses to grief, caregiving vs. caretaking, and other topics. This workshop is especially useful for healing professionals in their work with clients and patients.

Please bring photos or other mementos of anyone whose memory you would like to bring into the workshop.

☆ CE credit for nurses; see page 109.
☆ CE credit for MFTs and LCSWs; see page 109.
☆ CE credit for massage; see page 109.

Lucia Horan bio on page 16.

Peter Selwyn, MD, MPH, is chairman of the Department of Family and Social Medicine and director of the Palliative Care Program at Montefiore Medical Center in the Bronx, NY. He facilitates workshops on grief and loss, and is the author of Surviving the Fall: The Personal Journey of an AIDS Doctor.

KABBALAH AND THE TREE OF LIFE: UNLOCKING THE SECRETS OF ANCIENT MYSTICAL TRADITIONS
Gahl Sasson with Bianca Sapetto

What is Kabbalah? Why did people from different cultural traditions risk their lives to study it? How can it help us improve our lives today? In Kabbalah it is believed that God used the ten spheres of the Tree of Life as a blueprint to create the universe. By following this same blueprint, we too can create miracles in our own lives.

This in-depth, fun, and experiential workshop will not only allow us to tap into the richness of this ancient spiritual technology, but also help us apply it to our everyday lives. Using comparative mysticism, guided meditations, entertaining movie clips, and symbolism, we will be shown how to connect to the ten archetypes of the Tree of Life as well as how to use these energies to foster spiritual, emotional, and material growth.

Join the ranks of the spiritual warriors who have basked in this wonderful mystical tradition of light. No prior knowledge of Kabbalah is necessary.

Ⅲ Recommended reading: Sasson and Weinstein, A Wish Can Change Your Life; Sasson, Cosmic Navigator.

Gahl Sasson has been teaching workshops on mythology, Kabbalah, and mysticism for more than a decade. His books have been translated into multiple languages and are endorsed by HH the Dalai Lama, Laura Day, and John Edward. www.CosmicNavigator.com

CAN SCIENCE BE SACRED?
Steve Paulson

Is there a sacred dimension to science? Recent scientific discoveries, from dark matter and quantum entanglement to brain plasticity and the cognitive capacities of other species, are uncovering new frontiers in the cosmos and within the human mind.

This workshop will explore current debates about science, religion, and the new science of consciousness, and will delve into such mysteries as near death experiences, animism, and psychedelic visions. It will appeal to the intellectually curious who love science but also crave a new kind of spirituality. Steve Paulson will begin each of the four sessions with short audio excerpts from his interviews with leading scientists, philosophers, and visionaries, including E.O. Wilson, Jane Goodall, Oliver Sacks, Brian Swimme, Ken Wilber, Gary Snyder, Tanya Luhrmann, David Abram, and Jeremy Narby. These audio segments are designed to spark conversation and invite participants to share their own experiences of awe, wonder, and mystery.

Steve Paulson is the executive producer of the award-winning public radio show, To the Best of Our Knowledge. He has reported for NPR and written for Salon, Slate, Huffington Post, and Nautilus. His book is Atoms and Eden: Conversations on Religion and Science.
Relational Gestalt Process: The Transformative Power of Emotion

Dorothy Charles

Each of us finds our true selves through our emotions. In order to become whole, we must discover how our experience is organized in limiting, unconscious patterns and through that process, learn how to organize our experience in new ways.

When we begin to expand and integrate a broader range of emotions, we move toward wholeness because the ability to experience and to express emotions is integral to the experience of aliveness. Learning to fully experience feelings and to be able to articulate them in healthy, meaningful ways enables us to have more pleasurable and fulfilling relationships.

This experiential and didactic workshop will blend individual and group Relational Gestalt work. The intention of Relational Gestalt Process is to expand emotional range by feeling, expressing, and building emotional tolerance in order to strengthen our relationships. We will experiment with tracking our emotions, learning to recognize them as signals that call for awareness and attention, rather than as something to be avoided.

Recommended reading: Yontef, Awareness Process and Dialogue.

Emotional Mindfulness, Connection and Healing for Gay Men

Ron Frederick & Timothy Beyer

Why is it so hard for us as gay men to feel present in our lives and closer to those we love? For many, the main reason is fear; we’re afraid of being emotionally present with ourselves and with others. It’s this fear, often outside of our awareness, that keeps us from learning how to tap into our emotional experience. We avoid our feelings and end up stuck, detached from the wisdom and power inside us. But it doesn’t have to be this way. Grounded in contemporary neuroscience and drawn from a variety of healing and growth models, this highly experiential workshop teaches a proven approach to cultivating “emotional mindfulness” that will help you:

- Recognize the ways you unknowingly cut yourself off from your emotional power
- Tame anxiety and fear and feel more in control
- Connect with your true emotions, make use of their inherent resources, and heal
- Authentically and comfortably express yourself and feel more connected and receptive to others

You will return home with tools that can help you break free from old patterns, open your heart, and transform your life. Clinicians will be taught an approach to emotional mindfulness that can be integrated into their work with clients.

Recommended reading: Frederick, Living Like You Mean It: Use the Wisdom and Power of Your Emotions to Get the Life You Really Want.
WEEK OF APRIL 9 - 14

The Writer’s Journey: Crafting Personal Stories that are Vivid, Compelling and True
Laura Davis

Many of us hold a deep dream of wanting to write. We want to write so we can understand ourselves more deeply and so that we can be seen. We sense that there are stories living inside of us that need to be told, but in our busy lives, we have not been able to create the time, space, or circumstances in which to do so. This workshop will give you that time. In our hours together, we will create a vibrant, supportive writing community. Through creative exercises, guided meditations, and evocative writing prompts, you will be taught how to transform scraps of memory into a rich written legacy. You can walk away with a myriad of strategies for writing about events that happened years ago with fresh immediacy. We will alternate periods of writing with listening to each other—not from a place of judgment or analysis, but from a place of focused attention and deep acceptance. Rather than focusing on critique or craft, this workshop will explore the healing power of language, the intimate rewards of a supportive writing community, and the transformation that occurs when we tell our true stories – and are deeply heard. Both new and seasoned writers are welcome to attend. Please bring a notebook and several fast-flowing pens.

- Recommended reading: Goldberg, Writing Down the Bones.
- Laura Davis is the author of 7 best-selling books, including The Courage to Heal and I Thought We’d Never Speak Again. Founder of The Writer’s Journey, she leads retreats worldwide and specializes in the use of writing as a transformational tool. www.lauradavis.net

Inspired by Nature: Creative Expression in Esalen’s Big Sur Landscape
Christina Dauenhauer

“On Esalen’s property we have the opportunity to experience Big Sur’s dynamic wilderness, from the redwood forest to the rocky coastline,” says Christina Dauenhauer. “During this program, we’ll come into contact with our own, individual inspiration through basic awareness practice, creating art out in the environment, and hiking. Slowing to the rhythms of nature, we will engage our creativity, while connecting with ourselves.

“We will use traditional and non-traditional media to explore nature. You are encouraged to bring materials you are interested in using; Nature and Christina also will supply basic tools to create. The focus of our creative explorations and experimentation will be about the journey and play, not the result. You will delve into and have the opportunity to expand your creative capacity and discover new insights about yourself.”

All levels of artistic ability are welcome. Be prepared for the physical challenges of Big Sur, as well as sitting in stillness and creating in a natural environment. The group will go on a couple of field trips in Big Sur. You will need to sign a waiver to explore wilderness areas. Please bring good walking shoes, a sun hat, a notebook/sketch book, and a small bag/backpack to carry supplies and water.

($45 materials fee will be added to the workshop cost)

Christina Dauenhauer is a landscape designer and artist living off the grid near Hood River, Ore. She has a degree in sculpture, and founded her own design/build landscape company in Seattle. Between 2009 and 2016 she was Esalen’s Grounds Manager. At Esalen she specialized in succulent design.

Primordial Qigong Intensive: Health, Longevity and Unity with the Tao
Kenneth Cohen

This revered and comprehensive system of ancient Chinese health and longevity exercises cleanses the body of stagnation and recharges the body with fresh and clear energy (qi). As if you were tuning a piano, you will tune body, breath, and mind so that they are in harmony, not only with each other, but also with the life force of the universe.

As a break from the exercises, enjoy qigong meditations for relaxation, clarity, and inner peace, and listen to entertaining stories of the old masters. We will also discuss the healing benefits of qigong, how and why it works, and how to use qigong to improve other activities such as tai chi, yoga, and sports performance. With more than 3 million practitioners in the US, qigong is one of the most popular, enjoyable, and extensively researched methods of energy medicine. Practice the complete twelve-movement system of Hunyuan (Primordial) Qigong, the legacy of Ken’s beloved teacher, Madame Gao Fu, in direct lineage from the founder of “medical qigong.” You’ll have the opportunity to leave the workshop with a deeper understanding of healing energy and, most importantly, a complete workout for vibrant well-being. The course is open to beginners and all levels.

- CE credit for psychologists; see page 109.
- CE credit for MFTs and LCSWs; see page 109.
- CE credit for acupuncturists; see page 109.
- CE credit for nurses; see page 109.
- CE credit for massage; see page 109.

Kenneth Cohen, MA, a qigong master-level teacher, is the author of The Way of Qigong and best-selling Sounds True audio/video programs. Dynamic and inspiring, with more than 40 years of experience, he is winner of the Lifetime Achievement Award in Energy Medicine. www.kennethcohen.com
Living In Gratitude
Joe Cavanaugh

Gratefulness is the key to joy. Joy is the happiness that doesn’t depend on what happens.
- Brother David Steindl-Rast

Many ancient wisdom traditions refer to the natural state of the human psyche as joy, peace, and love. The Greek word psyche means soul, and the essence of the soul is love. Yet, simply by living in a world of uncertainty, we all have experienced some wounding of the heart, which causes us to retract our love to protect against further hurt.

When we hold on to our stories from the past, we perpetuate our suffering in the present and alienate ourselves from our natural state of love and joy. Utilizing group processes including Gestalt, psychodrama, and meditation, this workshop will assist you in working through self-imposed limitations to release the burden of the past. It will provide participants, including mental health professionals, with the skills necessary to identify and overcome self-defeating thoughts and behaviors, shift the emotional meaning of past experiences to enhance personal growth, and develop a healthy internal support system and cohesive sense of self.

When we empty ourselves of stories from our past, we open to the wellspring of joy and gratefulness (great-full-ness) that spontaneously arises in the present moment from the core of our being. In this state of gratitude (Latin, gratia, “to give thanks”), we recognize that love is for-giving, and we naturally experience greater empathy and compassion for all human suffering.

Participants must be willing to attend all sessions and abstain from alcohol and non-prescription drugs for the duration of the workshop.

Joseph Cavanaugh is a licensed psychotherapist in private practice in the Sierra foothills and a psychology instructor at a local community college. He has facilitated personal-growth workshops throughout California for the past 45 years.

WEEKEND OF APRIL 14-16
Soul Rising: Ritual of Renewal
Shiva Rea with Demetrius Velisaurus

See and taste the flowing One through your whole being.
Feel the Holy Spirit moving you within the flowing fire of the One.
- Mechthild of Magdeburg

“We find the spring season, with its power of emergence, in the very nature of our own bodies, and also profoundly mirrored in the mythic landscape of Esalen,” says Shiva Rea.

“In this intimate ritual of renewal, we will create an arc of prana vinyasa, meditation, and massage to open to the emergence of new life as we experience Esalen’s fertile land as a sacred place to listen, pray, and align with our soul’s rising.

During this weekend together, we will explore:
• Regenerative prana vinyasa for kindling the fire and flow of spring
• Meditation and reflection for attuning within the mystic heart
• Ayurvedic spring life-style rituals and self-abhyanga (massage with healing oils)
• Saturday night movement meditation
• Five practices in a progressive ritual emergence

We will emerge from this Easter weekend with spirit and a greater connection to the mystery of transformation within our embodiment and life.

Recommended reading: Rea, Tending the Heart Fire - Living in Rhythm with the Pulse of Life; Harvey, Essential Mystics.

Shiva Rea is a yogini firekeeper, sacred activist, global adventurer, and innovator in the evolution of vinyasa flow yoga that integrates the tantric bhakti roots of yoga, Krishnamacharya’s teachings, and a universal, quantum approach to the body. www.shivarea.com

The Magical Family
Ivy Mayer Lavie

The gorgeous Esalen gardens are home base for this weekend of play, creativity, and celebration. Get ready for a unique experience for you and your child, including mindfulness practices through connection to nature and expressive, musical, and sensory awareness games. We will spend time together as a group with music, mindfulness, and welcoming play, and time in breakout groups where the parents and children have their own experiences. For the child, we pay special attention to what is emergent and noble, and seek to celebrate the burgeoning soulfulness of the child.

Activities include respectful plant harvesting and making magical creations in the Esalen Garden, creative arts, light-hearted dharma games, hiking along the creek, and playing at Gazebo School Park (for children up to six years old). Special experiential sessions for parents will use embodied mindfulness to support self-care, gentle
movement, and guided practices that support coming home to oneself. These sessions can include directly engaging one’s own challenges and gifts in relation to parenting. Families are invited to journey through a magical space that brings together the wild Esalen coast and the creativity that emerges when a group comes together.

This workshop is open to children ages four–12 (although children on the younger end need to be comfortable being on their own, or have a caregiver who can be with them during all sessions). Children of other ages may be admitted with permission of the leader. Special pricing applies to this workshop.

- Recommended reading: Louv, Last Child in the Woods.
- ($8 materials fee per person will be added to the workshop cost)

Ivy Mayer Lavie, MFT, is influenced by Somatic Experiencing, the Hakomi Method, and her teaching experience, including for The Marin School, The Moving Center School, Spirit Rock Family Program, and Yes!. She offers family programs, nervous system balancing trainings, and private psychotherapy.

**Consciousness and Transformation in Kashmir Shaivism and Sri Aurobindo**

Menas Kafatos & Debashish Banerjee

In this workshop, Menas C. Kafatos and Debashish Banerji explore the fundamental and practical aspects of two great world systems, those of Kashmir Shaivism and Sri Aurobindo. Both these monistic systems provide a spiritual cosmology and emphasize practical aspects of human transformation. Both also hold that the human being carries within itself the structures and instruments of consciousness that can enable identification with the transcendental and transformation at the mental, emotional, volitional, and physical levels.

The Friday evening and Saturday morning sessions will cover the theory of consciousness in the two systems. Saturday afternoon and evening sessions will deal with yoga/praxis, and the Sunday morning session will summarize the findings and provide steps for contemplation and practice. The course will consist of in-depth sessions offered by the teachers, followed by dialogues and interactions with the participants for joint considerations and comparisons.

Please note: In advance of the workshop, please familiarize yourself with at least one book written by each instructor.

- Recommended reading: Dyczlowski, The Aphorisms of Siva; Banerji, Seven Quarters of Becoming; Chopra and Kafatos, You Are the Universe (forthcoming 2017).

Menas Kafatos is professor of Computational Physics and Director of Excellence at Chapman University in Orange, Calif. He has worked at NASA’s Goddard Space Flight Center, and authored numerous books, including The Conscious Universe: Parts and Wholes in Physical Reality. www.menaskafatos.com

Debashish Banerjee is Haridas Chaudhuri Professor of Indian Philosophy and Culture at the California Institute of Integral Studies. Banerji leads workshops on the philosophy of Sri Aurobindo and is the author of Seven Quartets of Becoming: A Transformational Yoga Psychology, Based on the Diaries of Sri Aurobindo. www.debashishbanerji.com
Skydancing Tantra®: Gateways to Bliss
Margot Anand & Jim Benson

“How might we relate to our sexuality in a healthier and more sacred way?” ask Margot Anand and Jim Benson. “What practices have been designed by those who have dedicated their lives to cultivating a healthy, empowered sexuality? And how can we channel orgasmic energy through our body, mind, and spirit to enhance our sexual experience?

“We invite you to explore the experience of bliss in sacred relationship to Self and Other. We will practice the unique and proven approaches developed through years of teaching Skydancing Tantra worldwide: visualizations, playful physical practices, voice dialogue, and more. Our goal is to awaken our Inner Lovers, open to trust ourselves and others more fully, and gently dissolve sexual blocks. We will model—and you can practice—the orgasmic response as an energy event, independent of direct sexual interaction, in order to learn the tantric key of relaxing in high states of arousal.

This initiatory journey is designed for heterosexual and same-sex couples, as well as singles. Bliss does not depend on the other. It is an internal process of alignment and expansion.”

Please note: Participants will be fully clothed during this workshop.

Margot Anand is a leading authority on integrating spirituality and sexuality. She is a best-selling author, much-beloved teacher, and founder of SkyDancing Tantra. She has taught with Deepak Chopra and Tony Robbins, and has appeared on national and international TV and radio. www.margotonand.com

Jim Benson has been leading men’s groups for the past two decades. He began teaching SkyDancing Tantra internationally with Margot Anand in 2003. A sex and intimacy coach for men, his programs include the Awakened Masculine year-long training and Multiorgasmic Lover. www.jimbenson.net

WEEK OF APRIL 16-21
Know Thy Selves: Recognizing, Discovering and Experiencing our Inner Personalities and Past Lives
Shama Viola

“In this workshop, you will have the chance to get to know many aspects of yourself and understand how each one influences your life,” writes Shama Viola of Damanhur. “Through exploring the possibility of past lives, you can learn how to help these aspects integrate, and discover how they are connected to your soul’s history. Ultimately this exploration may empower you to consciously choose how best to direct your present life, and how to harmonize all the parts that make you the unique being that you are.

“Participants who are curious about exploring the concept of past lives using the Damanhur method will engage in guided meditative and dynamic exercises with the aim of connecting to your past life through emotions and feelings – remembering what experiences it brought, what lessons were learned, what riches were had. The group also will utilize art, walking, theater, and dream work to trigger memories, sensations, and intuition relating to past experience.” To learn more about Damanhur, visit www.damanhur.org.

Please note: Each person must send two photos, along with full birth name, birth date, and place of birth, to shama@damanhur.it at least six weeks before the workshop begins. Damanhur will provide individualized reports based on its past lives theories. Please register early enough to meet this requirement.

($100 materials fee will be added to the workshop cost)

Shama Viola (Manuala Terraluna) is a citizen of Damanhur who has spent the past 12 years participating in its esoteric traditions and practical approach to sacredness, rituals, and conscious living. She has created a uniquely powerful divination system using Damanhurian symbols. www.damanhur.org

Fluid Power: The Practical Art of Living Flow Spring Regeneration Retreat
Shiva Rea with Demetrius Velisaurus

“Dive into a regenerative retreat to align yourself with the emergence of spring,” says Shiva Rea. “Reconnect with the rhythms of nature through the fluid yoga of prana vinyasa, massage, meditation, and movement meditation forms including the ancient art of kalarippayatu. The healing grounds of Esalen, the sweat lodge, and our workshop meeting space will become our ‘living flow ashram’

Photo by Esalen seminarian Cliff Warner
Big Sur Wilderness Experience: Springtime

Steven Harper

Esalen is the trailhead to one of the most spectacular mountainous coastlines in the world. With the Big Sur wilderness as the primary teacher, participants will explore the beauty of this alive and wild coast, from ancient redwood-forested canyons to dramatic coastal beaches, from rugged rocky mountains to the soft grassy slopes of the Big Sur hills. Drawing from nature and various experiential awareness practices, individuals will be encouraged to open both to the natural world and to the landscapes of their inner world. It is said that Big Sur is not just a place but a state of mind. This wilderness experience seeks to merge mind and place, then to embody what is learned.

Participants in this week-long workshop will venture out into the emerging springtime magnificence of Big Sur on day-hikes, 4-10 miles in length. The leader will draw from a wide range of contemporary and age-old wisdom traditions, borrowing from psychology, meditation, aikido, and the natural sciences to weave together a holistic experience of self and the natural world. Each hike begins after breakfast and concludes in time to enjoy the hot springs and dinner at Esalen. Evening sessions include informal sharing, basic awareness practices, and useful outdoor skills, with attention given to incorporating what is learned during the week into our daily lives. All levels of experience are welcome. Be prepared for the invigorating challenge of physical activity and the opportunity to simply sit still in quiet reflection. More information and a waiver will be sent upon registration. For an equipment list and frequently asked questions about Steven’s workshops, visit www.stevenkharper.com/faqs. ($30 permit and park-entrance fees will be added to workshop cost)

Shiva Rea bio on page 58.

The Yin and Yang of Ecstasy: Empowering the Feminine, Awakening the Masculine

Margot Anand & Jim Benson

Life is a flow between the two poles of our nature: yin and yang, and feminine and masculine. “In this program designed especially for Esalen,” say Margot Anand and Jim Benson, “our intention is to increase your personal ‘range’ between those poles, as well as facilitate the ease with which you move from one aspect to the other.

“Our culture rarely offers us experiences of deep, embodied feminine power, nor does it provide for easily accessible experiences of the conscious, awakened masculine. What if we were able to access the wisdom we hold inside about these forces? What if we could learn to cultivate—with depth, love, and integrity—our essential relationship to them? Both men and women can benefit from inviting more of the Divine Feminine into their lives, welcoming this receptive ‘being’ aspect that seeks the ‘pleasure behind the pleasure’ and is joyfully surrendered. Similarly, we will experientially reclaim the clarity and sovereignty of our true masculine nature: presence, power, and a generous heart.”

Through dialogue with our Inner Man and Inner Woman, visualizations, role-play, the Yin-Yang game, and other Skydancing Tantra™ practices, Margot and Jim offer a fun, yet powerful environment to explore the very best of your masculine and feminine natures.

Please note: Participants will be fully clothed during this workshop.

Margot Anand bio on page 60.
Jim Benson bio on page 60.
WEEKEND OF APRIL 21-23

What's Next: Reviewing and Revisioning Our Lives
Sam Keen & Patricia De Jong

Every decade of your life brings new challenges, goals, pleasures, and horizons. When the trauma of divorce, illness, tragedy, or sudden good fortune strikes or when you gradually become dissatisfied or aimless, it is time to take stock and look for a new story to guide you toward a more hopeful future.

Surprisingly, the essence of what you may become – the voice of your future – is already resonating in you. This workshop is an invitation to listen for the echo of your future through storytelling, conversation, and exploration of promises and potentials still unfulfilled.

• Where are you in your journey?
• Who goes with you?
• What have you accomplished?
• What hasn't happened yet?
• What decisions do you want to make?
• For what, for whom, are you grateful?
• What will your legacy be?
• How will you fulfill the gift of your life?

Sam Keen is a freelance philosopher and teacher. He is the author of numerous books, including Fire in the Belly, Learning to Fly, and Faces of the Enemy. www.samkeen.com

Patricia de Jong has been senior minister of First Church, Berkeley, since 1994. She is a retreat leader with experience in educational and graduate institutions. Currently, she works as a researcher in spiritual nurture and transformation.

The Self-Care Vow: Embodying Wellbeing in the Face of Burnout and Stress
Michael Sapiro

“Caring for self, others, community, nation, and world takes a toll on our personal resources,” says Michael Sapiro. “Continuously sacrificing our own needs leads to stress and burnout. While stress destroys the body, burnout extinguishes the flames of the soul. Our bodhisattva vows – our passion toward service – come with the stipulation that our well-being must be included in our service. However, this inherent warning of burnout generally goes unnoticed by those of us who see others’ well-being as more important than our own. This sacrifice is not necessarily generous, and in fact it’s dangerous. Compassion fatigue, emotional exhaustion, de-personalization of those we serve, and dissatisfaction in our work are some of the consequences of burnout and poor self-care. What keeps us from self-love? From including our own health in the realm of service we so gladly offer to others? During this workshop, we’ll use meditation, self-reflection activities on values and needs, lectures, and experiential activities, we will explore the necessary tools of self-care that keep us grounded, connected, vibrant, and engaged in our work and lives.”

☆ CE credit for MFTs and LCSWs; see page 109.
☆ CE credit for psychologists; see page 109.

Michael Sapiro, PsyD, is a psychologist, meditation teacher, and former Buddhist monk. He is the founder of Maitri House Yoga and
a consultant with the Institute of Noetic Sciences. He specializes in healing PTSD and trauma with presence, awareness, and vulnerability. www.maitrihouseyoga.com

Fire in the Belly, Honey in the Heart: Spring Detox
Micheline Berry with Joey Lugassy & Ensemble

Join us for a spring detox immersion into the healing depths of your own yoga practice, contemplative meditation, live music and percussion, ecstatic dance, and Esalen’s famous hot springs and healing farm-to-table cuisine. A detox retreat is a powerful time to release pent-up toxins physically, emotionally, and mentally, while renewing your vital energies and recharging creatively. Through a daily practice of yoga, meditation, and ecstatic dance combined with live music and ecstatic percussion by Joey Lugassy, Toddius Maximus, Christo Pellani, Domonic Dean Breaux and Ensemble, you can cultivate peak states of embodied creativity and nourished vitality which will remain with you long after you return to your urban lives.

Fire in the Belly, Honey in the Heart is a dynamic, Core Detox Vinyasa yoga practice open to all levels, and designed by Micheline Berry to ignite manipura chakra, the center of our digestive fire, and anahata chakra, the center of fearless compassion and unconditional love. The heated core detox practice includes transformational core work, bandha work, dancing surya namaskars, kriyas, heated vinyasa kramas, and deep twisting leading to back bends and inversions. Some sessions will be followed by sesame oil self-massage. Come prepared to sweat, burn, and bloom! Open to all levels of yoga, meditation, art, and dance experience. Please bring a yoga mat.

Micheline Berry infuses world art and culture into her synthesis of Vinyasa yoga, Buddhist meditation/psychology, and creative process. Known for catalyzing personal transformation and liberating creative expression, she leads Liquid Asana™ Yoga+Creativity programs, teacher trainings, and retreats worldwide. www.michelineberry.com

Integral Transformative Practice®, The Essential Esalen Experience
Pam Kramer & Barry Robbins

What changes do you envision for yourself? Discover what wants to happen next on your journey of transformation through visioning exercises, meditative movement, powerful affirmations, and the encouragement of a warm-hearted community. In this experiential workshop, you can discover your infinite capacity for personal evolution and take home a daily practice for ongoing integration of body, mind, heart, and soul.

Integral Transformative Practice (ITP) was created by Esalen co-founder Michael Murphy and President Emeritus George Leonard, and is a synthesis of their 40 years of experience at Esalen. This workshop utilizes Leonard Energy Training exercises to enhance your sense of well-being and solve everyday challenges by tapping into the vital flow of energy of the body. You can discover new capacities that you may have only dreamed were possible, and gain practices designed for living life to the fullest, including:

- ITP Kata, a 40-minute integration of physical, mental, and spiritual exercises
- Affirmations for manifesting powerful, positive changes
- Exercises for balancing and revitalizing your entire being
- Effective and peaceful communication skills with yourself and others
- The power of intentionality, deep relaxation, and presence

This workshop involves physical movement but it is not strenuous. All that’s needed is a generous heart and a willingness to participate.

Recommended reading: Leonard and Murphy, The Life We Are Given.

Pam Kramer is a career specialist, executive coach, and human potential expert. She is president of ITP International, stewarding the work of Esalen co-founder Michael Murphy and George Leonard, author and visionary. Pam is a frequent Esalen workshop leader. www.unfinbiz.com

Barry Robbins is a long-term Esalen teacher and former nationally-ranked athlete who has used affirmations for peak performance. A student of Michael Murphy and George Leonard, Barry continues their ground-breaking work in Integral Transformative Practice (ITP), created from decades of collective experience at Esalen. He is the vice-president of ITP International. www.itp-international.org
WHY: As a non-profit organization, your tax-deductible gift helps Esalen further its mission of personal and social transformation. The Friends of Esalen Fund supports areas of greatest priority and need including student aid, the Center for Theory & Research, Esalen’s Farm & Garden, Campus Renewal projects, and much more.

WHO: Join fellow workshop participants, faculty leaders, and staff who are co-creating a more humane, all-embracing world as Friends of Esalen.

HOW: Donate online: [www.esalen.org/donate](http://www.esalen.org/donate)
Mail: Please use the envelope provided in this catalog.
Call: For additional assistance, please contact Kate Balog at 831-250-1022 ext. 249.
Text: [@esalen to 52014](http://www.esalen.org/donate)

For information regarding gifts of $1,000 and more, please contact Monique Baron at Monique.Baron@esalen.org.

Esalen Institute is a non-profit charitable organization, exempt from income tax under IRC section 501(c)(3). Contributions are tax-deductible to the extent allowable by law.

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**Relax, Refresh, and… Reflect**

Experience Esalen in a new way with

**A Time to Reflect**

Esalen has created a new way to nourish your body, mind, heart, and soul through a choice of a five- or a two-day unstructured retreat. Enjoy daily yoga and movement classes, beautifully prepared and healthy meals featuring produce from our Farm & Garden, time in meditation, and immersion in our world-renowned hot springs. Take in the beauty of the land and those around you when you take A Time to Reflect.

Reserve your time to reflect now at [Esalen.org/workshops/series/reflect](http://www.esalen.org/workshops/series/reflect).

Check the website for new retreat opportunities throughout the year.
Mind, Mood & Food brings together medical and culinary nutrition with cutting-edge research for clinicians and health-conscious individuals to learn how to improve mental and emotional well-being with food. Enjoy cooking demonstrations and whole-food meals that inspire long-lasting nutritional transformation while you learn a new science-based approach to nutrition to address personal health challenges for yourself, your clients, and your families.

**Come discover:**
- Spices and herbs that nourish the brain
- Healing foods to balance mind and mood
- Mind-body techniques including movement, imagery and mindful eating

Visit page 66 for more information.
WEEK OF APRIL 23-28
MIND, MOOD AND FOOD:
OPTIMAL NUTRITION FOR BODY AND BRAIN
James S. Gordon & Kathie Swift with guest presenters

Mind, Mood and Food brings together medical and culinary nutrition with cutting-edge research for clinicians and health-conscious individuals to learn how to improve mental and emotional well-being with food. This five-day training includes experiential learning with food, nature, mind-body medicine, live food demonstrations, and whole-food meals that inspire long-lasting nutritional transformation. Participants will be taught a new science-based approach using nutrition to address personal health challenges for yourself, your clients, and your families. The facilitators will be joined by clinicians, nutritionists, mind-body practitioners, and chefs.

Participants will explore the following topics and more:
• Food, spices, herbs, and recipes that nourish the brain
• Healing foods to balance mind and mood
• Nutrition and the brain: cutting-edge science for emotional, cognitive, and behavioral disorders
• Mind-body practices that are refreshing to the brain and spirit including movement, imagery, and mindful eating
• Self-care practices designed to dramatically reduce stress and improve quality of life
• How to repair the traumatized, injured, and aging brain

Note: Registration for this workshop is through The Center for Mind-Body Medicine (CMBM). To register, please visit www.cmbm.org/esalen. Only after you have registered with CMBM and paid tuition fees will you be able to reserve accommodations at Esalen. For accommodations pricing chart, see www.esalen.org/page/partner-program-pricing.

Please check the Esalen website for updates on continuing education credit.

James S. Gordon, MD, founder and executive director of The Center for Mind-Body Medicine, is a psychiatrist and leading expert in using mind-body medicine to heal depression, anxiety, and psychological trauma. www.cmbm.org

Kathie Madonna Swift, MS, RDN, LDN, FAND, is an inspiring educator, innovator, and practitioner in the field of integrative and holistic nutrition, and education director of The Center for Mind-Body Medicine’s nutrition trainings. www.kathieswift.com

WEEKEND OF APRIL 28-30
THRESHOLDS AND BREAKTHROUGHS ON THE YOGA JOURNEY
Ulrika Engman

“Right before every breakthrough there is a threshold, and at that threshold is the power of transformation,” says Ulrika Engman. “And that power is at the heart of yoga practice. As yogis and yoginis, we continually refine our skills in seeing and clearing patterns of blocked prana (vital energy), and navigating into unrealized potential within body and mind. We aim to recover stillness where we’ve become restless, regain confidence where we’ve become insecure, and perhaps discover a new sense of trust in the unknown and become more able to take risks required to leap into the destiny of ones purpose.

“During this yoga journey, we will explore the many ways to release stuck energy from the past and liberate the fluid, more spontaneous body that lives in the now. From the simplest to the more intricate yoga asanas, binds, balancing poses, twists, and backbends, there will be artful sequencing and simple principles of alignment to

Once I dragged my bones between steering wheel and computer screen
Between parking lot and file cabinet
The boardroom, event hall and office
Where I sat at the phone and email until no stitch of light remained

At the hospital I could counsel
On the pulpit I could preach
But I could not save
the damaged, the dying
the doubtful, the desperate,
Least of all myself

But I could tell you how this land saved me

Rabbi Rosalind Glazer
Workshop at Esalen
August 2011, January 2012, October 2015
support us on our quest for personal breakthroughs, big and small.”

Please bring a yoga mat, journal, and a foam roller if you have one.

Ulrika Engman, E-RYT 500, is an Anusara-certified yoga teacher and Halprin Life-Art practitioner. Ulrika’s unique style blends the transformative power of yoga with movement and the expressive arts. She leads yoga workshops and retreats worldwide. www.yoga-journeys.com

Girish Chant Camp: Daily Live Music, Yoga and In-depth Chant Practice

Girish

Join Girish for a weekend of chanting, meditation, yoga, pranayama, and kirtan to manifest and enhance divine love in your life. Explore the meaning of and intentions behind the chants, play the harmonium and tablas, and utilize your newfound skills to lift your voice in joyful song and prayer! This amazing weekend features the following activities and explorations:

• Daily yoga with Allison Sobel and live music with Girish and his band
• Mantras for love, abundance, healing, manifestation, and awakening
• Ancient hymns to bring in and enhance balance and joy in your life
• Instrumental and vocal support for mantra and kirtan practice, including voice, harmonium, and tabla (no musical experience necessary)
• Experience leading kirtan
• Sing, dance, and show off your new skills during a kirtan concert with Girish and his band
• Learn the 9 Healing Breaths
• Learn about the neuroscience behind your mantra practice and how you can actually make positive changes to your brain in as little as 40 days
• Learn how to apply your new skills in your life for immediate benefits

Please bring a notebook and a yoga mat. Bring your harmonium or tablas if you have them. Instruments will also be provided. The materials fee covers energized mala for mantra practice, a mantra practice workbook and corresponding audio recordings.

Recommended reading: Girish, *Music and Mantras.*

($20 materials fee will be added to the workshop cost)

Girish is an internationally touring world music artist, author, and former monk infused in spiritual practice. He sings traditional Sanskrit mantras with a modern, funky, yet deeply devotional twist. His book, *Music and Mantras,* and his 5 music albums are popular worldwide. www.girishmusic.com

Psychedelic and Contemplative Approaches to the Mind

David Presti & Kristi Panik

Psychedelics produce a variety of interesting and powerful effects on the brain and mind, including intensification of thoughts and feelings, alterations of sensory perception, and loosening of psychological defenses. As such, psychedelics probe the connection between brain physiology and consciousness, among the most mysterious and exciting arenas in contemporary science. In their plant and fungal forms, psychedelics have been used for millennia for medicinal and spiritual purposes. Scientific research with psychedelics has taken place for more than a century, and was one of the driving forces in the early days of biological psychiatry. However, the widespread popular use of some of these substances in the 1960s contributed to legal regulation that closed down human research. Now, after 30 years of quiescence, clinical research with psychedelics has returned to mainstream science. This workshop covers the history, botany, chemistry, psychology, and sociology of psychedelics, leading up to the re-emergence of contemporary research addressing the medicinal and spiritual aspects of these substances. We will also explore the powerful and grounding mind states that can be cultivated through the practice of meditation, and inquire as to how these states relate to states of consciousness associated with psychedelics.


★ CE credit for MFTs and LCSWs; see page 109.
★ CE credit for nurses; see page 109.
★ CE credit for psychologists; see page 109.

David Presti teaches neurobiology, psychology, and cognitive science at the University of California in Berkeley, and worked for many years in the clinical treatment of addiction at the San Francisco VA Medical Center.

Kristi Panik, MD, is a psychiatrist in private practice and on the clinical staff of the University Student Health Services at UC Berkeley, Calif.

Thriving in Uncertainty: A Workshop in Sensory Awareness

Lee Lesser

Life is uncertain. As much as we try to create stability and predictability, each moment brings its own surprise and its own unique offering. The more we can show up for each moment of our life just as it is, the more we can thrive in the midst of uncertainty. Our sensations are wonderful allies in this process. As we pay attention to our sensory experience, the more connected we become to what is actually happening. Charlotte Selver, the founder of Sensory Awareness in the United States, used to say, “Every moment is a moment. Every moment makes a certain request of us. The question is how we answer it.”

This workshop focuses on tools that help us to be present, that are antidotes to the busyness in our heads. So much energy is dispersed and lost as we fight against what scares us, or what is uncomfortable. In this workshop, we have a laboratory to explore and practice, and to apply these tools. By simplifying our activities, we can connect with our sensations. This experiencing reveals our habits and the possibility that can unfold when we get out of our own way and find freedom in the midst of any experience. For more information about Sensory Awareness, visit www.returntooursenses.com.


★ CE credit for MFTs and LCSWs; see leader.
★ CE credit for nurses; see leader.
★ CE credit for massage; see leader.

Lee Klinger Lesser led Sensory Awareness workshops with Charlotte Selver. She has taught workshops in English and Spanish for more than 34 years. She also leads diversity and equity trainings, and has been developing a program to support returning veterans through sharing mindfulness and meditation practices. www.returntooursenses.com
**Meditation as the Medicine of the Mind: Research, Practice and Self-Transformation**

**Alejandro Chaoul & Lorenzo Cohen**

Does meditation have power to heal the body? In their research together at The Integrative Medicine Program at the MD Anderson Cancer Center, Lorenzo Cohen and Alejandro Chaoul examine the biobehavioral effects of mind-body interventions such as meditation, yoga, and tai chi. They are interested in quality of life as well as the clinical outcomes of those undergoing cancer treatments, and they work to get the population as a whole engaged in mind-body practices to improve health and well-being.

During this workshop, in a vivid and interactive dialogue with the participants, Chaoul and Cohen will discuss the negative effects of chronic stress in our lives and the new frontier of mind-body medicine. They will focus on the landmark studies showing that practices such as meditation and yoga can change the way the brain functions and ultimately affect all systems of the body. Engaging in mind-body practices can lead to neuroplasticity (changes that occur in the organization of the brain as a result of experience) and improved well-being. Participants will be shown key mind-body practices for everyday life.

This workshop is especially useful for those in the helping and healing professions in working with their clients and patients.

- Recommended reading: Rinpoche, Tenzin Wangyal, *Tibetan Sounds Healing*.
- Alejandro Chaoul, PhD, has studied with eminent teachers of Tibetan Buddhism and Bon for more than 20 years, including Lopon Tenzin Namdak and Tenzin Wangyal Rinpoche. He teaches internationally through the Ligmincha Institute and is faculty in the Integrative Medicine Program at the University of Texas M.D. Anderson Cancer Center. [www.ligminchatexas.org](http://www.ligminchatexas.org)
- Lorenzo Cohen is professor and director of the Integrative Medicine Program at The University of Texas MD Anderson Cancer Center. Dr. Cohen conducts research examining the biobehavioral effects of programs aimed at reducing the negative aspects of cancer treatment and improving quality of life and clinical outcomes. [www.mdanderson.org/integrativemed](http://www.mdanderson.org/integrativemed)

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**WEEK OF APRIL 30-MAY 5**

**Qigong Empowerment and Healing Intensive**

**Robert Peng**

As a boy in China, Robert Peng apprenticed secretly under the legendary Buddhist monk Xiao Yao, who trained him in the martial and healing arts. As part of his training, Peng spent 100 days meditating and fasting in a dark, underground chamber deep in the mountains of the Chinese countryside.

Now, Peng offers a distillation of his training in the form of Qigong Empowerments. During the week, you will be shown fundamentals of qigong to awaken, empower, and integrate three important energy centers, called Dantians, which regulate wisdom, love, and vitality. When these three qualities are activated and harmonized, you can transform your energy and improve your relationships and the quality of your life. You will be shown the following:

- Hologram palm to empower your three Dantians
- Breathing empowerment of the central meridian
- Three treasures standing meditation to strengthen your willpower
- Four golden wheels movement exercise to make your body more supple
- Lotus meditation to open your heart to divine energies

During the week, Peng will conduct powerful group healing energy through breathing and visualization. He will also lead chanting to organize the group’s energy field into a harmonious pattern, so that all organs flow smoothly and exude radiant healthy light.


($10 materials fee will be added to the workshop cost)

**Robert Peng** is a qigong master and teacher who has trained 150,000 students throughout the world. From the age of 8, he apprenticed under Xiao Yao. The distillation of his training is reflected in *The Master Key: Qigong Secrets for Vitality, Love, and Wisdom* book and CD/DVD series. [www.robertpeng.com](http://www.robertpeng.com)

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**Tantra: The Art of Conscious Loving**

**Charles Muir with Diane Greenberg**

This is a “reset point” for couples who want to dramatically improve the quality of sex and intimacy in their love lives and open up to more ecstatic pleasure and spiritual connection in their relationship.

Few of us have been blessed with healthy childhood conditioning and education regarding the mysteries of sexual love and relationship. This can leave individuals less successful and conscious in their sexuality than they are in other aspects of their lives. Tantra transforms sex into a loving meditation, putting more consciousness,
energy, intimacy, joy, and love into sexual exchanges. It is time to study sex as an art form. Sexual loving is a vital meditative skill, and sexual energy is a sacrament, that can bring great harmony and joy into one’s relationship so that love continues to grow over the course of a lifetime.

Practices include ways to deepen intimacy, free female sexual orgasm, and methods to increase pleasure for both partners. Esoteric practices of kiss, movement, and touch are introduced in class and then practiced in the privacy of your own room. Discover tantric wisdom presented with insight, gentleness, humor, and love.

The workshop is open to couples only and is not designed for same-sex couples. For more information, media reviews, and an instruction video, visit [www.Sourcetantra.com](http://www.sourcetantra.com).

- Recommended reading: Muir and Muir, *Tantra: The Art of Conscious Loving* (available at [www.Sourcetantra.com](http://www.sourcetantra.com)). ($5 fee for course booklet will be added to the workshop cost)

**Charles Muir** has been a professional yoga teacher since 1967. Director of the Source School of Tantra Yoga, he is quoted in 125 books in print on Tantra, relationship, sex, and yoga. He is co-author of *Tantra: the Art of Conscious Loving*, which is printed in 9 languages. [www.sourcetantra.com](http://www.sourcetantra.com)

**Diane Greenberg**, a senior instructor at Charles and Caroline Muir’s Source School of Tantra, is a certified tantric educator with more than 15 years’ experience. She leads women’s empowerment groups and has been a professional bodyworker more than 20 years.

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**Embodied Intimacy: Neurobiological-Gestalt FST Integration of Couples and Sex Therapy**

**Stella Resnick**

Embodied intimacy is the body-to-body intersubjective connection between parent and infant that shapes the brain and grows secure children, underlies the affection between mates, and arouses erotic lovers. Research shows that many of the vital qualities of nonverbal communication shared by intimates are necessary elements in the therapeutic alliance. Therapist attunement to the client’s facial, vocal, and body language in the present moment (and whose own body reflects empathy and understanding) is more critical for client growth than psychotherapeutic orientation. Yet, effective couples and sex therapists also need to be educators; skilled observers and articulators of subtle exchanges; theorizers of possible emotional associations tied to the past; and guides to metabolizing emotional experiences and attaining personal and relational growth. Simultaneously, the therapist needs to be self-attuned and regulated to catch emotional cues and address them helpfully.

This Full-Spectrum Training for professionals developed by Dr. Stella Resnick looks at five spectrums of exploration in this cognitive-somatic-relational approach to couples’ work. These are: Attachment-Sexuality; Pain-Pleasure; Pathology-Evolution; Cognitive-Somatic; and Experiential-Behavioral. The training is primarily experiential with participant process-work being the route to professional expertise. Methods for exploring and enhancing emotional and sexual intimacy include a body-based reframing of the issues,
Esalen has served as a gathering place for a diversity of voices – from philosophers and practitioners to artists and authors. Many of these voices are now captured in thought-provoking conversations as part of Esalen’s podcast, Voices of Esalen.

The brainchild of Sam Stern, a former Extended Student and now Esalen staff member, the free podcast is available on Esalen’s website and through iTunes. It’s an opportunity, according to Sam, to extend the Esalen experience to a larger community. “I’d really like for the people who come through Esalen and have profound experiences to be able to extend their arc of learning and transformation,” says Sam. “Podcasts are magical that way – you can be stuck in traffic in downtown LA or San Jose, and with the click of a button, suddenly you’re back in Big Sur, learning about color therapy or radical social justice.”

Featured guests on Voices of Esalen reflect Esalen’s own eclectic personality. Playwright and comedic performer Ann Randolph kicked off the series with her courageous approach to speaking the unspeakable with humor and grace. Julie Szabo of the Web of Change movement sat down with Sam to discuss the future of social change and the role of technology as a catalyst. Author of Yoga of Heart and teacher Mark Whitwall shared his thoughts on deepening connections and intimacy, while Esalen’s own Writers’ Camp leaders Cheryl Strayed and Steve Almond express the power of story to change lives.

Take a listen at esalen.org/page/voices-esalen-podcast.
ESALEN® Massage and Komyo Reiki Kai (Reiki)
Char Pias & Silvia Guersenzvaig

Char Pias and Silvia Guersenzvaig invite you to participate in a five-day journey to renew your body, mind, and spirit. Silvia says, “The interface of Reiki and Esalen Massage is best described as the dance between form, energy, structure, and soul.” With its nurturing contact, long integrating strokes, and passive rotations, Esalen Massage provides a state of deep relaxation. Through brief lectures and supervised hands-on practice, we will focus on common areas of tension, while addressing posture, breath, and intention, providing a continuous experience of presence and healing.

Reiki is an easy-to-learn form of energy work. Char will teach first-degree Komyo Reiki Kai; the lineage comes directly from Japan and contains the original teachings of its founder, Mikao Usui. The foundation of the practice is cultivating one’s own spiritual light through various meditations and receiving four Reiki attunements. Participants will be shown how to give Reiki energy treatments to others and to themselves. Char will also incorporate simple qi gong exercises, along with the sounds of crystal singing bowls.

The intention of this week is to offer tools and techniques that allow you to give a whole body massage from a place of ease within yourself and in the flow of the loving Reiki presence.

This workshop is open to beginners and those who wish to refresh and inspire their current practice of bodywork or Reiki. This workshop is especially useful for those in the helping and healing professions in working with their clients and patients.

Komyo Reiki Kai Level 1 certification will be issued upon completion of the course.

($10 fee for manual and certificate will be added to the workshop cost)

☆ CE credit for nurses; see page 109.
☆ CE credit for massage; see page 109.

Char Pias bio on page 18.

Silvia Guersenzvaig is a certified Esalen® Massage teacher. Astrologer and educator since 1977, she counsels internationally and is a bilingual practitioner and teacher of Transformational Kinesiology from Polars International College, Denmark. She created Openstars, Somatic Astrology at Esalen in 2000. www.tk-usa.com

Painting the Outer and Inner Landscape
Adam Wolpert

Painting can be a profound experience—one that engages all of our senses, our minds, and our spirits. It brings together observation with introspection, contemplation, and healing. One of the most rewarding ways to explore painting is by painting outside. Faced with nature’s dynamic forces, we develop visual sensitivity, flexibility, and resilience. We come into deeper relationship with nature and with ourselves. We begin to see the world as never before, and our paintings give evidence of that new vision.

This workshop invites both beginners and experienced painters to immerse themselves in the practice of oil painting. Daily sessions will be devoted to painting out of doors as well as doing exercises in the studio. Basic oil technique, instruction in setting up a palette, mixing colors, and brushwork will be balanced with slide presentations. Workshop participants will learn from individual instruction and each other as they share their paintings and experiences in a supportive environment. The spectacular beauty of Esalen, with its radiant gardens, flowing waters, and rugged coastline, provides the perfect setting to explore this exciting practice.

You may supply your own materials (material list provided upon registration) or course materials can be provided for you with a $125 materials fee paid directly to the leader.

Adam Wolpert is a painter, facilitator, teacher, and art program director at the Occidental Arts and Ecology Center (www.oaec.org) in Sonoma County, Calif. He has offered workshops and exhibited extensively throughout California. www.adamwolpert.com

Recommended reading: Resnick, The Heart of Desire: Keys to the Pleasures of Love.

☆ CE credit for AASECT; see leader.
☆ CE credit for psychologists; see page 109.
☆ CE credit for MFTs and LCSWs; see page 109.

Stella Resnick, PhD, is a clinical psychologist, author, speaker, and AASECT-certified sex therapist and supervisor. She practices in Beverly Hills, Calif. Dr. Resnick’s Full-Spectrum Training integrates couples and sex therapy. Her most recent book is The Heart of Desire: Keys to the Pleasures of Love. www.drstellaresnick.com
WEEKEND OF MAY 5-7
GUARDIAN QIGONG: BOOST YOUR INNER POWER
Robert Peng

When our internal organs are strong and healthy, we radiate an energy field called Guardian Qi that protects the body from the environment. Strong Guardian Qi also enhances the immune system. Some qigong masters meditate outdoors in wintertime for hours by generating internal heat. They are covered by an invisible blanket of warm Guardian Qi and don’t catch cold. Guardian Qi acts like a bulletproof vest that also can protect from mental and emotional stress. The connection between health and stress is well known, and in qigong that connection depends on the condition of our Guardian Qi.

In this workshop, we focus on working on certain vertebra to strengthen the internal organs through Seasonal Empowerment and by practicing a special exercise known as 4 Cycles that originates from the fabled Shaolin Temple. Using these methods, we strengthen our Guardian Qi. Robert Peng will also conduct powerful group healing by inviting in vast universal energy so that all of our organs may flow smoothly and exude radiant healthy light. This workshop is open to everyone.


($10 materials fee will be added to the workshop cost)

Robert Peng bio on page 68.

THE ONE THING HOLDING YOU BACK: UNLEASHING THE POWER OF EMOTIONAL CONNECTION
Raphael Cushnir

Do you have an unrealized dream? Are you still waiting to tap your full potential?

“Almost always, what prevents us from manifesting our greatest life vision is a reservoir of unfelt emotion,” writes Raphael Cushnir. “Resisting this emotion is what sabotages prayer, affirmations, or any other personal-growth technique. Finding and feeling this emotion is what infuses our mission with Spirit and makes us truly unstoppable. It’s simple, but most of us never learn precisely how—not at home, school, or even in therapy.”

Raphael has pioneered a method of emotional connection that virtually anybody can master, and that can be learned in just one weekend. It is grounded in both contemporary neuroscience and the great wisdom traditions. He has shared it with immediate and lasting results all around the world. You can use this emotional connection to overcome lifelong struggles with career, family, relationships, weight, self-esteem, and addiction. This workshop is designed to help you fall in love with every moment of your life. It can lead to the kind of personal accomplishment you’ve longed for, and also help you serve the world.

Raphael Cushnir has written six books, including The One Thing Holding You Back and Setting Your Heart on Fire. He lectures worldwide and contributes to O, The Oprah Magazine, Psychology Today, and the Huffington Post. His heart opened through profound grief. www.cushnir.com

ORGANIC SKIN AND BODY CARE FROM THE GARDEN
Rachel Berry

Discover how to make your own high-quality organic skin care, individually customized to best match your needs and preferences. Using fresh ingredients from the beautiful Esalen gardens, learn how to infuse the healing properties of herbs into therapeutic oils, skin creams, lip balm, facial toners, and more. This is an essential skill for those who want high-quality skin and body care without chemical additives, and for those who wish to become more self-reliant by using organic, whole ingredients to make their own. Indulge in a series of herbal skin treatments, made fresh from the garden, and take home your own customized set of herbal skin and body care, including a nourishing and reparative face cream, body cream, facial scrub, and tinted lip moisturizer. After completing the class, you will have a set of organic herbal skin care products to take home, the recipes and know-how to make them again on your own, and the ability to make unique, customized gifts for friends and family.

($30 materials fee will be added to the workshop cost)

Rachel Berry, MA, blends her passion for community health, medicinal herbs, and sustainable living practices to inspire and promote herbalism for self-care. She owns and operates Sierra Botanica, offering classes in herbalism, herbal body care, and wild foraging. www.SierraBotanica.com
A DIFFERENT PERSPECTIVE: REFRAME YOUR LIFE USING PLAY, EMBODIMENT AND HUMOR

Ann Randolph & Michael Clemmens

It is all too easy to stay stuck in a rut, unable to see or do things differently even when we know we want to change. Join storyteller Ann Randolph and somatic psychologist Michael Clemmens for a weekend of new insights and creative, fun practices designed to jump start change in your life. This is a bold, alternative approach that supports deep process and joyful exploration.

During this workshop, we will begin from the premise that if we change our “embodiment” (physical expression) and our basic stance in the world, we rewire our perspective and can then evolve differently if we choose. Through improvisation and movement exercises, the participant plays with a variety of expressions and expands their creative range. In addition, participants will put the pen to the page and literally let the body speak on the page. The body does not lie, and the improv/writing exercises inform us of where we are stuck and how we can move through to a new perspective.

Both Ann and Michael work from creative, warm, and innovative styles that enable participants to find the optimal and safe path into better awareness of themselves and ways to move forward. This experience is for those who are interested in shifting their lens on life through experimenting with how we mentally and emotionally organize the world. Through humor, play, improvisation, small and large group discussions, and various one-on-one exercises, you’ll have the opportunity to reframe life in order to tell new stories about the future.

Ann Randolph is an award-winning writer, performer, and educator. Her Off-Broadway hit, Squeezebox, was produced by Mel Brooks, and her current show, Loveland, just received Best Solo Show awards in Los Angeles and San Francisco. Her personal essays have aired on NPR, BBC, and the Moth. www.annrandolph.com

Michael Craig Clemmens, PhD, is a psychologist and trainer in Pittsburgh, Pa. He is a faculty member of the Gestalt Institute of Cleveland and teaches at the Metanoia Institute in London, and at Esalen. He is the author of Getting Beyond Sobriety, and numerous articles on Gestalt therapy, body process, and addiction.

UNSTUCK - TURNING TOWARDS TRANSFORMATION

Tanya McGinnity

This transformative course is dedicated to a deep exploration of patterns in relationships with self and others to regain personal power and radiant life-force. By quieting the mind and raising the awareness of the body, we can contact, accept, and give meaning to our emotions and intuition. If the outer world is to be transformed, the process must begin within. If the inner world is to be transformed, it must be understood in light of the outer forces that shaped it. Find out what your current energy leaks are so that you can get unstuck, access your vitality, boost your self-confidence, and tap into inner calm.

Course activities draw from integral coaching, transactional analysis, breath work, and body awareness, and are designed to address
the following aspects of self-transformation:

• Understanding the roles we play within ourselves and with others
• Discovering who we are in conflict: rescuer, victim, persecutor, or...
• Exploring the five key areas in authentic relationships: giving, receiving, asking for what you need, saying no, and self-soothing
• Learning how to “get out of the head” through feeling the breath, body, and those places where energy is stuck

Tanya McGinnity is an international facilitator and coach. Her passion is to support groups and individuals with cutting-edge tools for self-mastery. Originally from Northern Ireland, she now lives in Barcelona. Tanya also runs transformation workshops in Barcelona and online groups. She is a qualified yoga and tai chi instructor.

WEEK OF MAY 7-12
Awakening the Creative:
The Painting Experience
Stewart Cubley
Explore the world of spontaneous creation, an unpredictable territory beyond the expected where no rules apply. In a respectful and nurturing studio environment, you’ll receive individual attention and gentle guidance to help you open to inspiration, creativity, growth, and change. Using the powerful tool of “process arts,” you’ll be supportively invited to:

• Discover a creative voice that’s entirely your own
• Trust your intuitive perception, not the mind’s critical chatter
• Follow your energy rather than what looks good or makes sense
• Overcome blocks by embracing their hidden message
• Experience your imagination as intelligent – a doorway to deeper knowing

In The Painting Experience, everyone is a beginner; people from all levels of experience are welcome, including those who have never picked up a paintbrush. The Painting Experience is about your creative process, not technique or training. There will be no judgment of your work or comparison with others. Instead, you are given the opportunity to embrace your own creative voice and confidently follow it. All materials are supplied – all you have to bring is you!

Recommended reading: Cassou and Cubley, Life, Paint & Passion.

($50 materials fee will be added to the workshop cost)

Stewart Cubley has traveled the world for nearly 40 years, working with individuals and groups to access the potential within the human heart and imagination. He has conducted seminars at learning-based organizations, corporations, monasteries, prisons, and other public forums. www.processarts.com

Upledger Institute International’s SomatoEmotional Release 1
Upledger Institute Staff
During this course, you will learn about the physiological mechanism of disease and will participate in hands-on training to facilitate the SomatoEmotional Release process. By the end of the course, you should be able to dissipate residual effects of past trauma and negative emotional experiences from the body and mind of your patients/clients. In order to observe closure for sessions you are involved in, please make sure the instructor is aware of any pregnancies in the group.
Before participating in this course, students must complete Upledger CranioSacral I and II, either at Esalen or elsewhere.

Note: Registration for this workshop is through the International Alliance of Healthcare Educators (IAHE) only. IAHE is a coalition of curriculum developers united to advance innovative therapies through high quality continuing education programs. To register, please call 1-800-311-9204. Only after you have registered with IAHE and paid tuition fees will you be able to reserve accommodations at Esalen. For accommodations pricing chart, see www.esalen.org/page/partner-program-pricing.

☆ CE credit for acupuncturists; see leader.
☆ CE credit for physical therapists; see leader.
☆ CE credit for nurses; see page 109.
☆ CE credit for massage; see page 109.

Yoga as a Journey of Being
Thomas Michael Fortel

“In many ways, our whole lives are a series of doorways and passageways into new or forgotten ways of being,” says Thomas Fortel. “Over time, the practices of yoga can create a softening of habits and patterns, a clarifying of mind, and a gradual opening of the spiritual lotuses (chakras). All of this can lead to an expanded field of awareness beyond our personal ego, and into a wellspring of life-force (energy) and our natural place in the ocean of consciousness.

“One of the most profound environments for retreat is simply being in nature. Here on the cliffside, overlooking the great expanse of the Pacific Ocean, we’ll begin each morning with meditation and pranayama (conscious breathing) and continuing after breakfast with an active morning yoga practice. In the afternoons, we’ll meet for the Esalen spiritual practice of lawn-lying, gathering at various locations on the Esalen property as we study the energy of Mother Earth and Father Sun. We’ll conclude our days with restorative yoga and various topics of interest.”

Please have at least three months of recent yoga experience, and bring a yoga mat.

Thomas Michael Fortel is a longtime yoga practitioner/teacher, influenced by the Iyengar, Ashtanga, and Anusara styles of Hatha yoga, and drawing from his devotional experience in Bhakti yoga. He travels widely, sharing his love for yoga. www.thomasfortel.com

Sharing Your Life Story: For the Page and the Stage
Ann Randolph

This is an invitation for you to discover your own unique and powerful story and the profound transformation that occurs when you speak it out loud. You’ll learn how to trust your creative impulses, thus bringing all of who you are. By becoming the author of your own life and learning how to tell your own story, you will not only learn to craft your experience into a compelling narrative, but you will also unleash a sense of purpose in your own life that you never thought possible. Through improvisation, writing exercises, and group discussion, you can cultivate a fearlessness in speaking your truth.

Ann Randolph creates a supportive, fun, and dynamic space in which to create. All levels are welcome. This is a workshop for those seeking to explore personal essay, memoir, solo performance, or the sacred practice of journaling.

Topics include:
• Writing exercises to stimulate memory
• Learning to structure the narrative in a compelling way
• Discovering ways to create spontaneously
• Overcoming performance anxiety
• Utilizing tools to release yourself from the inner critic
• Transforming your ideas/stories into performance

Recommended reading: Pressfield, War of Art.

Ann Randolph bio on page 73.
WEEKEND OF MAY 12-14
Mother's Day Family Workshop
Joanna Claassen Ferraro & Sean Brennan

This Mother’s Day weekend, celebrate and nourish yourself and your family. Esalen is a magical place for adults and children alike. Together with the Gazebo School teachers, we will create a community of families focused on fun, laughter, renewal, and friendship. This will be a memorable weekend of exploration, connection, creative expression, and play. We will build on the group's interests and offer opportunities for families to work and play together and apart. We will use the Gazebo School Park, designed for children to climb, bike, garden, make music, dance, and care for Esalen's farm animals, as well as the Art Barn for relaxing, connecting, reflecting, and creating.

Saturday night, we will offer a program for the children, during which adults will be free to enjoy Esalen alone or spend time with one another. All are invited to explore and experience Esalen during this fun and supportive weekend workshop. All ages are welcome, including parents with small children. All children must be accompanied by a parent or guardian.

Note: Fees for children under 10 enrolled in Esalen family workshops are $100 for weekend workshops and $250 for 5-day workshops. Parents/guardians pay regular accommodations fees.

Joanna Claassen Ferraro has been an outdoor and early childhood educator since 2000. She runs Early Ecology, an outdoor educational program for children and families in the Bay Area, and is a former director of Esalen Institute’s Gazebo School Park. Joanna is inspired by the natural world, human kindness, and the power of play.

Sean Brennan is an early childhood educator who specializes in sharing smiles, laughter, and the bliss of life. He has worked with injured children at Shriners’ Hospital as a play therapist and is a former teacher at Gazebo School Park. His passions include surfing, freediving, yoga, meditation, and poetry.

Introduction to Gestalt
Michael Clemmens

“We develop relationships with ourselves and others through the physicality of our vision, smell, touch, and movement,” says Michael Clemmens. “These relationships, or dances, shape what we believe is possible and how we behave in the present. In this program, our focus will be on the ways in which we create relationships through our bodies. By attending to our present dance with others, we can become more aware of our existing context and optional ways of interacting.

“The structure of the program will be experiential exercises, practice sessions, and group discussion to develop our awareness of self and the group. We will begin with our earliest movements (prior to birth) and then explore how we co-create our bodily membership in the more complex gestalts of family, groups, and cultures. Our goals will be to experience how we create relationships through embodiment, and to develop skills in attending to ourselves and others.”

☆ CE credit for MFTs and LCSWs; see page 109.

Michael Craig Clemmens bio on page 73.

Fully Alive: Unveil Yourself through Mindfulness, Yoga and Conscious Dance
Jovinna Chan

Who am I? What is my purpose? What is the most important thing right now in my life? Have you asked yourself these questions? According to the Bhagavad Gita, an ancient yogic scripture, it is better to live your own dharma (calling) imperfectly, than to live someone else’s dharma perfectly. Sometimes, however, the greatest challenge is recognizing your dharma. The Gita and your own body offer guidance.

In this experiential program, cultivate your authentic self through the transformative practices of yoga and free-form movement. If you’re feeling stuck, if you’re ready to pursue your calling, or if you simply love yoga and dance, this program invites you to come alive. Through conscious movement, build the courage to listen to your inner calling. Once you experience the physical and felt sense of being in alignment – breath flowing, body free, full engagement – you can draw on this embodied knowing to discern your passions and dharma. Return home with simple principles drawn from yoga and Soul Motion™ to transform your everyday life. No experience required. Please bring a journal.

Recommended reading: Easwaran, tr., The Bhagavad Gita.

Jovinna Chan, E-RYT 500, is a life mentor and co-founder of Shakti Initiation, and leads transformational programs around the world. She is a faculty member of Pranotthan School of Yoga, served as the assistant dean, 200- and 500-hour teacher trainer for the Kripalu School of Yoga, and she’s also certified in LetYourYogaDance and Soul Motion™. www.jovinna.com
Mindfulness and Lovingkindness Meditation

Shauna Shapiro

Come join us as we cultivate greater wisdom, joy, health, and well-being. Drawing on practices of mindfulness and lovingkindness as well as revolutionary research in neuroscience, we will explore the transformational power of meditation. We can discover how the weaving together of lovingkindness and mindfulness supports us in healing and living a joyful and meaningful life. In this workshop, you will be taught simple yet potent meditation practices, including lovingkindness practices, mindfulness meditation, and mindful movement. You will also learn about new research in neuroscience that offers this hopeful message: We can change and reshape our brain to live healthier, happier lives. We will become familiar with specific practices and techniques for cultivating greater joy, ease, wisdom and compassion, and learn to integrate these into our daily lives. We will immerse ourselves in the striking natural beauty of Esalen, allowing the sounds and vistas of the ocean, the exquisite coastline, and bountiful gardens to nourish and support our practice.

This workshop is appropriate for anyone curious about meditation and how to deepen our connection with the beauty and mystery of life. Be prepared for unexpected delight. This workshop is suitable for all health care and education professionals.


☆ CE credit for psychologists; see page 109.
☆ CE credit for MFTs and LCSWs; see page 109.
☆ CE credit for nurses; see page 109.

Shauna Shapiro, PhD, is a professor and author of the critically acclaimed books, The Art and Science of Mindfulness and Mindful Discipline. She is an internationally recognized expert in mindfulness and has been invited to lecture for the King of Thailand, the Danish Government, the Prime Minister of Iceland and the World Council of Psychotherapy. www.drshaunashapiro.com

Jump Start Your Memoir: Write It From the Heart

Nancy Slonim Aronie

This writing workshop is about reclaiming your voice. It’s about using your own language, your own rhythms, and writing your own story. It’s about honoring your own instincts, not trying to sound like a “Writer” or trying to get an A from the teacher. It’s for anyone who wants to write, has written, or wants a jump start on the road to tapping into his or her power source of creativity. Get a jumpstart on your memoir, your poetry collection, or your songbook. Nancy Slonim Aronie is a midwife for words that want to come out.

Nancy provides a safe space where you can celebrate who you are without judgment, without evaluation, without the mental censor. She believes that when you shake the inner critic of your “artist,” you have a good shot at shaking the inner critic of your life. In this workshop, you will laugh, you will cry, you will become an alchemist turning your pain into gold. You will write with renewed innocence and astounding power.

In this workshop, you cannot be wrong. It is a reminder that the truth is healing and writing the truth is always right.

Nancy Slonim Aronie is the author of Writing from the Heart. A former commentator for NPR’s “All Things Considered,” she received the Derek Bok Teacher of the Year award at Harvard for 2 consecutive years, and the Isabella Stewart Gardner Artist in Residence “Eye of the Beholder” award. She teaches the Chilmark Writing Workshop on Martha’s Vineyard. www.chilmarkwritingworkshop.com
EMDR Basic Training: Part 3 – Advanced Clinical Workshop and Refresher Course

Laurel Parnell

Refresh your technique and review EMDR (Eye Movement Desensitization and Reprocessing) protocols and procedures, consult on your difficult cases, watch demonstrations, and practice EMDR in small, supervised groups. Instruction will focus on using EMDR with complex cases, resource development and installation, target development, and interweaves.

This EMDR course is for participants who have completed either part 2 training or an equivalent EMDRIA-approved course.

Note: Registration for this workshop is through Dr. Laurel Parnell. To register, visit www.drlaurelparnell.com/training/esalen-emdr-3.

Refresh your technique and review EMDR (Eye Movement Desensitization and Reprocessing) protocols and procedures, consult on your difficult cases, watch demonstrations, and practice EMDR in small, supervised groups. Instruction will focus on using EMDR with complex cases, resource development and installation, target development, and interweaves.

This EMDR course is for participants who have completed either part 2 training or an equivalent EMDRIA-approved course.

Note: Registration for this workshop is through Dr. Laurel Parnell. To register, visit www.drlaurelparnell.com/training/esalen-emdr-3. Only after you have registered and paid tuition fees will you be able to reserve accommodations at Esalen. For accommodations pricing chart, see www.esalen.org/page/partner-program-pricing.

Required Reading: Parnell, A Therapist’s Guide to EMDR.

Recommended reading: Parnell, Attachment-focused EMDR: Healing Relational Trauma, Tapping In and EMDR in the Treatment of Adults Abused as Children.

☆ CE credit for psychologists; see page 109.
☆ CE credit for nurses; see page 109.
☆ CE credit for MFTs and LCSWs; see page 109.

Laurel Parnell is the director of the Parnell Institute and developer of Attachment-focused EMDR™. She is a clinical psychologist and author. Since 1995 she has trained thousands of clinicians in EMDR both nationally and internationally. www.drlaurelparnell.com

Yoga Nidra Immersion: Become the Master of Your Life

Kamini Desai & John Vosler

Are you burned out, tired, or in transition? What if you had a way to manage your habits, thoughts, and emotions—rather than serving them? What if change doesn’t just happen while you are awake? Yoga Nidra is a sleep-based meditation practice that helps you reach profound states of relaxation and initiate unprecedented life-shifts from beyond the doing and thinking mind. Through the skillful use of intention and the five tools of Yoga Nidra, you will learn how to recognize the way old baggage and conclusions have weighed you down, and master the unconscious forces that can unburden your life. You are invited to experience profound healing and restoration of the body’s reserves; feel energized, detoxified, and rejuvenated; release past mental, emotional, and physical baggage; and re-write and re-create your life. Other benefits of Yoga Nidra include greater resilience in the midst of stress-producing situations and the ability to release the effects of chronic excess tension, lack of restorative sleep, and the demands of life.

Get started with one of the easiest and most effective meditation and mindfulness practices you’ll ever come across.

Please bring a yoga mat, sitting pillow, blanket, and whatever else you need to sit or lie comfortably on the floor.

☆ CE credit for massage; see leader.

Kamini Desai is the author of Yoga Nidra: The Art of Transformational Sleep, and creator and education director of the Amrit Method Yoga Nidra curriculum. Kamini lectures and trains internationally, uniquely combining eastern philosophy with western psychology and science. www.kaminidesai.com

John Vosler is a senior teacher at the Amrit Yoga Institute and has run a successful private practice in Los Angeles, Calif. for more than 20 years. He is a graduate of the Institute of Psycho Structural Balancing, the Kinesiology Institute, and the Upledger Institute International. www.johnvosler.com
Walk on the Wild Side: Hiking the Big Sur Country

Steven Harper with Adam Rumack

“What’s the quickest way out of the city?” John Muir is reported to have asked a stranger on the street of the metropolis in which Muir had just arrived. “Where do you want to go?” the man asked. “Anyway that is wild,” Muir replied.

This week is straightforward. You day-hike the mountainous paths into the wilds of Big Sur, breathe in the fresh mountain air, and soak in Esalen’s natural hot springs overlooking the waves of the Pacific—in short, you let yourself touch and be touched by Nature.

“Everybody needs beauty as well as bread, places to play in and pray in, where Nature may heal and cheer and give strength to body and soul,” said Muir. Drawing from various wisdom traditions, the group will be introduced to practices that encourage openness to self and nature. As Muir discovered, “I only went out for a walk, and finally concluded to stay out till sundown, for going out, I found, was really going in.”

Hikes (4-10 miles in length) begin after breakfast and finish in time to enjoy the hot springs and wholesome food of Esalen. Participants should be prepared for the challenge of invigorating physical activity as well as the opportunity to simply sit in quiet contemplation.

More information and a waiver will be sent upon registration. For workshops, visit www.stevenkharper.com/faqs.html. Muir wrote, “The mountains are calling me and I must go.”

($30 permit and park-entrance fee will be added to the workshop cost)

Steven Harper bio on page 61.

Adam Rumack has facilitated transformative processes with individuals, groups, and organizations in some of the most challenging and beautiful places in the US. He is the Executive Director of The Ojai Foundation, a council trainer, and an Ashtanga yoga instructor. His work has taken him from the wilds of Big Sur to maximum security prisons, and many places in between. www.adamrumack.com

Improv: Expand Yourself with Laughter

Clifford Henderson & Dixie Cox

Activate your imagination, creativity, and spontaneity. Just as muscles can tighten with stress and age, so can notions about ourselves. One antidote to this natural process is improvisational workouts. Children stretch their sense of self through the powerful medium of play. Adults often don’t, finding it too scary or foolish. This unwillingness prevents them from experiencing this potent learning tool, which includes the permission to try new ways of being without the serious consequences of real life. In this positive workshop, participants are guided through simple improv exercises aimed at personal expansion. Using the tenets of improv, such as trust and spontaneity, participants are encouraged to say “Yes” to situations offered to them by the group. This workshop also explores one of improv’s most compelling tools: status, the human pecking order. Participants familiarize themselves with the subtle clues they send and receive defining their status, and have a chance to try new body language and status choices. Rejuvenate your spirit through experiential play and laughter. Past participants have said, “By stretching myself, I’ve become more of me” and “It’s more fun than a ride on a fire truck!”

Clifford Henderson is cofounder of the Fun Institute in Santa Cruz, Calif., a school of improv and solo performance. She’s had numerous plays and sketch comedies produced in the SF Bay Area. Her published works include The Middle of Somewhere, Spanking New, and Maye’s Request. www.cliffordhenderson.net

Dixie Cox, cofounder of the Fun Institute in Santa Cruz, Calif., has been teaching people to re-create themselves through improvisational acting classes since 1993. She performs regularly with the improv troupes Loose Cannon Theater and Crash Test. www.funinstitute.com

Land of Milk & Honey: An Introduction to Farmstead Arts

Charlie Cascio & Liam McDermott

Would you like to reconnect with farmstead traditions and develop your ability to produce and prepare your own food? Cheese and bread making, beekeeping, food preservation, and small-scale animal husbandry all are appealing and relevant to those who thrive on food independence, artisan techniques, and self-sufficiency.

In today’s society, many people have lost the knowledge that humans used for thousands of years both to connect with nature and feed themselves. This hands-on workshop is an introduction to and celebration of the farmstead arts that actually are alive and well all around us. Join Charlie Cascio and Liam McDermott as they share their knowledge of the art of home cheese making, including recipes for hard and soft cheeses, and cheese molding and pressing. Bake sour dough and yeasted breads, and explore basic beekeeping and honey extraction at the Esalen bee hives. Food preservation methods include dehydration, fermentation, and root cellar cold storage.

There also is a field trip to Sweetwater Farm, a small goat dairy in the Big Sur Mountains, where participants will observe an active dairy and cheese-making operation. Experience the alchemical processes by which milk is transformed into an extraordinary diversity of cheeses; flower nectar yields different varietals of honey; and flour, water, and yeast join to become bread.

Please note: Bring a heavy, long-sleeved shirt and denim-type pants for bee work.

($50 supplemental food fee will be added to the workshop cost)

Charlie Cascio is founder of Sweetwater Farm in Carmel, Calif., a self-sustaining organic farm specializing in goat and poultry husbandry, cheese making, beekeeping, olive and fruit orchards, and vegetable gardening. A chef since 1968, Charlie has taught internationally and was the head chef and kitchen manager at Esalen from 1998 to 2004.

Liam McDermott is a permaculture activist, massage therapist, and professionally trained chef with a degree in literature from Stanford University. He leads workshops and caters at several hot springs in central California: Esalen Institute, Tassajara Zen Monastery, and Wilbur Hot Springs.
Wired for Love: Creating an Owner's Manual for a Secure-Functioning Relationship
Stan Tatkin with Tracey Boldemann Tatkin

“People are complex,” says Stan Tatkin. “We don’t come with manuals that automate the process of getting along. Even if we did have general manuals, we aren’t robots; what works for one person won’t necessarily work for another. Nor does it work to fly blind, as many couples do, and expect relationships to simply fall into place.”

This workshop for couples will demonstrate general principles to help you understand what makes a relationship successful, and how to work toward that with your partner. During this weekend of teaching, interacting, and experimenting, Stan Tatkin and Tracey Boldemann-Tatkin will lead you and your partner through exercises designed to help you identify each other’s attachment styles, read body language and arousal states, and manage conflicts to build secure-functioning relationships. You will learn about the fundamental biological realities of human bonding and the psychobiological particulars of your partner. The tools you will be shown will be invaluable, and ready to use immediately in your relationship.

This program includes $110 additional tuition.
☆ CE credit for MFTs and LCSWs; see page 109.

WEEKEND OF MAY 19-21
Waking Up, Together: An Excursion into Embodied Inquiry
Zuza Engler & Scott Engler

What if one day, you woke up smack in the midst of the human condition with absolutely no need to fix, deny, solve, or transcend anything? What if you knew how to offer your friends, family, co-workers, children, clients, patients, or students (and yourself!) a spacious, centered presence that could meet every feeling, ache, joy... and impermanence itself?

Step through the portals of conscious movement and embodied exploration into a direct experience of this messy, mysterious, and magnificent human life. Let the inquiries of Soul Motion™, Gestalt Practice, and body-based meditation take you on a wild ride into the heart of creativity, community, and connection.

Warning! Common side-effects include increased enthusiasm for being present; spontaneous relaxation of body and mind; the re-opening of curious eyes, ears, and heart; and sustained moments of genuine contact with yourself and others.

This is just a beginning, not another quick fix—mainly because there’s nothing to fix. Ours is a journey with no destination, a whimsical dancing path into a more fully embodied experience of life. All are welcome.

Zuza Engler has been on the spiral path of kinesthetic investigation into consciousness for close to three decades, in motion, stillness, and process inquiry. She is a Soul Motion™ teacher and trainer, designer of Embodied Inquiry, and a long-term practitioner of Buddhism and Gestalt Practice. www.transformativedance.com

Scott Engler, a longtime student of presence and healing, supports adults, children, and infants through Biodynamic Craniosacral Therapy and workshops in trauma resolution for the family. He holds a second-degree black belt in aikido. www.heartofstillness.com

Wired for Dating
Stanley Tatkin, PsyD, MFT, is a clinician, author, PACT developer, and co-founder of the PACT Institute. Dr. Tatkin teaches at UCLA, maintains a private practice in Southern California, and leads programs internationally. He is the author of Wired for Dating, Wired for Love, and others. www.thepactinstitute.com

Tracey Boldemann-Tatkin, PhD, has served as the director of various philanthropic family foundations over three decades. In addition to her leadership roles, she has been involved at the ground level of humanitarian efforts worldwide. Tracey is co-founder of the PACT Institute.

Stan Tatkin & Tracey B. Tatkin

What is unique about teaching at Esalen? Esalen has long been in the vanguard of new developments and ideas. Its rich history and culture continues today with important minds presenting their ideas to a highly intelligent audience of those seeking to learn and grow. It is a community of like-minded individuals who seek knowledge, communion, and healing with other people. That is apparent in every corner of the Esalen experience for both teacher and student. Nothing else touches the atmosphere and cultural heritage of Esalen.

Why are centers like Esalen important in 2017? Our daily lives are increasingly complex. We work longer hours, deal with more data, and have become more isolated with our electronics. We’re like frogs in water that’s heating to a slow boil. I don’t think we’re aware of how much we are running every day just to keep up. At Esalen, everyone, I think, becomes aware by contrast. Our senses open up again in the sweet silence and natural splendor of Big Sur. We see the smiling, friendly faces of Esalen staff and faculty and the relaxation contagion spreads across all who enter this environment. It is in this relaxed but alert state that we actually can learn new things. And we do learn when we’re at Esalen.

What is your favorite thing about Esalen? Our favorite thing about teaching at Esalen is the people we meet and interact with and the relationships that form. Having the luxury of time together – both in the workshops and during meals – allows us to get to know our participants more deeply and this is golden for us. Many of these relationships have continued through the years following a workshop.

How would you describe Esalen in one word? Nurturing.


Awakening Through Love
David Newman

Do you feel the transformational sparks of spiritual awakening that are spreading rapidly on the planet today? There are many paths and practices available to support seekers in this ultimate quest. One such path is the Way of Love. Sacred musician, best-selling author, and inspirational teacher, David Newman (also known as Durga Das), has made it a life’s passion to illuminate the practice of opening your heart and loving unconditionally as a vehicle for spiritual awakening.
Journey into the wisdom of your heart through kirtan (mantra chanting) and the ageless teachings on the Path of Love, or bhakti, as it is known in the yogic tradition. Come and experience how embracing love, fearlessly and wholeheartedly, can lead to spiritual awakening, and fulfill your search for deeper meaning, greater happiness, and a higher truth! All are welcome.

Recommended reading: Newman, *The Timebound Traveler.*

David Newman is a chant artist, sacred singer-songwriter, author, and inspirational teacher. He founded the Stay Strong Project and Yoga On Main, and his work has been featured on *NPR*, *The Washington Post*, *Yoga Journal*, and elsewhere. David lives with his family outside of Philadelphia. [www.davidnewmanmusic.com](http://www.davidnewmanmusic.com)

**Women’s Intimacy, Desire and Eroticism: The Triumvirate of Sexual Pleasure**

Alexandra Katehakis

Do you know the difference between intimacy, desire, and eroticism? Do you find yourself churning through lovers because your sexual desire drops off over time? This in-depth workshop for women will assist in revealing the answers to these questions, which reside in past sexual experiences and in sexual fantasies. When we deconstruct shameful family of origin and cultural messages about what “good girls” do and don’t do sexually, we can honestly admit our most ardent sexual desires to ourselves. Taking ownership of our adult sexuality frees us to make better relationship choices, communicate what we want and need to an intimate lover, and be more capable of creating and keeping an exciting sexual relationship over time. This workshop, open to women of all sexual orientations, will examine peak sexual experiences and sexual fantasies in order to pluck out your hedonic goals. Mindful body awareness, group interaction, and juicy conversations will allow your unique erotic map to emerge, thus increasing your erotic intelligence. Alexandra Katehakis takes a psycho/spiritual/sexual approach to sexuality and defines erotic intelligence as the “deliberate seeking of pleasure coupled with the skilled use of reason.” Please bring a journal.

Recommended reading: Katehakis and Bliss, *Mirror of Intimacy: Daily Meditations on Emotional and Erotic Intelligence.*

Alexandra Katehakis, MFT, is founder/clinical director of the Center for Healthy Sex in Los Angeles, Calif., co-author of *Mirror of Intimacy: Daily Reflections on Emotional and Erotic Intelligence,* and author of *Erotic Intelligence: Igniting Hot Healthy Sex While in Recovery From Sex Addiction.*
WEEK OF MAY 21-26
Waking Up in the Big Sur Wilds

Adam Rumack

You must learn one thing.
The world was made to be free in.
Give up all the other worlds
Except the one in which you belong.
- David Whyte

Just as a redwood emerges from and within the rich ecology of a forest, so humans emerge from the world around them, and through relationships with one another and with self. To awaken again and again to the truth of our interconnectedness and shared destiny is a practice of belonging to the world in all its beauty and wildness.

This five-day workshop will weave mindful awareness practices with time hiking on the trails of Big Sur. The week will include days out on the trails mixed with body-based awareness techniques, storytelling, and community building through the practice of council. The Way of Council, as developed by the Ojai Foundation, is a blend of listening and communication practices that empower and support community building, trust, healing, and a sense of common purpose. You also will have ample time to relax at the Esalen baths and enjoy all the place has to offer. The week is aimed at evoking a sensed experience of connection with ourselves, one another, and the more-than-human world.

Participants should be prepared for some vigorous physical activity with hikes ranging from three-7 miles. Previous hiking is recommended, but not necessary.

More information, including an equipment list and a waiver will be sent upon registration.

($30 materials fee will be added to the workshop cost)

Adam Rumack bio on page 79.

The Great Intimacy
John Prendergast & Kelly Boys

“What does it mean to be deeply intimate with ourselves and with the whole of life—to be in true communion?” write the leaders. “What role does our body play in both sensing into and expressing our inherent non-separate nature?

“In this seminar, we will explore how to tune in to our deeper self through the felt-sense of the body. Our bodies have a natural sense of intimacy and authenticity—particularly as they are freed from the conditioning of our limiting beliefs, reactive feelings, and somatic contractions. As these veils are seen and felt through, we grow in our self-trust, inner authority, and genuine intimacy with life.

“Through dialogues, dyadic exercises, guided and silent meditation, body sensing, subtle yoga, and spontaneous movement to music, we will explore opening our heart and whole body to the great intimacy we are capable of.

“We will also learn how to stay present with difficult feelings and to question the beliefs that we use to defend our hearts and reinforce a separate sense of self. Together we will inquire, share, and play as we explore our edges to opening to our true nature and the intimacy and authenticity that spontaneously emerge.”

Please bring a journal and comfortable clothes for optional morning yoga.

Recommended reading: Prendergast, In Touch: How to Tune into the Inner Guidance of Your Body and Trust Yourself.

John J. Prendergast, PhD, is the author of In Touch: How to Tune into the Inner Guidance of Your Body and Trust Yourself, a practicing psychotherapist, and a recently retired professor of psychology at the California Institute of Integral Studies. www.listeningfromsilence.com

Kelly Boys is a certified iRest® Yoga Nidra and Search Inside Yourself teacher. She has taught meditation to veterans with PTSD and at Google. She has worked with the Search Inside Yourself Institute and Integrative Restoration Institute, training meditation teachers. www.kellyboys.org

Mindfulness and Self-Compassion: We Need Two Wings to Fly

Christiane Wolf

Are you curious about mindfulness and self-compassion and about their transformative potential for you? Join us for a weekend of practicing and learning together. While mindfulness teaches us to pay attention to what is happening inside and out, self-compassion changes the way we pay attention. Just as a bird needs two wings to fly, mindfulness and compassion support and strengthen each other in a beautiful way. Let the gorgeous setting of Esalen support you in exploring new ways of being. In a safe and supportive environment, we’ll practice new ways to engage with the fullness of life to be more real, more joyful, and more alive. This workshop is for people new or relatively new to mindfulness and/or self-compassion practice, and those who want to freshen up their knowledge and understanding.

Please bring a meditation cushion or bench and mat.

Christiane Wolf, MD, PhD, is a physician turned mindfulness and Mindfulness Based Stress Reduction teacher, author, and speaker. She has been practicing insight meditation for more than 25 years. She co-authored A Clinician’s Guide to Teaching Mindfulness. www.christianewolf.com
Mind Body Studies: Exploring the Work of Moshé Feldenkrais

Mia Segal & Leora Gaster

“How can we enhance our mind-body potential to embody our best selves in all the spheres of our lives?” ask Mia Segal and Leora Gaster. “Dr. Moshé Feldenkrais’ Mind Body Studies can clarify your own, unique connections of thought and action, and can help guide you to your optimal well-being and self-expression.”

In this workshop, the leaders will show how awareness of your movements is directly connected to your thought process and self-image, to open a world of new possibilities and potential. “Our brain is in charge of our thoughts. And through our body, we gather information from the world around us. Through our body we express and execute instructions from the brain, in a continuous cycle of interaction.”

Sessions will be structured in both group classes and partner work designed to demonstrate aspects of Feldenkrais’ Mind Body Studies. The group classes allow you to discover individually your own patterns of thought and movement. At the end of the week, you can take home a practical set of skills to apply to everyday situations, to make the most of the opportunities and challenges of life.

Due to the intensity of this workshop, the class schedule will be: Sunday evening, 8:30–9:30pm; Monday-Thursday, 10am–12pm and 2pm–4pm; Friday, 10am–12pm. The workshop will be documented via video recording. All participants must sign a waiver authorizing that participation will be recorded.

Note: Registration for this workshop is through the Mind Body Studies (MBS) Academy. To register, please visit esalen.mbsacademy.org. Only after you have registered with MBS Academy and paid tuition fees will you be able to reserve accommodations at Esalen. For accommodations pricing chart, see www.esalen.org/page/partner-program-pricing. For more information, contact MBS Academy at info@mbsacademy.org.

Mia Segal was Moshé Feldenkrais’ first assistant, collaborator, and associate. She has been acclaimed worldwide as the standard bearer for the applications and philosophy of Dr. Feldenkrais’ Mind Body Studies. Mia has devoted her life to training practitioners worldwide.

Leora Gaster has been teaching Mind Body Studies internationally for more than 40 years, expanding practical applications and collaborating with her mother, Mia Segal, in developing the curriculum and methodology of Mind Body Studies for MBS Academy.

A Time to Reflect

This is a special opportunity for people to experience Esalen without taking a workshop. Please see page 27 for the full description.
WEEKEND OF MAY 26-28
Couples’ Communication Retreat
Warren Farrell

Our inability to handle personal criticism from loved ones is a common Achilles’ heel. The more deeply we love, the more fragile we feel. Soon, couples feel they are walking on eggshells, unable to express themselves honestly, and their love fades. Raising children and money magnify the problems even as they become the reason couples stay together. The result? Couples often remain legally married but psychologically divorced—in a minimum-security-prison marriage. The biggest culprit? Defensiveness. Active listening, a good solution, is rarely used. When Warren Farrell discovered that active listeners often said the right thing, but did not feel safe on the inside, he developed a method of transforming the internal defensiveness into feeling loved. To enhance the love, couples also are taught an “art and discipline of love” to be practiced throughout the week. After the workshop, free on-going group conference calls with Dr. Farrell allow the group to continually grow with each other. This workshop is for couples – two people with a history who desire a future (e.g., parents, married or divorced; newlyweds; parent-child; siblings). This workshop is especially useful for health professionals in their work with clients and patients.


Warren Farrell, PhD, has been a pioneer in both the women’s and men’s movements. His books are published in 17 languages. His workshops and books, including Women Can’t Hear What Men Don’t Say, train couples and therapists to handle personal criticism without feeling defensive. www.warrenfarrell.com

Mind, Mood and Happiness: Transforming the Self
Ronald Alexander

Studies in the fields of health psychology, neuroscience, and learned optimism confirm that people can learn to change their thinking and behavior in ways that enhance happiness and resiliency. For 2,500 years, the wisdom teachings of the East have utilized what their texts refer to as “skillful methods” for the study and transformation of the mind/body. These meditation and visualization practices help cultivate self-regulation through awareness, concentration, mindfulness, and other attention skills. This leads to clarity of mind, spaciousness of self, and greater compassion.

Using techniques from modern positive psychology, mindfulness practices, neuroscience, creative thinking, and non-dual teachings, participants will be taught skills to calm the mind, develop a mindful brain, regulate mind/body states, develop trust with the unconscious, and explore inner resources for activating creativity, vitality, and well-being. Methods include:

• Exploring mindfulness and yogic practice and somatic expressive methods for amplification, containment, and release of painful feeling states
• Discovering practices that promote loving-kindness and self-compassion (metta)

These skills are especially applicable for both self-healing practices and for health care professionals in their work with patients.


☆ CE credit for psychologists; see page 109.
☆ CE credit for nurses; see page 109.
☆ CE credit for MFTs and LCSWs; see page 109.

Ronald Alexander, PhD, is the director of the Open Mind Training Institute, and leads trainings internationally in mindfulness, mind-body therapies, and transformational leadership. He is the author of Wise Mind Open Mind. www.ronaldalexander.com
Imagine a beautiful and protected space that supports you to mindfully turn within and find greater ease, and gives you space to play and just be with your family—all held in the dramatic natural surroundings of Esalen. This family retreat offers time to unplug from the busyness of life and find meaningful reconnection within and without. We will have time together as a group, and time when adults and children meet separately. Adult meditations will support quieting the mind, opening the heart, and being present to the beauty and the challenges of life. Within this we’ll include time for discussion about making our family life an integral part of our spiritual practice, and specific guided meditations that support parents to be less reactive with their children and more embodied in their wiser self. The children’s meetings will utilize Esalen’s beautiful natural setting (including the Gazebo School Park with its animals and gardens), and games to introduce mindfulness and kindness in enjoyable, age-appropriate ways. This program is open to families of any configuration or spiritual background, with children ages 5-13. Children of different ages may be allowed with the permission of instructors. Please contact ivymayer@yahoo.com with any questions. A portion of the proceeds from this workshop will benefit the Gazebo School Park, an open-air school for infants and children on the Esalen grounds. Join us for fun, play, and connection as we learn to be more present with our families and with ourselves.

Note: Fees for children under 10 enrolled in Esalen family workshops are $100 for weekend workshops and $250 for 5-day workshops. Parents/guardians pay regular accommodations fees. ($8 materials fee per person will be added to the workshop cost)

Shai teaches mindfulness-centered psychotherapy through the Hakomi Institute of California, the Marin Mindfulness Institute, and as an adjunct professor at Sofia University. www.shailavie.com

Gyrokinetic®
Juergen Bamberger

Experience the joy of moving your spine with ease! Take this journey through your entire body to open your awareness to your energetic and physical structures! Gyrokinesis is a movement method based on circular and spiraling body motion. It uses the natural movement capabilities of the spine to increase the circulation of vital energies. Gentle undulations, spirals, and waves stimulate and activate all systems and tissues within the body. Through rhythm and synchronized breathing, an internal massage effect is created. The circular movements open all joints systematically and strengthen their surrounding structures. They stretch and strengthen major muscle groups through full-body coordination. Each day starts with the awakening of your body, followed by a full Gyrokinesis class, and ends with meditation. Through this process you explore the interconnection between movement, breath, sound vibration, and subtle energy flows. The workshop is open to all levels. You will become familiar with the exercise sequences and concepts of this method. Just like Yoga, Gyrokinesis is a practice that requires continuity and mental focus.

Weather and fire season permitting, a sweat lodge may be offered, for which participants will be asked to make a small donation. Please bring something to scrub with, like luffa gloves, wash cloth, or towel.

Juergen Bamberger is a Gyrotonic® master trainer who has been educating and certifying instructors worldwide for more than 25 years. Originally a professional dancer with a degree in dance education, Juergen has studied many modalities of movement arts, bodywork, and human anatomy. www.juergenbamberger.com

Ivy Mayer Lavie bio on page 59.

Gyrokinesis®

Shai Lavie, MA, MFT, is a certified Hakomi therapist and Somatic Experiencing practitioner with a private practice in San Rafael, Calif.
The Art of Masterful Living: Embodying the Five Elements through Yoga

Todd Norian

We are all made of the five elements: earth, water, fire, air, and sky. Masterful living is achieved when these elements are balanced within. When they’re out of balance, you may feel contracted (too much earth), overwhelmed and emotionally stressed out (too much water), unmotivated (not enough fire), anxious and fearful (too much air), or ungrounded (too much sky). During this retreat, you’ll have the opportunity to:

- Safely practice a variety of asanas using the therapeutic techniques of Ashaya Yoga®
- Nurture and rejuvenate yourself with restorative poses
- Transform negative beliefs through creative journaling, contemplation, and group process
- Raise your vibration through mantras, pranayama, meditation, and kirtan chanting
- Connect with others in a supportive community

The Ashaya Yoga practice brings about a flowing integration of all five elements that can leave you feeling strong, confident, peaceful, openhearted, and ready to engage with life wholeheartedly from a place of worthiness.

Please bring a yoga mat, 1-2 thick yoga blocks, yoga belt with clasp, and a blanket or cushion to sit on.

Recommended reading: Norian, Ashaya Yoga General Manual (available at www.ashayayoga.com); Judith, Wheels of Life.

CE for yoga teachers through Yoga Alliance; see leader.

Todd Norian, E-RYT 500, is the founder of Ashaya Yoga®. Todd combines precise, therapeutic alignment with heart while holding the intention to awaken others to their true nature – unlimited joy. www.ashayayoga.com

Soul Motion™ Sanctuary

Vinn Arjuna Marti

san•cu•tary n, 1. A sacred place such as a church, temple, or mosque. 2. A place of refuge or asylum.

Vinn Arjuna Marti, designer of Soul Motion, asks, “What is it like to move in a fresh, authentic manner? Is it possible to hang in the place within that allows for unbridled expressive contact with self, other, and divine?” This week in the natural sanctuary of Esalen we will open doors that enter new rooms of creation, expression, and union with others.

“Soul Motion,” writes Vinn Arjuna Marti, “is a movement ministry, a dance practice, and a philosophy of living that supports our unconditional acceptance of ‘what is’ and our fearless exploration outside the box of the familiar, sleep-inducing trance we sometimes find ourselves dancing to. We use the dance as metaphor for living a creative, expressive, and unified life of integrity, immensity, and intensity. Our hearts are ablaze with love of the divine and divine love toward all beings, and this becomes the beat, and the steps, and the music, to which we dance the everyday dance.

“During this time together, we nudge the spirit of innovative action and creativity to awaken and hold a high watch of unconditional acceptance as we stumble our way toward self-expression, self-acceptance, and self-recognition: we are spirit dancing this human experience. Through guided imagery and relaxed induction, we track conditions and attitudes which no longer serve our ability to unwind in the stream of creative expression, and we open ourselves to the next movement moment with radical awe and wonder.”

Vinn Arjuna Marti bio on page 20.
Artemis, Women’s Circles and Sacred Feminine: A Women’s Retreat

Jean Shinoda Bolen

“This workshop-retreat meets in a circle with a sacred center, and invokes the indomitable spirit of Artemis, the goddess of the hunt and moon and archetype of the sister, midwife, and protector of the young—of all living things,” Jean Shinoda Bolen writes. “In the circle, we listen to myths and stories that come alive, and then shift into realizing that they are about us and our relationships and world. Deep insights can grow through an awareness of the sacred feminine—a legacy and lineage that was suppressed by patriarchy—and an awareness of being part of all that is, visible and invisible, of soul, energy, and substance. Circles are the means through which many women find they can say what is true for them, and be supported to do whatever it is that takes courage to do. This work is best done with love, hope, perseverance, trust, and optimism. Bring a journal, an open heart, a sense of adventure, listen to your dreams, and enter Esalen as if it were a dream in which you are the main character. Pay attention to synchronicities.”

The experiential elements in this workshop include guided meditation, inner reflection, and participation in a sacred group experience.


Jean Shinoda Bolen, MD, is a psychiatrist, Jungian analyst, speaker and workshop leader, and author of Goddesses in Everywoman, The Millionth Circle, Crossing to Avalon, and Artemis: The Indomitable Spirit in Everywoman. A former clinical professor of psychiatry at UCSF, she has a private practice in Mill Valley, Calif. www.jeanbolen.com

The Upledger Institute International’s CranioSacral Therapy 1

Upledger Institute Staff

CranioSacral therapy is a gentle, noninvasive, hands-on technique to help detect and correct imbalances in the craniosacral system that may cause sensory, motor, or intellectual dysfunction. It is used to treat a myriad of health problems, including headaches, neck and back pain, TMJ dysfunction, chronic fatigue, motor coordination difficulties, eye problems, endogenous depression, hyperactivity, and central nervous system disorders. Participants will learn the detailed anatomy and physiology of the craniosacral system, its functions in health, and its relationship to the disease processes. Half of the class time will be hands-on, developing the sensitive palpatory skills needed to detect subtle stimuli in the human body.

Class material will concentrate on palpation and its potential as an evaluative and therapeutic process; fascial and soft-tissue release methods; and the pressurestat model, which explains the mechanism of the craniosacral system. Participants will be taught a ten-step protocol for evaluation and treatment of the entire body. By the end of this intensive program, participants should be able to identify and localize significant restrictions and imbalances in the craniosacral system.

Note: Registration for this workshop is through the International Alliance of Healthcare Educators (IAHE) only. IAHE is a coalition of curriculum developers united to advance innovative therapies through high quality continuing education programs. To register, please call 1-800-311-9204. Only after you have registered with IAHE and paid tuition fees will you be able to reserve accommodations at Esalen. For accommodations pricing chart, see www.esalen.org/page/partner-program-pricing.

Recommended reading: Upledger and Vredevoogd, CranioSacral Therapy (chapters 1-6); Upledger, Your Inner Physician and You.

☆ CE credit for massage; see page 109.
☆ CE credit for nurses; see page 109.
☆ CE credit for acupuncturists; see leader.
☆ CE credit for PT in CA; see leader.
We spoke with Rinpoche about Bön, its place in the West, and his upcoming visit to Esalen.

The Tibetan Bön tradition predates Buddhism by thousands of years. What is Bön, and how does it differ from subsequent branches of Buddhism?

Bön is Tibet’s oldest spiritual tradition, tracing back more than 17,000 years. Buddhism was introduced in Tibet around the 7th century AD, so the Bön tradition was already well established, rich, and rooted in Tibetan civilization.

There is a Buddha of Bön, Lord Tonpa Shenrap, and a Bön canon. In the Bön tradition, there are The Nine Ways of Bön. The ninth and highest way is The Way of the Great Perfection, or dzogchen. As far as spiritual liberation is concerned, Bön and Buddhism both have the same essence, but as far as the lineage, transmission, method, and literature, each has its own different and rich traditions.

You’ve dedicated part of your life to teaching Bön in the West. Why?

I did not originally plan to come to the West and teach dharma. I originally came here more than 25 years ago out of curiosity to learn more about the different cultures and traditions here. Once I arrived, many of my friends said, “Please teach us your tradition.” I began to teach different topics, and I realized how much hunger for deep spiritual traditions there is in the West, and how much need is here.

I feel in a way I have learned more than I have taught. It is a very long process to learn to communicate this knowledge, and because of that it is very challenging to be a teacher in the West.

Your Esalen workshop introduces the Nine Breathings of Purification and the Tsa Lung Practice. Can you share more about these practices?

I feel my workshop Awakening the Sacred Body is very timely and important in today’s world because everybody seems disconnected with their body, and their mind is caught up with so many different things in life, and too busy. Awakening the Sacred Body is bringing back the awareness of the body, awareness of the channels, awareness of the chakras. These channels and chakras are the path through which the subtle energy and subtle winds (prana) moves. These forces influence our consciousness and awareness.

In order to awaken our deep self, our inner awareness, it is important to be able to work with these channels and chakras and work with the subtle winds. That is the subject of my workshop. The Nine Breathings of Purification is a very important practice to open three of the core channels. When we open these three channels, we are opening our body to a higher awareness, to awaken our self.
The Soulmate Secret

She is the author of nine books, including the international bestseller, teaching, and promoting consciousness through all forms of media. Since 1990, she has been living, and experiential workshop, you can learn how to:

• Prepare your body, mind, spirit, and home for the arrival of your life partner
• Open your heart and connect with the partnership energy of the divine
• Clarify your needs and desires to manifest long-term romantic fulfillment
• Experience healing techniques to let go of past heartbreak and remove blocks to love
• Clarify your needs and desires to manifest long-term romantic fulfillment
• Experience healing techniques to let go of past heartbreak and remove blocks to love
• Clarify your needs and desires to manifest long-term romantic fulfillment
• Experience healing techniques to let go of past heartbreak and remove blocks to love
• Clarify your needs and desires to manifest long-term romantic fulfillment
• Experience healing techniques to let go of past heartbreak and remove blocks to love
• Clarify your needs and desires to manifest long-term romantic fulfillment

Arielle Ford

Are you ready to invite true love into your life? In this fun, empowering, and experiential workshop, you can learn how to:

• Utilize rituals and awareness exercises to attract love into your life
• Experience healing techniques to let go of past heartbreak and remove blocks to love
• Clarify your needs and desires to manifest long-term romantic fulfillment
• Open your heart and connect with the partnership energy of the divine
• Prepare your body, mind, spirit, and home for the arrival of your life partner

Best-selling author Arielle Ford has helped men and women of all ages (including her 80-year-old mother-in-law) find love. As you come to realize that deep, lasting love is not only out there, but also is looking for you, then true love can be yours. Please bring a journal and pens.


Esalen® Massage - The Basics

During an Esalen Massage, we experience a remarkable web of interdependence: a listening touch, a deepening breath, a sense of connection with another. When we receive a massage we remember an easier time and “come home.”

Esalen Massage seeks the interface between form and energy, physical structure and the soul, and you and I. The long, integrative strokes build a sense of presence, while deeper focused work evokes release of tension patterns. Both teachers have shared this grounding, loving practice with many different people, and know the joy and healing that this form of calming and revitalizing touch can bring to many diverse cultures and personalities.

During this weekend retreat, through brief demonstrations, one-on-one guidance, and plenty of practice time, you will have the opportunity to awaken your own talent and resources to easily and safely give and receive the basic elements of an Esalen Massage. To support you in your massage learning experience, centering, grounding and self-care exercises are also included in the workshop presentation. There is also plenty of time to breath in the beauty of the Big Sur Coast.

This course offers foundation skills for the newcomer, a fresh approach for the experienced practitioner, and is especially useful for those in the helping and healing professions in working with their clients and patients.

Daniela Urbassek is a longtime member of the Esalen massage staff. Her work is strongly influenced by her studies in craniosacral work, movement, yoga, and dance.

Laurie Lioness Parizek graduated from the Montreal General Hospital School of Nursing, McGill University. She studied and teaches hands-on interactive and energy healing, and is a longtime teacher of Esalen bodywork.

Recommended reading: Wangyal Rinpoche, Awakening the Sacred Body.

Geshe Tenzin Wangyal Rinpoche is one of very few masters of the Tibetan Bön Dzogchen tradition living in the West. He founded Ligmincha International to preserve the Bön Buddhist tradition. Rinpoche is known for his clear, lively, and insightful teaching style and his ability to make Tibetan practices easily accessible to all students. Rinpoche is the author of 9 books, including Wonders of the Natural Mind and The Tibetan Yogas of Dream and Sleep.

Join Bön Buddhist meditation master Tenzin Wangyal Rinpoche as he invites you to engage in the practice of meditation and reflection—to look intimately within and find the jewel that is hidden in your everyday experiences. Your ordinary body becomes a powerful doorway to connect with a sacred dimension of being. Through bringing together the focus of the mind, breath, and physical movements, you will be taught simple and powerful exercises to open your body and release the obstacles that obscure you from recognizing the unbounded space within: the inner refuge. Discover the inner refuge and the gifts of spaciousness, awareness, and warmth that bring healing and benefit not only to you, but to your relationships with others and the greater world.

Recommended reading: Wangyal Rinpoche, Awakening the Sacred Body.

Arielle Ford

How did you come to be teaching in your field? Was there a pivotal moment or experience that led you to your current calling? I was a first-time bride at age 44 and inadvertently became the poster girl for “older brides.” Women were constantly asked me how I found my soulmate. I shared my “manifestation” techniques with them and eventually I put it all into my book, The Soulmate Secret.

What is unique about teaching at Esalen? Esalen’s unique energy and the sheer physical beauty of the grounds and the views create a transformational vortex.

Why are centers like Esalen important in 2017? Our lives are so over-filled with activities, distractions, and electronic density that being able to spend time at places like Esalen allows us to disconnect from the craziness and drop into nature and deep wisdom, which offers body, mind, and spirit a fantastic way to renew, regenerate, and recalibrate.

Where is your favorite spot/view on property? I love sitting behind the annex of the Murphy House, watching & listening to the ocean.

How would you describe Esalen in one word? Heaven-on-earth

See Manifest the Love of Your Life with the Soulmate Secret, June 2-4.
Visionseeker: The Shaman’s Path into Illumination

Hank Wesselman

The rediscovery of shamanism has emerged as a major thrust in the spiritual reawakening of the Western world. The techniques of traditional shamans provide an extraordinary method for accessing hidden dimensions of reality and connecting with inner sources of power and wisdom.

Hank Wesselman writes, “We will rediscover our indigenous heart through the classic shamanic journey, reestablishing connections with our spirit helpers, teachers, and ancestors, as we engage in visionary fieldwork and examine the nature of health, illness, and healing from the perspective of spirit medicine.” The workshop offers a clear introduction for those new to the shaman’s path, and, for the more experienced, provides unique material on the soul cluster from the Hawaiian kahuna perspective.

Wesselman has worked for more than thirty years with scientists investigating the mystery of human origins in East Africa, and has spent much of his life with indigenous people. In the 1970s, doing fieldwork in Ethiopia, he began to have spontaneous visionary experiences strikingly like those of traditional shamans.

Bring drums and rattles, a notebook, sketchpad, a small set of oil or chalk pastels, a bandana or eyeshade, and a light blanket. Please refrain from alcohol during the workshop.

Recommenced reading: Ingerman & Wesselman, Awakening to the Spirit World; Wesselman, The Bowl of Light and Journey to the Sacred Garden.

Hank Wesselman bio on page 41.

Heart to Heart: 5Rhythms® Heartbeat and Buddhist Heart Practice

Lucia Horan

Love is not a mood, but a dynamic way of being. – Gabrielle Roth

The spontaneous heart is one that knows how to love and be loved. The 5Rhythms Heartbeat map is a guide to how our emotional energy moves and morphs. In this practice we embody the art of being a fluid, emotional athlete. This map teaches us how to navigate the emotional terrain of life without getting stuck, holding on, or pushing away.

During our time together, we’ll integrate the stillness of Buddhist mindfulness meditation with the moving meditations of the 5Rhythms. The Buddha encouraged us to bring wise attention to every aspect of our lives. By incorporating the Brahmavihara (Heart Practices), we can develop the skills of living-kindness, compassion, joy, and equanimity. These virtues are regarded as powerful antidotes to negative mental states.

In sitting meditation, we have the opportunity to observe the mind and body at rest through silent introspection. In the practice of the 5Rhythms, we engage in mindfulness while in motion. The 5Rhythms is a map that teaches us how emotional energy moves. The two polarities of moving and sitting meditation together mirror the dance of life and open the door to peace, well-being, and balance.

Lucia Horan bio on page 16.

The Healing Art of Deep Bodywork: Thoracic Outlet Syndrome and Disorders of the Temporo-Mandibular Joint

Perry Holloman & Johanna Holloman

There is growing demand for massage practitioners who have mastered the art of moving deeply into the body with skill and sensitivity. The capacity of Deep Bodywork to alleviate acute and chronic pain has made it an indispensable tool in treating difficult conditions such as thoracic-outlet syndrome and disorders of the temporomandibular joint. Understanding how the body’s soft tissues (muscles and fascia), can be brought into “organizing relationship” with its bony elements (the skeleton) through competent bodywork is crucial to alleviating the type of suffering typical of these two conditions.

This new Deep Bodywork workshop, designed for professional massage and bodywork practitioners, will focus on healing the relationship between the base of the neck, upper ribs, clavicle, and scapula—the structures that create the thoracic-outlet. The scalene, sterno-cleido mastoid, sub-clavius, and trapezius muscles will be of particular interest to us in this regard. Understanding the role of the pectoralis-minor in creating and sustaining this painful condition will be emphasized. Our attention will then turn to organizing on the masseter and temporalis muscles (face and head) as we transition into healing the temporomandibular joint. As we learn to work with these complex conditions, we’ll examine issues of the pace and depth of our work. Learning to slow down and sense tissue opening and changing is a fundamental skill vital to master as a professional bodyworker. It is the key to restoring normal function to structures that have become short, hard, and lifeless through trauma, poor posture, or repetitive stress injuries.

Professional massage experience is highly recommended for this advanced level class. This seminar is part of the Deep Bodywork for Massage Practitioners series developed by Perry and Johanna Holloman. This course offers 32 continuing education credits for massage. For more information, visit www.deepbodywork.com.


($30 extra tuition will be added to the workshop cost)

☆ CE credit for nurses; see page 109.

☆ CE credit for massage; see page 109.

☆ CE credit Pending for acupuncturists; see page 109.

Perry Holloman bio on page 54.

Johanna Holloman bio on page 54.

Reclaiming Your Authentic Self

Anne Watts

Have you ever found yourself thinking you want one thing but doing something else? The thing you’re doing comes from the inner child. What, exactly, is the inner child? It has many names: the authentic self, natural child, creative energy, or inner place of knowing. The inner child works differently in each of us. We are often out of touch with this part of ourselves, yet it is the part that runs our lives.

This workshop is for people who want to experience more joy and personal potency in their lives. In a safe and loving environment, you will have the opportunity to tell your own story and hear the stories
of others, receive and give appropriate, healing touch, and reclaim and affirm the safety of your own body. You will also uncover core beliefs that hold you back, move through fear, and learn techniques for safely releasing anger and sadness. Additionally, through the use of visualization techniques, drawing, and dynamic sculpting, you will discover your inner child and your inner nurturing parent, and create the opportunity to see your internal family images from new and different perspectives. The partnership you establish between the inner child and parent will enable you to live your life with a new level of potency, peace, and joy. For more information about Anne and her work, please visit www.annewatts.com.

Anne Watts was deeply influenced by her father, the pioneering philosopher Alan Watts. She leads workshops on four continents, teaching adults to have more loving, fulfilling relationships. Anne has been leading Love, Intimacy and Sexuality workshops since 1985.

Art as a Spiritual Path: Paintings that Awaken the Soul

Paul Heussenstamm

The practice of painting is healing and meditative. No experience is necessary as we transform our everyday consciousness into the inner artist that lives in each of us. The week is designed to introduce the possibility that you are an artist, and that the artist path is one of joy, insight, and awareness. It’s amazing that in just a few days, you can finish a colorful painting that reveals many of the deep inner patterns that connect you with your soul. After seeing mandalas made during Paul’s workshop, Eckhart Tolle commented, “These paintings carry a healing presence.” Deepak Chopra said, “These paintings are archetypal manifestations of higher consciousness.” After the workshop, you will have the foundation for painting sacred art and mandalas at home, as you continue on this path of self-discovery and the newfound relationship to art and your soul.

Recommended reading: Heussenstamm, Divine Forces: Art that Awakens the Soul and Color Yourself Calm. ($50 materials fee will be added to the workshop cost)

Paul Heussenstamm comes from a family immersed in art and spirituality. At 35, he began painting in earnest after a single art class expanded into a consuming passion, a new profession, and a new perspective on life. He understands mandalas as psychic maps and symbols of wholeness. www.mandalas.com

INTEGRAL LEADERSHIP PROGRAM (ILP) SUMMER LEADERSHIP SERIES

This summer, Esalen continues its ILP Summer Series with Work Study Programs during June, July, and August that focus on cultivating critical skills for leaders: emotional intelligence, self-expression, compassion, conflict resolution, and cross-cultural communication. Esalen’s ILP is open to university-enrolled, college-bound, or “gap-year” students and recent graduates. Participants will receive a certificate upon completion and may be eligible for college credit.

Visit www.esalen.org/integralleadership or contact integral.leadership@esalen.org for more information.
**WEEKEND OF JUNE 9-11**

**Behind the Mask, Beneath the Ego:**

**5Rhythms® and FaustWork® Mask Theater**

Lucia Horan & Rob Faust

The mask is a powerful tool for transformation. From behind the mask, the shy find their voice, the boisterous find a sense of calm, and the scattered find focus.

The 5Rhythms dance practice is a source of creative inspiration that invites you into present time awareness. You will be presented with a system of maps that demonstrate the patterns, rhythms, and cycles of life. In the nonjudgmental 5Rhythms atmosphere, we will learn how to bypass our inner critic-director-ego in order to dance and play from a deeper more soulful place.

Wearing masks allows us to go beneath the ego, where we can find the safety and permission to simultaneously hide and reveal. From behind the mask we are paradoxically “us and not-us.”

In this mask-dance workshop with Lucia and Rob, you will have an opportunity to dance alone, together, and in groups. You will wear full masks, explore new voices wearing half masks, and experiment with masks worn on other parts of the body. Fun, sweat, and soul-searching will ensue.

Lucia Horan bio on page 16.

**Rob Faust** is a maskmaker/performer/director who speaks, performs, and teaches worldwide. Rob designs and creates all the masks he uses onstage. Rob’s work is featured in the book *Mask Makers and Their Craft, An Illustrated Worldwide Study*.[www.faustwork.com](http://www.faustwork.com)

**Changes and Transitions in Your 30s and 40s:**

**How to Stay True to Yourself**

**Phillip Moffitt**

Every age and stage of life brings changes and transitions – some by choice and some not. All change is fraught with concerns, fears, and questions: How do I know if I’m making the right decisions? How can I stay true to myself during this transition? Who am I, anyway?

In this weekend workshop, Phillip Moffitt offers tools, practices, and principles that can help you answer these questions. This is an opportunity for you to assess areas of importance in your life and determine whether change is needed, develop options, and create a plan for making decisions. The workshop emphasizes wise decision making through clarification of values. Participants will explore topics including intimacy; self-esteem; fulfillment in work; money, doubts, and insecurities; and life balance. Each day there are teachings, small group discussions, personal inquiry, participatory exercises, mindful movement practices, and guided meditations. Self-assessment tools that Phillip has developed can help you achieve clarity and gain valuable insights. This workshop specifically focuses on looking within versus dwelling on external circumstances. Expect a weekend of self-exploration, self-inquiry, and ultimately, self-knowing.

III Recommended reading: Moffitt, *Emotional Chaos to Clarity* and *Dancing with Life*.

**Phillip Moffitt**, former CEO and editor-in-chief of *Esquire* magazine, is the founder and president of the Life Balance Institute. He is also co-guiding teacher of Spirit Rock Meditation Center. Phillip is the author of 2 books: *Emotional Chaos to Clarity* and *Dancing with Life*. [www.lifebalance.org](http://www.lifebalance.org)

Artwork by Esalen seminarian Joanne Ehrich
Mindfulness in Deep Relationship: Savoring the Sources of Nourishment

Jerome Front

This retreat invites participants to open to their most elemental relationship, that which exists between the body, mind, and the natural world as it manifests through eating, food, and our senses. This awareness then widens to include the deep nourishment we receive from being in mindful relationship with each other. “Individually, we all know the hungers and longings that coexist at emotional, spiritual, bodily, and relational levels,” says Jerome Front. “Fortunately, these basic needs also form our common human ground. Opening to these primal shared areas with a loving awareness can create profoundly satisfying aspects of deep relationship. These nourishing and transformative relational experiences include understanding and being understood, a sense of increased personal presence, and the soothing and integrating experience of being known in another’s accepting, warm presence.”

Participants will experience sensory work, silent meals, music, ritual, and instruction on mindfulness meditation. Teachings and activities will alternate with periods of intentional silence. Open to everyone, this retreat is an especially rich resource for helping professionals, teachers, and nurses.

☆ CE credit for psychologists; see page 109.
☆ CE credit for nurses; see page 109.
☆ CE credit for MFTs and LCSWs; see page 109.

Jerome Front teaches at Pepperdine University and across the US, and has written about mindfulness, contemplative living, and mindful approaches to relationships. He leads retreats and clinical and corporate trainings, and is an LMFT in private practice. www.jeromefront.com

Being Present in the Body: Using Mindfulness to Work with Trauma

Pawan Bareja

Our desire to be happy is our most basic urge, but physical or emotional trauma can get in the way. Traumatic responses, especially from old painful unresolved experiences, are embedded in our body and in our behavior, and have the ability to blindside us and sabotage our happiness. These responses often produce stress that no longer serves us in our present day-to-day life. Is it possible to recognize the traumatic responses in your body? How can you recognize the non-verbal traumatic responses in your reptilian brain? How do you work with old emotional and physical wounds to free up your frozen, survival-based energy, so that you may feel more settled, grounded, and calm in your everyday life?

Expect a weekend of teachings that facilitate an exploration of your traumatic responses in your animal body, experiential exercises to free up energy, and ways to recognize the felt-sense of being grounded and settled. The workshop will emphasize movement and mindfulness meditation practice.

Recommemred reading: Moffitt, Emotional Chaos to Clarity; Levine, Waking the Tiger.

☆ CE credit for massage; see page 109.

Pawan Bareja, PhD teaches Mindfulness and Trauma classes in the San Francisco Bay Area and at Spirit Rock Meditation Center. She has trained professional care providers in India. In her private practice as Trauma Resolution Practitioner, she works with a diverse population of clients. www.MindfulnessAndTrauma.com

Herbs for Restoration and Relaxation

Darren Huckle

The plant world holds many tools for supporting peace, resiliency, and vitality for those of us who live intense or busy lives. This interactive and sensory-oriented workshop will explore amazing herbal allies that powerfully promote the health of our body, mind, and energy. Our special focus will be on herbs that moderate stress response, vitalize energy, promote healthy sleep, and support an overall sense of flow and well-being.

We will spend part of the class in the Esalen garden, where we’ll see, taste, and feel medicinal plants. In the classroom, we’ll experience a multitude of dried herbs, and in the kitchen we’ll make a custom herbal tea and tincture blend for each participant to bring home.

($15 materials fee will be added to the workshop cost)

Darren Huckle, LAc, DAOM, has a private practice as an herbalist and acupuncturist in Santa Cruz, Calif. He teaches holistic health modalities including herbal medicine, nutrition, acupuncture, and qi gong at Five Branches University and University of California, Santa Cruz.

WEEK OF JUNE 11-16

God, Sex and the Body

Jonathan Horan

God, Sex and the Body is and always will be a profound and integral part of the 5Rhythms® curriculum. It has personally informed my way of being, my teaching style, and, most deeply, my acceptance of who I am and who I am not. — Gabrielle Roth

“In the series of maps that comprise the dancing path of the 5Rhythms movement practice, God, Sex and the Body is an initiation into being an embodied soul,” Jonathan Horan writes. “It is a deeply personal journey, a celebration like no other, and a ritual for the hot and holy you.

“This journey is a call to stretch our imaginations with a long-forgotten innocence and move through a spectrum of feminine and masculine archetypes; to dress up these characters through ritual theater, get inside them, and give them expression. No one else can be a man or woman exactly like you. No one else can embody your soul, project your magic, or embody your specific curiosity. Part lover, part artist, part god, we were born to rock the world and feel our way into each other’s hearts.

“Grounded in the 5Rhythms movement practice, this workshop can liberate and inspire us to emerge a bit more fascinated with one another and the mystery of our experience in the world.”

There is a sweat lodge planned for Wednesday afternoon, weather permitting ($25-$30 sliding scale, with no one turned away for lack of funds).

Jonathan Horan is Gabrielle Roth’s son and closest collaborator. He is on the core faculty of her international institute, The Moving Center. Jonathan has been immersed in the 5Rhythms® practice throughout his life and continues to be a key catalyst in its evolution. www.5rhythms.com
**The Painting Process Rediscovered: The Magic of Spontaneous Expression**

Michele Cassou, with Cherie Ray & Anna Billings

For many of us, it is difficult to simply let go and create. Programmed to fear being judged, we set narrow boundaries on our creativity. The “dragons” of product, meaning, and control limit our choices of subjects, colors, and forms. However, once we find Point Zero, the ground from which creation springs, we can push these fears aside and recapture the magic of spontaneous creation. This work offers practical ways to dissolve creative blocks and find inspiration so that, in a state of infinite possibility, art becomes not a means to an end but a place we inhabit, a place to explore our true selves and the mystery of our lives. Michele Cassou has created an original approach to painting as a tool for self-discovery and spiritual exploration, guiding students for more than twenty years. This workshop is five days of painting, support, stimulation, free play, and self-realization for artists and seekers of all stripes, educators, counselors, meditators—anyone with a thirst to revitalize the creative juices. No experience is necessary, just the desire to unleash your spontaneous self-expression. All you need to bring is a painting apron and comfortable shoes. All other materials will be provided by the leader. For more information visit [www.michelecassou.com](http://www.michelecassou.com).


($50 materials fee will be added to the workshop cost)

Michele Cassou, artist and teacher, developed the Point Zero Painting Method, using painting for self-discovery and for exploring the spiritual dimensions of the creative process. She teaches across the US and Europe, at Zen centers and other venues. [www.michelecassou.com](http://www.michelecassou.com)

**Simply Wild: Experiencing Nature**

**Steven Harper**

_I do know how to pay attention, how to fall down into the grass, how to kneel down in the grass, how to be idle and blessed, how to stroll through the fields, which is what I have been doing all day. Tell me, what else should I have done._

- Mary Oliver

The week is simple. We stroll through the wilds of Big Sur on hikes, soak in the natural mineral hot springs, eat good wholesome food, and commune with ourselves, others, and nature. With the bare attention of awareness and wilderness as our teacher, we show up for our life as it unfolds moment to moment. We make inquiry into the process of getting out of our own way—doing less and being more. Cultivating silence, space, and simplicity, we come into intimate contact with the raw beauty of this mysterious world.

The group ventures out each day on hikes four-8 miles in length, exploring the unique natural diversity at the meeting of mountain and sea. From ocean beach to deep canyon to open ridgeline, Big Sur in summer offers an invitation to be fully alive. Simple practices that encourage awareness and contemplation (“how to be idle and blessed”) are shared with the group, as well as the wonders of the rich natural history of Big Sur.

No previous experience in simplicity or nature is required. More information and a waiver will be sent upon registration. For an equipment list and frequently asked questions about Steven’s workshops, visit [www.stevenkharper.com/faqs.html](http://www.stevenkharper.com/faqs.html). ($30 permit and park entrance fees will be added to the workshop cost)

Steven Harper bio on page 61.

**Inner Power Qigong: The 9 Phases of Qi Cultivation and Mastery**

**Roger Jahnke**

Health, well-being, and longevity can be achieved through cultivating and mastering qi. Every style of qigong—including tai chi and yoga—shares a basis in essential principles. During this workshop, you will have the opportunity to awaken and refine natural healing and intuitive abilities associated with the most mysterious and neglected aspect of being: the eternal nature, or universal self.

Starting with the ancient Three Treasures, the leaders will support you in revealing your natural inner power to yourself, through the 9 Phases of Cultivation and Mastery of Qi: Discover, Gather, Circulate, Purify, Direct, Conserve, Store, Transform, and Dissolve.

Whether your focus is to heal yourself, help others, merge with nature, maximize intuition and creativity, or work toward inner peace, these nine phases, with their roots in ancient tradition, are tools with extraordinary power to release your inner potential.

The 9 Phases Qigong is distilled from Dr. Roger Jahnke’s book, _The Healing Promise of Qi, Chinese medical theory, and philosophies of Taoism and Buddhism._

- Recommended reading: Jahnke, _The Healing Promise of Qi and The Healer Within._

☆ CE credit for nurses; see page 109.
☆ CE credit for acupuncturists; see page 109.

Roger Jahnke bio on page 29.
Experiencing the Esalen Farm & Garden
Anna Pierce-Slive & Chad Morse

For more than 40 years, the Esalen Farm & Garden has provided a holistic model of food security and sustainability—producing food that sustains, heals, and educates the community. Growing one’s own food is a powerful form of activism and a deep source of spiritual experience. The Esalen Farm & Garden staff strives to cultivate soil, plants, and people while honoring the spirit of the land and its ancestors.

This dynamic workshop experience provides the opportunity to immerse yourself in the Farm & Garden alongside our talented and experienced staff. This week will introduce you to the practical and experiential knowledge needed to start or refine your own garden, as well as a chance to revel in the beauty and power of the Esalen land. You will gain hands-on experience with topics including seed starting, harvesting, cultivation, transplanting, composting, seed saving, flowers, and herbs.

We invite you to explore working on the land as a physical, emotional, and spiritual experience. As an Esalen work tradition, Gestalt awareness practice is integrated into our time together, to support our growth processes and group relationships. Each morning after harvest, we gather in a sharing circle to connect with ourselves and each other before the day of learning and working. We ground and connect with the land through mindful and playful activities and rituals. The week culminates with a farm-to-table dinner that we prepare and share in gratitude together on the beautiful farm.

Anna Pierce-Slive has gotten her hands dirty as the garden supervisor for Esalen’s Farm & Garden and at the University of California at Santa Cruz Center for Agroecology and Sustainable Food Systems. Her teaching blends a passion for plants with the urgency for social change to work towards more equitable and healing relationships between people and the land.

Chad Morse is an educator and farmer. He managed the Esalen Farm for four years, co-led the Farm & Garden apprenticeship program, and has a background in cross-cultural and service-based education.

Weekend of June 16-18
Celebrating Fatherhood
Joanna Claassen Ferraro & Sean Brennan

Inspired by Big Sur’s wild nature and the heartfelt path of fatherhood, this family workshop will be a weekend of laughter, exploration, and connection. There will be stories around the campfire, games, discussion, and time for all to be nourished by Esalen’s healing land and waters. We will use Esalen’s Gazebo School Park, designed for children to climb, bike, garden, make music, dance, and care for farm animals, as well as the art barn and Esalen’s extraordinary and expansive grounds. Whether you have been coming to Esalen for decades or are a first-timer, join us for this special Father’s Day experience. On Saturday afternoon, we will offer a children’s program during which adults will be free to book a massage, enjoy
some solitude, or spend time with one another. This program is ideal for families with young children up to age 10. All children must be accompanied by a parent or guardian.

Note: Fees for children under 10 enrolled in Esalen family workshops are $100 for weekend workshops and $250 for 5-day workshops. Parents/guardians pay regular accommodations fees.

Joanna Claassen Ferraro bio on page 76.
Sean Brennan bio on page 76.

The Five Longings: What We’ve Always Wanted and Already Have

David Richo

“There are five longings we all have: love, meaning, freedom, happiness, and growth,” says David Richo. “Each of these reveals us to ourselves, and shows us what we want, what our life is for, what keeps us going, and what keeps us looking. Longings are mysterious. We often can’t quite name them. They do not yield easily to explanation, nor can they ever be perfectly, fully, or finally gratified. We shyly or loudly bring our longings to others, and sometimes we find more than we hoped for, sometimes less. Our healthy practice is a radical one: We notice and ask for some fulfillment of our longings from those we trust. We give up expecting all or perfect satisfaction. We notice that we have longings for permanence in a world that is always changing, and take that as a clue to the presence of something transcendent in us. With such spiritual consciousness we finally discover that all five longings reflect qualities in our true nature. We are seeking what we are.

“Our weekend will include lecture and discussion. Our purpose is not learning about the five longings but seeing our story in them. We give up expecting all or perfect satisfaction. We notice that we have longings for permanence in a world that is always changing, and take that as a clue to the presence of something transcendent in us. With such spiritual consciousness we finally discover that all five longings reflect qualities in our true nature. We are seeking what we are.

“The class shows you how to:
• Trust your enthusiasm and allow it to guide you
• Break free from habitual behaviors and initiate new adventures
• Act boldly with minimal preparation
• Leverage your creativity and strengths for rapid change

Sessions will include role-playing and mindfulness activities to promote a positive attitude towards risk-taking and making mistakes, as well as the opportunity to interact with the instructor and work in small groups to form personal action plans. Regardless of your age or experience, this workshop can help you live more passionately and empower you to embrace new possibilities in your life.


Ryan Babineaux, PhD, is a career counselor, writer, and researcher in
the area of purposeful living. He is a lecturer at Stanford University, and co-author of the book *Fail Fast, Fail Often: How Losing Can Help You Win*. www.happenstancecounseling.com

**Practical Intuition: Full Effectiveness Living**

Laura Day

You cannot divide the material and the spiritual world. We are all part of one energy, and yet we often revere the spirit without valuing the material "self" too. We create a lot of inspiration but little material manifestation here on earth. The evidence of evolved humanity and spirituality is the ability to make an effective impact on the physical world. You are already doing heavy lifting every day in the countless acts and challenges of being human. However, injury to ego development in childhood can impair your ability to use intuitive and healing energy to create the life that you want. Pure spirit is not the goal of life—effective humanity is. This workshop can repair the ego so that you can channel the infinite power that belongs to each of us.

In this experiential weekend intensive, we will be using intuition, healing, meditation, ego retrieval, ritual, group channeling, and other practices to actualize your goals, and experience life in all of its complexity with more joy and mastery. Come work as a community of intuitives and healers to re-create our lives together. Please bring a blindfold, a journal, and a folder for handouts.

*Note:* During this workshop you will be exploring the healing capacities of directed intuition; part of this includes participating in and conducting intuitive readings. Intuition lends itself to direct, clear insight. This workshop can be very confrontational and sometimes uncomfortable. Please be sure you are able to approach this work with that in mind, and are willing to push your boundaries (and have your boundaries pushed). Please refer to required reading for more information.

**WEEK OF JUNE 18-23**

**Esalen's 13th Annual Yoga Festival: Summer Solstice Sadhana**

Janet Stone, Sianna Sherman & Saul David Raye

Since ancient times, solstices and equinoxes have been essential and sacred points in the year to honor the flow of life on earth. They are times for us to come back into balance and harmony. Right now it is more important than ever to come together to amplify the positive and healing energies. Now is the time to reconnect to the light within ourselves. This light is the essence of our being, and each one of us can share that light with the world.

As the Earth moves through its cycles of darkness into light and back again, our souls move through a parallel journey. When the Sun rises to the highest point in the sky, we can be reminded of our own radiance, strength, and power to ascend to our fullest potential. During this week of yoga, we’ll embark on a journey from darkness to light, contraction to expansion, and discover ways to access the light that is already emanating from us and bring it more fully into the world. This festival is a rare opportunity to study with innovative yoga teachers from various traditions in an intimate environment where your deepest being can be nourished on every level.

Immersed in the natural splendor of Esalen, we’ll experience yoga asana, pranayama, kirtan, meditation, dance, and satsang. The festival begins on Sunday evening with an opening gathering.


Laura Day has taught at Esalen Institute for more than two decades. A *New York Times* best-selling author of 6 books on intuition in business, love, and healing, Laura travels the world creating communities of intuitives and healers. www.practicalintuition.com

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![Image](image_url)
for everyone to come together in community to set our collective intention for the week. Each morning will be open for rest, taking a meditative walk around the grounds, joining in a sunrise yoga class, or spending time in the Esalen baths. Jody Greene will be returning to offer meditation instruction and facilitate early morning group meditation every day. After breakfast, there will be offerings of asana classes from Janet Stone, Saul David Raye, and Sianna Sherman, including one “workshop” each day that explores the different ways we can support our practice of living yoga. Live music will be offered every day in the Leonard Pavilion, inviting us to step deeper into the soul’s awakening rhythm. After a nourishing lunch, we’ll be free to receive massages, soak in the baths overlooking the Pacific, rest, recharge, and connect with other companions on this journey. Afternoon sessions will include partner Thai yoga, restorative practice, tantric philosophy for our modern lives, and meditation. Evenings will include kirtan, rituals, and the final evening will be a celebration and a reflection of our week spent together. Weather and fire season permitting, a sweat lodge may be offered (additional $20 fee per participant). Sweat lodges are an intimate experience and space may be limited.

Join us for this annual gathering as we celebrate the rhythms and passage of life on the summer solstice at Esalen. Each year we return and offer ourselves to the land, sea, and each other. Please bring a yoga mat.

Please note: There is $101 additional tuition for this program.

Janet Stone traveled to India in 1996, where she dedicated herself to a conscious evolution through yoga. Janet blends a wealth of knowledge and yoga experience to create a unique, vigorous-yet-sumptuous approach to Vinyasa yoga. She teaches in San Francisco and leads retreats internationally. www.janestoneyoga.com

Sianna Sherman is a celebrated yoga teacher, storyteller, and passionate speaker at conferences and festivals. She founded Rasa Yoga, Mythic Yoga Flow®, and co-founded Urban Priestess, a modern-day mystery school for women. Sianna leads 200 + 300-hour teacher trainings and contributes to Mantra, Yoga Journal, Origin Magazine, and Elephant Journal. www.siannasherman.com

Saul David Raye is an evolutionary teacher, healer, and spiritual activist. His teachings are centered in the heart, and support people in connecting with their own authentic power and spirit. His teaching is deeply influenced by Tantra and Bhakti schools of yoga. Saul shares his work through classes, trainings, and sacred music. www.sauldavidraye.com

WEEKEND OF JUNE 23-25
Hold Me Tight Workshop for Couples
Sam Jinich & Michelle Gannon

The Hold Me Tight Workshop for Couples is based on practices drawn from Emotionally Focused Therapy (EFT), attachment theory, and Sue Johnson’s best-selling book, Hold Me Tight. The work will be designed around seven conversations that have been shown to be essential to successful relationships. Relationships can be a cause of stress and pain or a source of comfort and joy. Couples will learn how to understand and improve their relationships via presentations, private exercises, conversations with relationship partners, and by watching video demonstrations. By utilizing exercises drawn from EFT, Sam Jinich and Michelle Gannon help couples learn how to deal with their feelings together, reach towards each other, be responsive in more loving and positive ways, and move from isolation and frustration to security, emotional safety, and lasting relationship satisfaction. The Hold Me Tight Workshop welcomes all couples.

Recommended reading: Johnson, Hold Me Tight; Seven Conversations for a Lifetime of Love and Love Sense: The Revolutionary New Science of Romantic Relationships.

☆ CE credit for MFTs and LCSWs; see page 109.

Sam Jinich, PhD, is a San Francisco-based clinical psychologist, relationship expert, and Hold Me Tight workshop leader for couples. He is a certified trainer, supervisor, and therapist in Emotionally Focused Therapy (EFT), and co-founder of the Northern California Community of Emotionally Focused Therapy. www.HoldMeTightWorkshop.com

Michelle Gannon, PhD, is a San Francisco-based clinical psychologist, relationship expert, and Hold Me Tight workshop leader for couples. She is a certified supervisor and therapist in Emotionally Focused Therapy (EFT). Michelle has co-led more than 200 couples’ workshops and trainings. www.HoldMeTightWorkshop.com
**Kindred Spirit**

Matthew Engelhart & Terces Engelhart

The Kindred workshop is all about relationships: Are we going to use this relationship to awaken together? What if love is a presence—a state of mind? What if relationship is awakening to this realization? What if life is an inside job and what you are hoping that a relationship can fulfill can only be attained in your awareness?

During this workshop, we ask participants to imagine a new context for their personal, professional, and romantic relationships. Imagine if this were the standard question on a first date, a job interview, a tenant/landlord inquiry, or the blessing at the family’s Thanksgiving dinner. Culturally, we keep looking for the one, the perfect job, partner, or circumstance to create our fulfillment. In the Kindred Spirit workshop, you can discover how to generate your own love experience, to say the hard things, to be transparent and to ultimately create unconditional love in all your relations. This workshop is a mixture of lecture and participation.

Recommended reading: Engelhart and Engelhart, *Kindred Spirit*.

Matthew Engelhart is co-owner of Café Gratitude. He has coauthored 3 books with Terces Engelhart, and when they are not on the road speaking or teaching, he and Terces live on “Be Love” Organic Farm where they grow food for their 7 restaurants. www.eternal-presence.com

Terces Engelhart is co-owner of Café Gratitude. She has coauthored 3 books with Matthew Engelhart, and when they are not on the road speaking or teaching, she and Matthew live on “Be Love” Organic Farm where they grow food for their 7 restaurants. www.eternal-presence.com

**Mindfulness-Based Stress Reduction**

Mark Abramson

The impact of stress on health is well recognized. Now the efficacy of stress reduction as an adjunct to medical treatment is being recognized in more and more health care settings. In 1996 Dr. Mark Abramson founded a program at Stanford University Medical Center using the 2,500-year-old technique of Mindfulness Meditation to train patients as an adjunct treatment for many different medical conditions.

Mindfulness is “nonjudgmental awareness.” This requires one to pay attention to direct experience in the present moment, neither clinging to what is perceived as pleasant nor reacting with aversion toward what is perceived as unpleasant. In both mental and physical stress, much of the perpetuating cycle of pain or discomfort is a result of one’s judgmental struggle to push away what is experienced as unpleasant. Yet as one becomes willing to directly meet the actual experience, it becomes finite. One begins to see that it can be workable to deal with a finite level of discomfort one moment at a time.

Approximately 3,000 people have taken this training with Dr. Abramson. Most patients report a significant increase in their ability...
to manage their illness and significant reductions in stress and physical complaints. Dr. Abramson adds, "What I most appreciate is participants reporting improved ability to respond to themselves with kindness and compassion."


CE credit for psychologists; see page 109.
CE credit for nurses; see page 109.
CE credit for MFTs and LCSWs; see page 109.

Mark Abramson bio on page 10.

Strengthening the Heart through Compassion
Leah Weiss

Experience a weekend immersion in compassion cultivation, based on the Stanford Compassion Training program developed by psychologists, scientists, and contemplative scholars at Stanford University. Explore strategies for strengthening self-compassion, connecting with others, finding peace in difficult circumstances, and overcoming compassion fatigue. This session will include lecture, meditation, self-reflection, experiential exercises, and discussion. You will also learn about the scientific research demonstrating the benefits of training compassion, and strategies for sharing these practices with others. This workshop is particularly useful for health and healing professionals in their work with clients and patients. To learn more about the Stanford Compassion Training program, visit ccare.stanford.edu.

Leah Weiss, PhD, MSW, is a lecturer at Stanford Business School and senior teacher of the Stanford Compassion Cultivation Program. She is also the director of contemplative education and scholarship at HopeLab. Dr. Weiss has taught veterans with PTSD at the Department of Veterans Affairs.

Men’s Renewal Weekend
Adam Rumack

For men, it can be challenging to find the time and space to renew ourselves, and to find a supportive company of other men who are willing to live the important questions of what it means to be alive and in service to the world while maintaining a healthy and generative lifestyle.

In this weekend workshop we will explore the wild beauty of Big Sur with a spacious Saturday on the trails, evenings of storytelling and community building through the practice of council, and ample time to connect with each other and all that Esalen has to offer. The Way of Council, as developed by the Ojai Foundation, is a blend of listening and communication practices that empower and support community building, trust, healing, and a sense of common purpose. Our hiking distance will range from four-7 miles, and while no previous hiking experience is required, expect some vigorous activity.

More information, including an equipment list and a waiver will be sent upon registration.

Adam Rumack bio on page 79.

WEEK OF JUNE 25-30

Writers’ Camp
Cheryl Strayed

Writers take over the entire Esalen campus during this annual workshop organized by best-selling author, Cheryl Strayed. In sessions led by each of the distinguished faculty members, you’ll hear lectures, do writing exercises, discuss the art and craft of prose writing, and have the opportunity to share your work in a nurturing environment that engages and challenges writers of all levels, from the novice to the advanced. Because the focus of the workshop is on generating new writing rather than critiquing manuscripts, you simply begin where you are. This is a fun, creative, inspiring week designed to ignite and re-ignite your passion for the stories you have to tell.

Please note: An additional $40 tuition will be added to the workshop cost.

Cheryl Strayed is the best-selling author of four books, including the memoir *Wild*, which was made into a film starring Reese Witherspoon. Her books have been translated into 40 languages around the world. She lives in Portland, Ore. www.cherylstrayed.com

Liquid Life

Mystically musing by the ocean
In the misty morning sun
Watching white waves in motion
Sculpting boulders weighing tons.

Thinking of my genesis
Springing from this vast place
Brevity is my nemesis
In this blink of time and space.

Overcome by come what may
As restless water plays with light
In the splay of salty spray
Long live the leap of liquid life.

W. Jay Klein
Miracle of Water
September 2007
WEEKEND OF JUNE 30-JULY 2
ESALEN MIDSUMMER FESTIVAL
TIME TO REFLECT

Join us for a holiday weekend full of friends, families, fun, music, and good food! This time will be relaxed and unstructured, allowing for lots of opportunity to meet others, participate in daily movement classes, take long walks, visit the farm, or simply relax in the hot springs. On Saturday afternoon, Esalen will throw a celebratory concert and outdoor dance jam with a live musical line up. Watch the Esalen website for more information. Ivy Mayer Lavie will also offer a weekend children’s workshop for parents who want their little ones to fully experience the joy of being young at Esalen (see The Magical Family). Join us for this epic, family-friendly event.

Regular workshop prices apply for adults and children.

THE MAGICAL FAMILY
Ivy Mayer Lavie

The gorgeous Esalen gardens are home base for this weekend of play, creativity, and celebration. Get ready for a unique experience for you and your child, including mindfulness practices through connection to nature and expressive, musical, and sensory awareness games. We will spend time together as a group with music, mindfulness, and welcoming play, and time in breakout groups where the parents and children have their own experiences. For the child, we pay special attention to what is emergent and noble, and seek to celebrate the burgeoning soulfulness of the child.

Activities include respectful plant harvesting and making magical creations in the Esalen Garden, creative art, engaging light-hearted dharma games, hiking along the Creek, and playing at Gazebo School Park (for children up to six years old). Special experiential sessions for parents will use embodied mindfulness to support self-care, and guided practices that support coming home to oneself. Families are invited to journey through a magical space that brings together the wild Esalen coast and the creativity that emerges when a group comes together.

The concurrent Esalen Midssummer Festival will be the main event on Saturday afternoon, with live music for the entire Esalen community between 2 and 7pm. Parents in this workshop may enjoy child-free time from 3:30 to 5pm, or stay with the workshop during that time.

This workshop is open to children ages 4-13 (although children on the younger end need to be comfortable being on their own, or have a caregiver who can be with them during all sessions). Children of other ages may be admitted with permission of the leader. Special pricing applies to this workshop.

Recommended reading: Louv, Last Child in the Woods.
($8 materials fee per person will be added to the workshop cost)

Ivy Mayer Lavie bio on page 59.
Work Study Program

The Work Study program is a 28-day immersion in Esalen’s integrative approach to personal and social development. The program combines a rigorous course of study in one area of transformative practice with the opportunity for deep relationship with the Esalen land and community. Work Study is a rich and challenging way to embody the idea that mental, physical, emotional, spiritual, and social dimensions of the self are inextricably connected.

At the heart of the Work Study experience are the evening sessions. During these meetings, which occur four to five evenings per week, workscholars in each discipline meet together for core studies. The group leader or leaders for each discipline are highly experienced teachers who coordinate the course of study and guide scholars throughout the month. As a complement to their studies, workscholars participate in Esalen’s daily operations by volunteering 32 hours per week, usually in the housekeeping department or in the kitchen, in exchange for their housing and meal costs. Contemplative and transformative practices are woven into the Esalen work environment, so each day there are valuable opportunities for self and group exploration, including group process and check-in.

The Legacy Program is a second type of 28-day Work Study experience. With class sessions meeting just twice per week, with one intensive day of classes during the month, Legacy workscholars have more flexibility in their schedules to attend residential education classes (regularly occurring learning events designed for Esalen staff) and daily movement programs. Legacy programs are usually a mix of workscholars and Esalen staff. Legacy workscholars also volunteer 32 hours per week with an Esalen department. Legacy tuition is the same as the traditional Work Study program.

Workscholars are selected by application only. After applications have been accepted, participants may register for the program. Some of the work can be physically challenging, including lifting, bending, and repetitive movements. Please be sure you are capable of the work you may be assigned. Workscholars are assigned to departments on the basis of community need, so please be ready to jump in anywhere.

PLEASE NOTE: The Work Study program is designed to explore and apply human values and potentials. It is not intended as a substitute for therapy or as a “cure.” Esalen encourages workscholars to refrain from alcohol use during their stay. No pets, drugs, or violence allowed. We cannot accommodate children.

Commitment to the Work Study program is from 4pm of the first Sunday to 7:30 pm of the final Sunday. Do not plan to take regularly scheduled catalog workshops during your stay.

FEES: A deposit for $400 in US currency is required with your application. Fees will not be processed until your place in a program is secured and you have accepted. The Work Study program fee is $1,250 for the month. Fees are subject to change and are due upon your arrival. Workscholars may be invited to remain for a second month depending on space and community needs. Occasionally it is possible to stay for a longer period as an extended student.

FOOD AND HOUSING: Accommodations are shared (occasionally co-ed), with up to four people to a room. Some workscholars stay at South Coast Center, a staff complex located 1.5 miles north of Esalen. Housing and meals are provided in exchange for 32 hours of volunteer work per week.

CANCELLATION POLICY: If you choose to cancel, you will be charged the following amount: 15+ days prior to start date, $100; 8-14 days prior to start date, $200; 3-7 days prior to start date, $300, 1-2 days prior to start date, $400; less than 24 hours prior to start date, no refund.

TO APPLY: Visit www.esalen.org/workstudy-application to download the application. Please email your completed application to workstudy@esalen.org and then send your deposit by mail, or mail your application and deposit to:

Work Study Program
Esalen Institute
55000 Hwy 1
Big Sur, CA 93920

We will contact you to confirm receipt of your application within 14 days of receiving it. We will inform applicants of admission three months prior to the program’s start date. After that time, there are waitlists for Work Study programs.
MONTH OF JANUARY 15-FEBRUARY 12

Work Study - Opening the Creative Channel

Johnsmith

If you told the story of your heart, what story would you tell? If your life was a song, what would that song be? Have you thought, “I can’t sing- I don’t play an instrument, and I’m scared of that.” This program, led by Johnsmith, is for those who don’t think they can sing, who are afraid, who were told they can’t carry a tune, and who don’t play an instrument. This is an invitation to go to your edge and discover the beauty of expressing your story and spirit through creativity and song.

The focus of this program is to open the creative heart through prose, singing, songwriting, storytelling, and poetry. With a mindful and playful attitude, along with the magic and natural beauty of Esalen, we’ll court the Muse and immerse ourselves in creative flow. The program utilizes the following activities and exercises:

• Journaling, writing exercises, song assignments, and co-writing
• Songwriting tools including verse and chorus writing, rhyming, and metaphor
• Solo and group singing, performance, and impromptu jams

Playing a musical instrument is not necessary, but you are welcome to bring one if you play. Johnsmith’s workshops help students cultivate a fun, dynamic, and safe place to experience our creative selves. John will also be inviting guest artists and staff to assist during the month.

Johnsmith has been writing heartfelt songs for more than 30 years. He’s won national awards and contests, was a staff songwriter in Nashville, and has recorded 6 CDs. He’s taught songwriting workshops nationwide, and has been featured on NPR’s “New Dimensions.”

Legacy Group - How We Change and Why We Don’t: The Art and Science of Transformation

Cassandra Vieten

How do people, both individuals and groups, make foundational shifts in their worldviews that give rise to radically new ways of being in the world? This Legacy group led by Cassandra Vieten will examine what science, religious and spiritual traditions, and modern transformative practice movements have to say about how people change. The group also will examine how we can get stuck or lost, and how to shake free from periods of inertia or patterns that prevent our growth. Activities and topics for participants include:

• Learning about the emerging science of transformation
• Exploring indigenous, religious, spiritual, and secular models of transformation
• Examining the role of peak experiences, Aha! moments, extraordinary moments, and awe in transformation
• Investigating the transformative potential of pain, struggle, hitting bottom, and post-traumatic growth
• Engaging in experiential practices designed for transformation
• Delving into stories, symbols, and metaphors of transformation
• Mapping your own lifelong transformative journey

Participants also will work toward applying what they’ve learned as they move forward after the Legacy month. A limited amount of one-on-one coaching will be offered for those who are working toward a career in consciousness transformation.

For more information and to apply, visit www.esalen.org/work-study.

☆ CE credit for MFTs and LCSWs; see page 109.

Cassandra Vieten bio on page 22.
MONTH OF FEBRUARY 12-MARCH 12

Work Study - Beyond the “Revolving Door”:
Gestalt Relational Constellations
Gordon Wheeler & Nancy Lunney-Wheeler

“In certain parts of our lives, we move forward with strength and relative ease, adding new learning and new capacity to familiar areas of comfort and confidence,” the leaders write. “And then we have other areas where we may navigate with greater difficulty and challenge—or sometimes not at all. Strong areas and flat sides alike may be in public or private areas, in work life or in relationships, in goals accomplished or hopes and dreams deferred—or even longings just avoided altogether, to avoid disappointment.

“Our difficult areas of living may be particular relationships or types of relationship, specific skills or whole types of learning and growth, in making commitments or just daring to move at all toward our dearest dreams. Why? Why do our patterns of living have this tendency to get stuck, and what can we do about it?

“Gestalt Relational Constellations (GRC) offers a new methodology for taking a fresh look at our strengths as well as our challenges, and a whole new approach to doing something about it. Using the whole group in service to each person and their particular issues in turn, we find answers to old riddles in our own psyches and lives – and support for new moves and new strength in some long-stuck areas of living. Often participants report that they learn as much from others’ issues as from exploring their own. Join us for a month of intimacy, adventure, and deep learning, through laughter and tears, new connections, and new possibilities in living.”

GRC grows out of the pioneering work of Bert Hellinger and his followers, with the addition of a deep Gestalt commitment to embodied experience and support. GRC may be used to explore underlying dynamics of any issue — family of origin, current family system, interpersonal or work issues, or even such “internal systems” as important decisions or crossroads in our lives.

Recommended reading: Hausner, Even if it Costs Me My Life.

Gordon Wheeler, PhD, is a relational psychologist applying the Gestalt model to a range of contemporary clinical and social issues. Author or editor of many books and articles, he teaches and trains widely around the world. Together with Nancy Lunney Wheeler, he has developed and articulated Gestalt Relational Constellations for exploring the systemic contexts of “individual” issues. Gordon has long been president of Esalen Institute in Big Sur, Calif., where he also served as CEO.

Nancy Lunney-Wheeler, MA, is noted for her work combining Gestalt with music, and with Systemic Constellations. Out of her background in vocal coaching and music theater, she has also developed her popular workshop “Singing Gestalt.” For 30 years Nancy served as director of programs for Esalen Institute, where she now serves as senior advisor.

Legacy Group - Inspired by Nature: Creative Expression in Esalen’s Big Sur Landscape
Christina Dauenhauer

“On Esalen’s property we have the opportunity to experience Big Sur’s dynamic wilderness, from the redwood forest to the rocky coastline,” writes Christina Dauenhauer. “During this program, we’ll come into contact with our own, individual inspiration through basic awareness practice, creating art out in the environment, and hiking. Slowing to the rhythms of nature, we will engage our creativity, while connecting with ourselves.

“We will use traditional and non-traditional media to explore nature and our place within it. You are encouraged to bring materials you are interested in using; Nature and Christina also will supply basic tools to create. The focus of our creative explorations and experimentation will be about the journey and play, not the result. You will delve into and have the opportunity to expand your creative capacity and discover new insights about yourself.”

All levels of artistic ability are welcome. Be prepared for the physical challenges of Big Sur, as well as sitting in stillness and creating in a natural environment. You will need to sign a waiver to explore wilderness areas. Please bring good walking shoes, a notebook/sketch book, and a small bag/backpack to carry supplies and water.

($45 materials fee paid at the time of registration)

Christina Dauenhauer bio on page 57.

MONTH OF MARCH 12-APRIL 9

Work Study - Relational Gestalt Practice
Dorothy Charles

Living a full and connected life requires our capacity to feel and to make use of our emotional experience. Much of the alienation and separation that occurs in our relationships and family life is the result of the fear of feelings. We disconnect from our emotional life when we are afraid of being overwhelmed, humiliated, or perceived as
weak or inadequate, only to pay the price later in isolation, anxiety, and depression.

Our relationships improve and deepen as a result of our ability to feel at ease with our own feelings and to be present with the feelings of others. In this workshop led by Dorothy Charles, we will create a safe and supportive environment in which our emotions can be met with curiosity, interest, and acceptance. The format will combine Gestalt Process, small group work, dyadic awareness exercises, discussion, and opportunities for individual work with the leader.

☆ CE credit for MFTs and LCSWs; see page 109.

Dorothy Charles bio on page 56.

Legacy Group - Deep Bodywork®

Deep Bodywork, as created by Perry Holloman over the last twenty-five years at Esalen Institute, is a method that integrates the qualities of a flowing Esalen® Massage with the therapeutic effectiveness of deep tissue work. Using deep tissue methods, massage practitioners can enter the body’s deeper soft tissue layers, freeing previously dense, hardened areas, which may have become chronically painful due to a lack of fluid exchange and energy flow. As these areas soften and “re-organize,” their chronic tension patterns release, revitalizing living tissues with blood, lymph, and chi (life) energy. Because living systems like the human body require a constant flow of chi energy to self-organize and heal, blockages to that flow within our tissues can create longer-term health problems like joint and soft tissue pain, movement restriction, and circulatory problems.

This month with Rob Wilks will focus on exploring the modality of deep bodywork as a healing art, and is designed for massage and bodywork practitioners seeking to incorporate effective deep tissue techniques into their work. We will explore the common areas (back, neck, shoulders, hips, etc.) where these chronic tension patterns tend to stagnate. Students will be taught how to effectively address these areas using gravitational energy, proper use of body mechanics, the importance of working slowly, and self-care practices.

Professional massage experience is highly recommended for this advanced-level class. Please visit www.deepbodywork.com for more information.


Rob Wilks bio on page 12.

MONTH OF APRIL 9-MAY 7

Work Study - Write Your Life for the Page and the Stage

Ann Randolph

As we write, we are both describing and deciding the direction that our life is taking.

–Julia Cameron

This is an invitation for you to discover your own unique and powerful story and the profound transformation that occurs when speaking it out loud. During this program led by Ann Randolph, you’ll be taught how to trust your creative impulses, thus embracing all of who you are. By becoming the author of your own life and learning how to tell your own story, you can not only begin to craft your experience into a compelling narrative, but you will also unleash a sense of purpose in your own life you never thought possible.

Through writing exercises, group discussion, and improvisation, we will support one another in creating and speaking our stories. Topics include:

• Writing to simulate memory
• Crafting story structure
• Creating spontaneously
• Writing on our feet
• Overcoming performance anxiety
• Releasing yourself from the inner critic
• Transforming ideas/stories into performance

This is a workshop for those interested in personal essay, memoir, or solo performance, and for anyone seeking to bring more meaning to their life through writing. All levels welcome.

Ann Randolph bio on page 73.

Legacy Group - Transforming Your Identity, Discovering Your Authentic Self

Tanya McGinnity

Our emotions can be hugely important in determining the quality of our lives. They occur in every relationship we care about—in the workplace, friendships, with family members, and in our intimate relationships. Emotions can, and often do, arise very quickly. Our conscious self usually does not participate in or even witness what exactly triggers an emotion at any particular moment. That speed can save our lives in an emergency, but it can also ruin our lives when we react rather than respond.

Using an Emotional Intelligence framework, Tanya McGinnity will lead participants on a journey to witness their current capabilities and be encouraged to reach their highest potential. By establishing trust we create an energetic container in which participants will feel safe to dive deep into their souls through guided imagery and self-reflective questioning. By reflecting on negative patterns, they will be able to determine the false identities that have been informing their negative self-talk. This transformative course is dedicated to a deep exploration of vision, identity, values, and emotions in order to live intentionally and with purpose, connected with a radiant life force.

Tanya McGinnity bio on page 74.

MONTH OF MAY 7-JUNE 4

Work Study - Embodied Relational Gestalt

Michael Clemmens

“We develop relationships with ourselves and others through the physicality of our vision, smell, touch, and movement,” says Michael Clemmens. “These relationships, or dances, shape what we believe is possible and how we behave in the present. In this program, our focus will be on the ways in which we create relationships through our bodies. By attending to our present dance with others, we can become more aware of our existing context and optional ways of interacting.

“The structure of the program will be experiential exercises, practice sessions, and group discussion to develop our awareness of self and the group. We will begin with our earliest movements (prior to birth) and then explore how we co-create our bodily membership in the more complex gestalts of family, groups, and cultures. Our goals will be to experience how we create relationships through embodiment, and to develop skills in attending to ourselves and others.”

☆ CE credit for MFTs and LCSWs; see page 109.

Michael Craig Clemmens bio on page 73.

Legacy Group - Coming Alive through Conscious Dance, Meditation and Yoga Philosophy

Jovinna Chan

Are you ready to tap into your potential for deeper love, awareness, aliveness, and creativity? Then pause from your routine, and take on the role of a devoted apprentice to mastering the mystery and science of being YOU.

During this Legacy immersion, experience the inner power that results from aligning every part of yourself with spirit. Through the practices of yoga, mindfulness, and conscious dance, unleash and nurture your own fulfillment and well-being. Be prepared to discover that your presence can move mountains and overcome separation in the world! Jovinna Chan invites you to drop into a field of deep communion that also includes resting, resetting, and awakening. In this program you can expect to:

• Cultivate awareness, presence, and stillness
• Release fear, inhibition, and judgment
• Acquire transformational skills based on the yogic study of the koshas (multi-dimensional layers of being)
• Master conscious communication skills, especially the art of listening

Artwork by Esalen seminarian David Lazarony
• Design and implement a lifestyle rooted in yoga practices (postures, breath, and meditation) and conscious dance
• Tune into and act on your life purpose
This program invites you to experience the core connection of body, heart, mind, and spirit. Create a practice that you can draw on for the rest of your life. You can make a difference in your own world. And that difference can change the world around you.

Please bring a yoga mat, and a journal for reflection and notes.

Jovinna Chan bio on page 76.

MONTH OF JUNE 4-JULY 2

WORK STUDY - RELATIONAL LEADERSHIP:
BUILDING A RADICALLY ENGAGED CULTURE

Mark Fairfield

The Relational Center, in Los Angeles, Calif., has pioneered an innovative leadership training that inspires people around the globe to be more empathically engaged, to join and support social movements, and to catalyze a culture of interdependency. The Relational Center’s founder and executive director, Mark Fairfield, will offer Esalen ILP work scholars this month-long workshop, inspired by the Culture of Radical Engagement training program (championed by former Esalen Legacy program collaborators Lucien Demaris and Cedar Landsman), a learning intensive in culture-building for activists, organizers, and movement leaders.

Relational leadership is a link between human potential and the possibilities for change in the social and natural environments. This workshop integrates grassroots community organizing, somatic engagement, and distributed leadership. It incorporates a strategic storytelling tradition designed to build trust, identify overlapping values, and elicit collective empathy. It also takes us beyond the service provision context, equipping participants in peer support and replication strategies. The program targets engaged leaders who stand for personal transformation as much as social, economic, and environmental justice.

Mark Fairfield, LCSW, BCD, is executive director of The Relational Center. Formerly the clinical director for Common Ground in Santa Monica, Calif., he has a private practice coaching and consulting for a wide range of clients. Mark has presented and trained internationally and has published in journals and books.

www.relationalcenter.org

Nina Merrens is a global leadership expert with 20 years of experience. Based in Munich, Nina founded Intercultural Communication, facilitates leadership seminars for the United Nations, and is a consultant on organizational culture for large private-sector clients worldwide. She teaches intercultural sensitivity at a leading German university. www.njm-intercultural.de

Work Study Programs
JULY – SEPTEMBER 2017
Please check www.esalen.org/page/work-study for complete program descriptions and to apply.

JULY 2 – 30
WORK STUDY: with George Kohlrieser
HIGH PERFORMANCE LEADERSHIP:
HOW TO UNLEASH YOUR FULL POTENTIAL

LEGACY GROUP: with Vanessa Stone
PATH OF THE LIBERATED LEADER: REALIZING AUTHENTIC VISION AND LIVING PURPOSE

JULY 30 – AUGUST 27
WORK STUDY: with Don Hanlon Johnson
EMBODIED LEADERSHIP IN A DISEMBODIED WORLD

LEGACY GROUP: with Peter Meyers
SPEAK TO INSPIRE

AUGUST 27 – SEPTEMBER 24
WORK STUDY: with Linda Nicholls
THE ART AND SCIENCE OF LIVING WELL, TOGETHER

LEGACY GROUP: with Suzanne Scurlock-Durana
LEADERSHIP AND PRESENCE

SEPTEMBER 24 – OCTOBER 22
WORK STUDY: with Rob Wilks
DEEP BODYWORK®

LEGACY GROUP: with Siegmar Gerken
LIVE WITH THE WILL OF YOUR HEART: THE MINDFULNESS OF RELATING
JANUARY 29-MARCH 12, 2017

250-hour Esalen® Massage Certification Program

Perry Holloman, Peggy Horan & Johanna Holloman

This 250-hour massage certification course is designed for those who plan to professionally practice massage, or to combine Esalen Massage skills with another body-mind discipline. It will provide an in-depth experience of bodywork as an aspect of transpersonal growth, reflecting the rich history of the Esalen approach: an interweaving of disciplines focused on the integration of body, mind, and spirit. As students develop competence during the course of this training in Esalen Massage methodology, they will be also be exposed to approaches such as Sensory Awareness, Gestalt Process, yoga, and meditation—all practices focused on supporting the embodiment of presence and awareness as we touch. This six-week immersion is an in-depth experience of Esalen Massage theory and method, teaching students how to move beyond technique and embrace this form as a true healing art.

Through lecture, demonstration, and visual aids, students will study massage as a holistic approach to optimal health and functioning. The course offers 250 hours of comprehensive core massage instruction, including relevant anatomical and physiological exploration directly linked to the practice of massage. Students will have ample time for supervised practice with each other, emphasizing body mechanics, self-care, and innovation. The massage curriculum includes centering skills, Esalen long stroke methods effective in whole-body integration, draping, detailed structural work, passive joint movement and stretches, and techniques that energetically balance a massage. Students will also be taught communication skills for interacting with clients in a clear, compassionate manner, including education in difficult ethical situations that sometimes arise in massage practice.

This course is the cornerstone of the Esalen 500 hour-certificate. For the CAMTC, CMT certificate, graduates can participate in additional catalog bodywork courses to total 500 hours, approximately 10 five-day workshops, non-sequentially. Upon satisfactory completion, and after documenting 30 additional massages at your home site, a State-Approved Certificate of Completion for 250 hours will be issued. The certification fee is $115. Esalen is an approved school by the Bureau for Private Postsecondary Education (school code 2700571). California Massage therapy Council approval is pending.

For more information, email massagecert@esalen.org or call 831-667-3005. Scholarship assistance may be available. Tuition: Shared standard accommodations: $8500; Shared bunk bed dorm: $6600. (A $20 materials fee will be added to the workshop cost)

☆ CE credit for massage; see page 109.
☆ CE credit for nurses; see page 109.

Peggy Horan has been practicing and teaching massage at Esalen for more than 40 years. She has also been involved in childbirth education and practiced midwifery in Big Sur for 15 years. Peggy is the author of the book Connecting Through Touch.

Perry Holloman bio on page 54.
Johanna Holloman bio on page 54.
Continuing Education Programs

Esalen’s status as a provider of continuing education is approved by the following boards:

PSYCHOLOGISTS AND MFT/LCSW: American Psychological Association (California psychologists are required to report their hours to the MCEP Accrediting Agency)

LMFTS, LCSWS, LPCCS AND/OR LEPS: California Board of Behavioral Sciences and CAMFT (provider number 128759).

MASSAGE PRACTITIONERS AND BODYWORKERS: The National Certification Board for Therapeutic Massage and Bodywork (provider number 043062-00) and the Bureau for Private Post-Secondary Education (school code 2700571)

REGISTERED NURSES: California Board of Registered Nursing (provider number 01152)

REGISTERED DIETITIANS: Commission on Dietetic Registration

ACUPUNCTURISTS: State of California Acupuncture Board (provider number 946)

Approved workshops qualify for the following number of CE units: weekend, 10; five-day, 26; seven-day, 36; Work Study, 38. Please check workshop listings online at www.esalen.org for frequent updates to CE status.

In order to receive a certificate for continuing education units, participants must meet the following requirements:

• Notify workshop leader at the beginning of the workshop
• Attend and sign the attendance sheet for all sessions (please see leader). Partial credit cannot be given
• Fill out the evaluation form distributed by the leader at the end of the workshop (including your license number), and turn it in to the Esalen office with a $25 processing fee. Multiple certificates will be an additional $25 per certificate
• Certificate processing can take up to 45 days. Certificate will be emailed to you

Please note: If your workshop is listed as offering CE, but indicates that you must “see leader,” your leader will be responsible for processing and issuing the CE certificates. There is no need to contact our main office at the end of your course.

For questions regarding continuing education, contact ce@esalen.org.

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Esalen's (Famous) Kale Salad

In celebration of Spring, we give you one of our favorite farm-to-table salads. Enjoy!
Makes 6 1-cup servings.

1/3 cup Bragg's liquid aminos or soy sauce
1/3 cup lemon juice
1/3 cup flaxseed oil or extra-virgin olive oil
1/2 medium red onion
1/4 cup sunflower seeds
1/4 cup pumpkin seeds
1/4 cup sesame seeds
1 lb. fresh kale
1/2 cup alfalfa sprouts
1/2 cup sunflower sprouts
1 avocado, cut into 1/2-inch cubes (optional)
1 cup thinly sliced shiitake or crimini mushrooms (optional)

Instructions
Combine the Bragg's or soy sauce and lemon juice in a blender, or whisk in a bowl. Slowly dribble in the oil as the blender turns or as you whisk vigorously.
Slice the onion into thin half-moons and marinate in the dressing as you prepare the rest of the salad.
Toast the seeds in a heavy-bottomed pan over medium heat until seeds are just golden and fragrant. Toast each seed type separately as their size requires varying roasting times. Cool to room temperature.
De-stem the kale. Stack the kale leaves and slice into 1/4 inch ribbons. This is the most important step! The success of this recipe lies in cutting the kale into small ribbons and in completely massaging the kale with the dressing (next step).
Toss the seeds, sprouts, and kale together in the marinated onions and as much dressing as necessary to lightly but completely dress the kale. Massage the dressing into the kale with your hands. To massage, grab a handful of kale in each hand and rub together. Do this for 3-5 minutes, or until the kale loses its stiffness and turns darker green.
Add the avocado and mushrooms if using and toss again with your hands.

Recipe originally created by Charlie Cascio, author of the Esalen Cookbook.
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Esalen Through Your Eyes

Do you have a favorite photograph of Esalen?
Share your creative work with us and it could be published in the next catalog. Short essays and images of sculpture and other artwork created at Esalen will also be considered. Photos should be at least 300 dpi.

Visit Esalen.org/page/call-photos for more information.

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Celebrating 40 Years of Play, Exploration, and Growth

“When experience precedes cognitive learning, resourcefulness develops.”
Janet Lederman, founder

Since 1977, Gazebo has promoted an experiential approach to education that honors the child’s growth and development in relationship to self, to others, and to the environment. Join us as we celebrate 40 years of innovation in education and look towards the future impact of our work on individuals and society.

Gazebo is a nature-based early childhood program serving families visiting Esalen, Esalen staff, and the Big Sur community.
Esalen feels like HOME.
The living and learning community at Esalen means that visitors are welcomed by warm and familiar faces upon returning. The result? We often hear that “Esalen feels like coming home.”

THE NEXT PHASE OF ESALEN’S CAMPUS RENEWAL CAMPAIGN
focuses on bringing affordable housing to Big Sur, including the restoration and expansion of our South Coast complex. South Coast provides a home for our community of resident staff members, Extended Students, and Work Scholars, and because of this, we can ensure Esalen remains a home for you.

SOUTH COAST FEATURES:
• An expanded 72-bed complex
• Greater variety of units including 2 bedroom and family units
• Energy-efficient and net-zero eco-friendly design

OUR JOURNEY OF RENEWAL CONTINUES.
Your support of the Campus Renewal Campaign helps make Esalen’s transformation possible. Every gift makes a difference — today and for tomorrow.

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January 6-8, 2017

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Essential Teachings on Awakening:
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Mahamudra
Led by Lama Palden

Essential Teachings on Awakening:
THE PATH OF ZEN
Led by Pamela Weiss

To study the Buddha Way is to study the self.
To study the self is to forget the self.
To forget the self is to be intimate with all things.
-Dogen Zenji