The word itself summons up tantalizing visions of adventure, of unexplored frontiers, of human possibilities yet to be realized. There is the wonder of the place itself, 120 acres of fertile land carved out between mountain and ocean, blessed by a cascading canyon stream and hot mineral springs gushing out of a seaside cliff. There is the delicate and subtle Big Sur air of a late afternoon in May, the midnight mist of July, the drenching February rain. There are October nights so clear the Milky Way can light your walk along the darkened garden path. And always there is the sound of the sea.

And then there are the people—the people who live there and love the land, and the 300,000 more who have come from all over the world to participate in Esalen’s forty-year-long Olympics of the body, mind, and spirit, committing themselves not so much to “stronger, faster, higher” as to deeper, richer, more enduring.

They come for the intellectual freedom to consider systems of thought and feeling that lie beyond the current constraints of mainstream academia. They come to discover ancient wisdom in the motion of the body, poetry in the pulsing of the blood. They come to rediscover the miracle of self-aware consciousness. At best, they come away inspired by the precision of a desire to learn and keep on learning through all of life.

Esalen is a place with a global reach. It is a place, as Thomas Wolfe said about America, where miracles not only happen but where they happen all the time.
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I slept and dreamt that life was joy. I awoke and saw that
life was service. I acted and behold, service was joy.
—Rabindranath Tagore, philosopher, author, painter,
composer, Nobel laureate (1861–1941)
**The Esalen Institute** was founded in 1962 as an alternative educational center devoted to the exploration of what Aldous Huxley called the “human potential,” the world of unrealized human capacities that lies beyond the imagination. Esalen soon became known worldwide for its blend of East/West philosophies, its experiential/workshops, the steady influx of philosophers, psychologists, artists, and religious thinkers, and its breathtaking grounds blessed with natural hot springs. Once home to a Native American tribe known as the Esselen, Esalen is situated on the spectacular Big Sur coastline with the Santa Lucia Mountains rising sharply behind.

There are various ways to experience Esalen, ranging from an overnight visit to a long-term stay as a seminarist. The weekend and five-day workshops described in the Seminars section of the catalog are the standard route for coming to Esalen. The “Experiencing Esalen” workshops, scheduled periodically, offer an introduction to practices such as Gestalt, massage, sensory awareness, and meditation. From such a sampling, participants can then choose those approaches they are most attracted to and pursue them in subsequent seminars.

Another way of being at Esalen which allows a greater involvement at a lower expense is the Work Study Program, an intensive monthlong work-oriented program for individuals who want to make a directed commitment to self-exploration and growth, and a contribution to the Esalen community. For a full description of the Work Study Program, please turn to page 83.

For those who wish an extended stay, there are periodic long-term programs which involve didactic seminars or professional trainings as well as experiential workshops. Yet another way to experience Esalen is a Personal Retreat (available on a limited basis), which gives guests the opportunity to nourish body, mind, heart, and soul without participating in an Esalen workshop. Those on Personal Retreat may use the baths, attend yoga and movement classes, meditate in the Round House, create in the Art Barn, and enjoy the Esalen grounds.

Finally, there are other events that enrich life at Esalen. There are occasional forums in which writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights there may be lectures, films, dance performances, or other events. Bodywork of various kinds is available by appointment with individual practitioners. There is also a community event schedule offered. Please check the bulletin board when you arrive.

**Esalen is a center for experimental education. We offer neither psychotherapy nor assurances of change.**

Esalen is a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on Coast Route 1. From the south, we are 50 miles north of Hearst Castle. A lighted sign on the ocean side of the highway reads: Esalen Institute, By Reservation Only.

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**The Hot Springs at Esalen**

We would like those people who are planning their first visit to Esalen to know that swimsuits are optional, and nudity common, in the hot springs, massage area, and swimming pool. We encourage each individual to choose what is most comfortable, either wearing a swimsuit or not, and emphasize that the environment we strive for at Esalen is one of personal sanctuary and respect for the human body.

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**Accreditation and Continuing Education**

Many formal educational institutions recognize the time spent at Esalen as being worthy of credit in their own curricula; check with your university or college. We would be glad to supply information to your school regarding any of our programs.

Esalen is a provider of continuing education for psychologists, MFSs, LCSWs, nurses, teachers, and bodyworkers. See page 5 for details.

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**The Gazebo School Park Early Childhood Program**

The Gazebo School Park is a unique educational experience for children one to six years. It is open year-round and has an average of 15 to 20 children in attendance each day.

The Early Childhood Program is available to children who come with their parents to experience Esalen. The program’s hours match parents’ workshop hours. Daytime activities for the children include gardening, pony rides, learning about animal care, exploring nature, a real boat, the magic castle, and an Indian tepee. Evenings are spent with a teacher in the Gazebo Farmhouse, engaged in activities that are age-appropriate, such as reading, learning and playing with the computer, baking, arts and crafts, or building-block play. See page 95 for Gazebo reservation information.

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**Disabled Access**

Here at Esalen, many of our paths, though paved, are extremely steep due to our cliffside location. We are in the process of increasing our disability access; however, access to some parts of our property remains difficult. Nonetheless, we are committed to accommodating guests who have disabilities. If you have a disability and think you might need assistance during your stay at Esalen, please discuss your needs when making your reservation, at least 72 hours in advance of your arrival, so that we can accommodate your needs as best as possible. If you are in need of sign language interpretation for an Esalen workshop, please notify us at least 2 weeks prior to your workshop to enable us to arrange for an interpreter. In all cases, we will do our best to meet your needs.

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**Friends of Esalen**

We invite you to become a Friend of Esalen. Your donation of $50 or more will benefit our programs and help build Esalen’s long-term financial base (see page 4). As a Friend of Esalen you will receive the following benefits:

- A $50 reduction in tuition for all workshops over the next 12 months
- Friends of Esalen newsletters and the Esalen Catalog for one year
- Eligible to book Personal Retreat stays at Esalen
- A tax deduction under IRS section 501(c)3 for the amount of the donation

**Esalen Is Tax-deductible**

Contributions to Esalen Institute are tax-deductible. The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills.
Scheduling Private Conferences at Esalen

It is possible to arrange for your group or organization to hold its conferences at Esalen. We can accommodate large groups of up to 130 on a space-available basis. Smaller groups may schedule private conferences to meet in one of several meeting rooms, including, for an additional fee, the Big House. Ten bedrooms, nine bathrooms, a kitchen, dining room, and meeting room make it possible to house group members together, thereby enhancing the retreat environment. This facility is available for individuals and groups who would like to design their own program, drawing on Esalen leaders and other resources.

We schedule all conferences at least one year in advance. To schedule or for more information, please contact conference coordinator Sami Gamble at 831-667-3038.

On-line Reservations Available

You can now register for Esalen programs on-line at Esalen’s website, www.esalen.org. Workshops appear on the Web before the Catalog is printed.

Mid-Point House Available to Esalen Guests

Esalen’s Mid-Point House is available as an upgraded accommodation alternative for seminarists and Personal Retreat guests. Nestled behind the lush Esalen Garden at the edge of the coastal cliff, the Mid-Point House features a redwood deck overlooking the Pacific, a comfortably furnished living room, and a full kitchen. For details, please call the Esalen office at 831-667-3005.

As a Friend of Esalen you can help ensure Esalen’s place in the world. It is through the generosity of friends like you that Esalen can continue its mission of developing human potential. Your support not only benefits current programs but helps secure Esalen’s long-term financial future. Donations are tax-deductible and provide support for the scholarship fund, the movement program, Gazebo School, special projects such as renovations and equipment replacement, and Esalen’s visionary Center for Theory and Research.

As a way of showing our gratitude, Friends who donate $50 or more will receive a $50 reduction on all catalog workshops for the next twelve months. Donors will also receive the Esalen Catalog and a triannual Friends of Esalen newsletter for one year and be eligible to book a Personal Retreat at Esalen.

Many Friends choose to make Esalen a part of their long-range plans by including a bequest or deferred gift to Esalen in their estate plans. A charitable bequest is one of the easiest ways you can give that will make a lasting difference to the Institute.

If you would like further information on donating to Esalen, please contact Nancy Worcester at 831-667-3032. If you would like information on bequests or planned-giving opportunities, please contact Serena D’Arcy Fisher at 415-457-1608.

Esalen Institute is a nonprofit public charity corporation, exempt from income tax under IRC section 501(c)(3). Contributions are tax-deductible to the extent allowable by law.
CONTINUING EDUCATION PROGRAMS

ESALEN is approved by the American Psychological Association to sponsor continuing education for psychologists. (Esalen maintains responsibility for this program and its content; California psychologists are required to report their hours to the NICEP Accrediting Agency; Esalen is also approved for MFTs and LCSWs by the California Board of Behavioral Sciences (provider number PCE1594); and massage practitioners and bodyworkers by the National Certification Board for Therapeutic Massage and Bodywork (NCETMB) as a continuing education provider under Category 5 (provider number 043062-00). Workshops for which CE credit has been approved are listed below and also noted in the Seminars section. For further information, call Brita Ostrom at 831-667-3040.

The Board of Registered Nursing has approved Esalen as a provider of continuing education for registered nurses (provider number 01152). For additional information on CE courses for nurses, contact Mary Anne Will, R.N., 831-667-3010.

Please note: All two-day workshops offer 10 hours of CE credit and all five-day workshops offer 26 hours. If you wish to receive a certificate, please notify your workshop leader. There is a $10 fee for each certificate of completion, payable to the office.

Teaching interested in approved extended education credits (through Chapman University), please refer to www.chapman.edu/kt1 or contact Dr. Care Terkelson, 831-647-3723 or terkelso@chapman.edu.

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<td>June 30 - July 2</td>
<td>The Power of Patience</td>
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<tr>
<td>June 30 - July 2</td>
<td>The Science of Successful Relationships</td>
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<td>Couples’ Communication</td>
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<td>July 7 - 14</td>
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<td>July 7 - 14</td>
<td>Transforming Trauma with EMDR</td>
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<td>July 7 - 19</td>
<td>Intermediate Yoga Intensive</td>
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<td>July 9 - 14</td>
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<td>July 9 - 14</td>
<td>Character, Trauma, and Developmental Issues</td>
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<td>July 9 - 14</td>
<td>Writing with Felt Sense</td>
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<td>July 14 - 21</td>
<td>The Mind Beyond the Brain</td>
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<td>Bless the Union Road</td>
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<td>July 25 - 28</td>
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<td>Love Yourself—For Everyone Else’s Sake</td>
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<td>Dec 22 - 24</td>
<td>Conversation between Writing and Drawing</td>
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<td>Healing (with Humor): Feldenkrais, Energy Work</td>
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<td>The Duet of Talk and Touch</td>
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GUIDE TO WORKSHOPS

This is a guide to the workshops offered in this catalog. Although many of them could be cross-referenced—and some resist easy categorization—most are listed only in their main subject area. If you have never been to Esalen or taken an Esalen workshop, you might consider the “Experiencing Esalen” workshop scheduled throughout the catalog and listed in the Integral Practices section of this directory. Please call the Esalen office if you have questions concerning a workshop.

ARTS & CREATIVITY

Visual Arts
July 2-7 • A Filmmaking Journey into Nature
July 16-21 • Creativity Without Limits
July 28-Aug 4 • Viewing Great Films
Aug 6-10 • Drawing on the Right Side of the Brain
Aug 10-20 • Sacred Art of Painting Tibetan Thangkas
Sept 10-15 • Painting Improvisations: Visual Jazz
Oct 1-6 • Painting with Light
Oct 8-13 • Awakening: The Creative
Nov 10-17 • Drawing and Painting Intensive
Nov 17-24 • Master Class for Painters

Writing
July 9-14 • Taking Courage, Taking Heart
Aug 18-20 • The Poetic Cosmos
Aug 20-25 • Writing and Knowing
Sept 15-20 • Into the Fire: Personal Writing
Sept 17-22 • Writing with Passion
Nov 10-12 • Wrestling with the Angel
Nov 19-24 • Writing and the Spiritual Life
Dec 1-3 • White Lotus Poetry Workshop
Dec 22-24 • Straw into Gold

Music / Rhythm
July 2-7 • Afro-Cuban Drum and Dance
July 2-7 • Soul Voice Song
July 14-16 • The Healing Voice
July 21-23 • When the Drummers Were Women
Aug 11-13 • Writing Songs
Aug 13-18 • Singing the African-American Tradition
Aug 25-27 • Ecstasy of Sound: Music and Healing
Aug 25-27 • The Brazilian Soul: Dance & Drumming
Sept 22-24 • Song Into Silence: Devotional Chanting
Oct 15-20 • Harmonic Presence
Nov 26-Dec 1 • Songwriting from the Heart
Dec 29-31 • Music and Creativity, Sound and Rhythm

Creative Expression
July 2-7 • From the Lips of Truth
July 2-7 • Jump for Joy! A Circus Workshop
July 2-7 • African Canvas
July 7-9 • Collage and Poetry
July 23-28 • Ashikho Drum Making
July 28-30 • Improv Wisdom
Aug 18-20 • Family Arts Program
Aug 20-25 • The Moving Theater of the Soul
Aug 27-Sept 1 • Big Sur Artists Tour
Sept 24-29 • Assemblage: Making Sacred Touchstones
Oct 15-20 • The Mysterious Realm of Stone Carving
Oct 29-Nov 3 • Sharing Your Life Story

BODY & MOVEMENT

Massage
June 30-July 2 • An Introduction to Esalen Massage
July 9-14 • Heart of Intimacy: Massage for Couples
July 16-21 • The Art of Essential Touch
Aug 6-11 • Reflexology
Aug 23-27 • Weekend Massage Intensive
Aug 27-Sept 1 • Developing Your Touch
Sept 1-3 • Esalen Massage: Art of Essential Touch
Sept 3-8 • Healing through Deep Bodywork
Sept 17-22 • Table Shiatsu I
Oct 8-13 • Massage, Movement, and Dance
Oct 14-17 • Massage Practitioner Certification
Nov 19-24 • Massage: The Art of Gratitude
Dec 22-24 • Esalen Massage for Couples
Dec 24-29 • Massage and Meditation
Dec 29-31 • Esalen Massage Intensive

Somatic Practices
July 9-14 • Character, Trauma, Development
Aug 4-6 • Healing (with Humor)
Aug 6-11 • The Lightness of Being
Aug 18-20 • Breema Bodywork
Aug 20-25 • Spinal Awareness (with Humor)
Sept 3-8 • Gestalt and Sensory Awareness
Sept 10-15 • Core Zero Balancing—Part I
Sept 17-22 • The Embodiment of Being
Sept 24-29 • Trigger Point Release
Sept 29-Oct 1 • Healing (with Humor)
Oct 1-6 • Spinal Awareness (with Humor)

Dance / Movement
July 2-7 • Afro-Cuban Drum and Dance
July 23-28 • Dance for Life
Aug 18-20 • Social Dance as a Spiritual Path
Aug 25-27 • Brazilian Soul: Dance & Drumming
Aug 27-Sept 1 • Biodanza
Sept 29-Oct 6 • SoulMotion: Mastery
Oct 8-13 • Touch and Flow
Nov 26-Dec 1 • Medicine Dance
Dec 24-29 • SoulMotion

Martial Arts / Sport
July 23-28 • Qi gong and Bodymind Healing
Sept 1-3 • Flowers Blossoming: For Women
Sept 3-8 • White Crane Silat
Sept 22-24 • Taoist Chi Kung: The Cloud Hands
Sept 24-29 • Taoist Chi Kung: Enhancing Vitality

Yoga
July 7-14 • Yoga Ed Instructor Certification
July 7-9 • Intermediate Yoga Intensive
Sept 1-3 • Yoga in Balance
Sept 22-24 • Yoga: A New Way of Being
Oct 8-13 • Yoga Practice: Fueling the Inner Fire
Oct 13-15 • At the Still Point of the Turning World
Nov 5-10 • The Healing Journey of Yoga
Nov 17-20 • Yoga Rx: East/West Wisdom
Nov 24-26 • Radiant Heart
Dec 1-3 • Yoga—The Anatomy of Asana
Dec 10-15 • Your Own Yoga from the Source
Dec 29-31 • Yoga Weekend: A Time For Renewal

Sound and Rhythm
Dec 29-31 • SoulMotion: Mastery
Dec 29-31 • Yoga W eekend: A T im e For R enewal

Creative Expression
July 2-7 • A Filmmaking Journey into Nature
July 16-21 • Creativity Without Limits
July 28-Aug 4 • Viewing Great Films
Aug 6-10 • Drawing on the Right Side of the Brain
Aug 10-20 • Sacred Art of Painting Tibetan Thangkas
Sept 10-15 • Painting Improvisations: Visual Jazz
Oct 1-6 • Painting with Light
Oct 8-13 • Awakening: The Creative
Nov 10-17 • Drawing and Painting Intensive
Nov 17-24 • Master Class for Painters

Writing
July 9-14 • Taking Courage, Taking Heart
Aug 18-20 • The Poetic Cosmos
Aug 20-25 • Writing and Knowing
Sept 15-20 • Into the Fire: Personal Writing
Sept 17-22 • Writing with Passion
Nov 10-12 • Wrestling with the Angel
Nov 19-24 • Writing and the Spiritual Life
Dec 1-3 • White Lotus Poetry Workshop
Dec 22-24 • Straw into Gold

Music / Rhythm
July 2-7 • Afro-Cuban Drum and Dance
July 2-7 • Soul Voice Song
July 14-16 • The Healing Voice
July 21-23 • When the Drummers Were Women
Aug 11-13 • Writing Songs
Aug 13-18 • Singing the African-American Tradition
Aug 25-27 • Ecstasy of Sound: Music and Healing
Aug 25-27 • The Brazilian Soul: Dance & Drumming
Sept 22-24 • Song Into Silence: Devotional Chanting
Oct 15-20 • Harmonic Presence
Nov 26-Dec 1 • Songwriting from the Heart
Dec 29-31 • Music and Creativity, Sound and Rhythm

Creative Expression
July 2-7 • From the Lips of Truth
July 2-7 • Jump for Joy! A Circus Workshop
July 2-7 • African Canvas
July 7-9 • Collage and Poetry
July 23-28 • Ashikho Drum Making
July 28-30 • Improv Wisdom
Aug 18-20 • Family Arts Program
Aug 20-25 • The Moving Theater of the Soul
Aug 27-Sept 1 • Big Sur Artists Tour
Sept 24-29 • Assemblage: Making Sacred Touchstones
Oct 15-20 • The Mysterious Realm of Stone Carving
Oct 29-Nov 3 • Sharing Your Life Story

Oct 15-20 • Upledger Lymph Drainage Therapy I
Nov 10-12 • Zero Balancing Open Forum
Nov 12-17 • Gateway to Soul: Process Acupuncture
Nov 12-17 • Wilhelm Reich’s Orgonomic Therapy
Dec 3-8 • Upledger SomatoEmotional Release II
Dec 22-24 • Healing (with Humor)
In our efforts to expand our programming in new directions, we continue to present leaders whose names may not be as familiar to you as others in the Catalog. On this page we highlight a few of these offerings by providing a bit more information than you’ll find in the Seminars section.

Jeffrey K. Zeig

If one wants to study twentieth-century hypnosis, there is essentially only one figure in the field: psychiatrist Milton H. Erickson. Similarly, if one wants to study Milton Erickson in the twenty-first century, one must look first at the work of Jeffrey K. Zeig. Zeig is founder/director of the Milton H. Erickson Foundation, Inc., and has edited, co-edited, or authored 22 professional books and five monographs covering Ericksonian psychotherapy, hypnosis, brief therapy, and integrative psychotherapy. Dr. Zeig’s books have been translated into eleven languages.

Zeig is the architect of the Evolution of Psychotherapy Conference, the Brief Therapy Conference, and the International Congresses on Ericksonian Approaches to Hypnosis and Psychotherapy. He is also a psychologist and marriage and family therapist. Not one to rest on his laurels, what interests him most now is the clinician’s personal evolution—how to be a therapist more than how to do therapy. Toward this end he has developed a system he calls Psychoaerobics, a series of exercises modeled on the way actors are taught. The system helps therapists develop their lens, their hearts, their muscles, and their hats—their ways of viewing, doing, compassion and social role. Zeig seeks to develop therapists from the inside out and insists that psychotherapy is more like improvisation than it is like science.

Says Zeig, “If you want to learn to ride a bicycle, then information is not going to help a lot. You learn to ride a bicycle by the experiences you have; it is more of a visceral than cognitive learning. Being happy in life is similar—it is learned by the experiences we have more than the information we acquire.” Like his mentor Milton Erickson, Zeig believes that the therapist should not teach people how to think or feel but should guide associations, concentrating on changing the preconscious associations that guide behavior.

Zeig admits that some of his concepts are difficult to describe succinctly and that his experiential method of training is still in its infancy. For this reason, it is recommended that you experience firsthand a master therapist at work. See Ericksonian Hypnosis and Gestalt: Personal Growth and Development, June 30-July 2.

Jill Purce

Enchantment literally means to be made magical through chant. So when people say they’re disenchanted, I say there’s only one solution... and that’s to chant!

Jill Purce, the international pioneer of vocal-healing techniques, thinks that our world is out of tune. She believes that much of the disharmony on the planet is due to humanity’s lost connection to singing and chanting, and has taken it upon herself to help “re-enchant the world.” “Sound dissolves boundaries between people,” says Purce. “One of the things we’ve lost as a society is our connectedness. When people chant together, you create community.”

Purce has studied with, among others, Karlheinz Stockhausen, the German electronic-music trailblazer, and with the chant master of the Gyuto Tibetan Monastery, whose overtone chanting was a powerful, life-transforming influence. In a career that spans more than three decades, she has also taught the English Shakespeare Company and led workshops for the English National Opera. Today Purce is married to Rupert Sheldrake. They live in England with their two sons.

Asked what inspired her interest in vocal techniques as a means of psychological and spiritual transformation, Purce vividly recalls this childhood incident: “My family was going to a remote island off the west coast [of Ireland] by boat. The only other people in the boat were three old women going home from the island. They were standing in the back of the boat dressed in black. As we set out, a violent storm blew up and it seemed certain that we were going to drown. Suddenly the three old women started to chant with an ancient power and deep passion. And almost immediately our fear dissolved, waves of strength surged into us, until finally we were overcome with feelings of bliss and enchantment. In moments, our terror had
Rupert Sheldrake

Rupert Sheldrake is a biologist and author of more than 75 scientific papers and ten books, including the recent *The Sense of Being Stared At, and Other Aspects of the Extended Mind* and the best-selling *Dogs That Know When Their Owners are Coming Home*. He is also either a dedicated, inspirational, innovative holistic thinker or a loony and deluded magic-mongering pariah, depending on your openness to ideas that challenge established universal laws.

Educated at Cambridge (natural sciences) and Harvard (philosophy), Sheldrake has revolutionized scientific thinking with his vision of a living, developing universe with a memory. In his books *A New Science of Life* and *The Presence of the Past*, he proposes that memory is inherent in nature and that most of the so-called laws of nature are more like habits.

He has also upset the scientific applecart with his proposals to democratize science. “Science is the last unreformed institution in the modern world today. It’s like the church before the Reformation. All decisions are made by a small, powerful group of people. They’re authoritarian, entrenched, well-funded, and see themselves as a priesthood.” He points out that popular science programs on television focus primarily on four topics that interest people: 1) alternative medicine; 2) ecological issues; 3) animals; and 4) parapsychology. But very little scientific funding goes toward research in these areas. What would happen if people could participate in choosing the kind of research that their tax money pays for?

“What I am interested in are the mysteries of everyday life—a lot of these simple things are not being investigated. I prefer to explore things that people know in their lives or the lives of their friends... science that is rooted in people's experience. Indeed, the word empirical means experience.” These ideas are represented in his book *Seven Experiments that Could Change the World: A Do-It-Yourself Guide to Revolutionary Science*.

A resident of London, Sheldrake is married to vocal-healing pioneer Jill Purce. Esalen is pleased to have him present during one of his infrequent visits to the U.S. See *The Mind Beyond the Brain: Morphic Fields, Morphic Resonance, and Intuitive Experience, July 14-16.*

Nitsan Gordon

“I grew up on a border kibbutz in Israel, on the front line during the 1967 war,” says Nitsan Gordon. “Bombs, bomb shelters, and fear were a regular part of my childhood. When I was ten we left the kibbutz and moved to the U.S. so that my father could complete his Ph.D. As the only Jewish student in Signal Mountain, Tennessee, I was the object of racial slurs, which at times escalated to rock throwing. It was very difficult being an outsider. The worst moment came one day in my eighth-grade history class. The teacher talked about the Holocaust and two students sitting next to me whispered in my ear how wonderful it was that Hitler killed all those Jews and it was a shame I was not among them. Trying to ignore them became unbearable. Finally I screamed ‘Enough!’ and ran out of the room.

“Having heard of this experience, my father came to the class the following day. He did not lecture or reproach the students. He simply recounted two stories of human courage from the Holocaust.

Science of Life"
Something shifted on that day. Either the teasing stopped or I became stronger.

“During those years I learned to dance. Dancing helped me release some of the pain, anger, fear, and loneliness that I experienced. When I was fifteen we returned to Israel, where I finished high school, served in the military, and earned a university degree. Later, I returned to the U.S. to study for a master’s in dance/movement therapy. My thesis examined nonverbal cues to prejudice and suggested how dance/movement therapy can be employed to reduce biases.

“In 1989 I returned to Israel with my husband and our year-old baby. A year earlier the Palestinian uprising known as the intifada had erupted. I felt that I had to do something, however small, that would help bring peace to the region. Within months of my arrival I met Dr. Mariam Mar'i, a Muslim who was director of the Arab Women Pedagogical Center in Acre. I began teaching there in 1990, using dance/movement therapy to help Arab educators work through their hurts and rigidities in order to be more open and flexible in their work with the children.

“In 1995, Mariam Mar'i and I decided that the time had come to work together toward genuine coexistence and peace. With the support of the Abraham Fund Initiatives, we launched an interdisciplinary program for Arab and Jewish educators, parents, students and community leaders. Called Beyond Words, this innovative program has since become a nonprofit organization empowering Arabs and Jews to work through their prejudices and become advocates for coexistence and peace.”


Imam Faheem Shuaibe

For Faheem Shuaibe Islam is religion, faith, structure, and accomplishment. A Blackamerican and a product of the turbulent 1960s, Shuaibe’s journey to Islam is the journey of millions of Americans, finding their way to a system built on justice and equality—essentials of liberty that were profoundly limited for America’s black minority for generations.

In 1975, after the death of Nation of Islam founder Elijah Muhammad, Shuaibe joined the majority of Blackamericans who transformed their understanding of Islam from the Nation of Islam to universal Islam. He studied the Arabic language, the Qur’an, the traditions of the Prophet Muhammad and contemporary Exegesis.

“Islam is not a stagnant religion,” he says. “Islam appreciates the significance of indigenous cultures and ways of life. It is not dogmatic but intellectual, calling upon each individual to be responsible to himself, to his neighbor, and ultimately, to God.”

Faheem Shuaibe is the resident Imam of Masjidul Waritheen mosque and director of the Clara Mohammed School in Oakland, California. An insightful author and lecturer, he has given lectures, seminars, and workshops to hundreds of audiences for over sixteen years on the topics of Islam, world politics, human relationships, and societal evolution. Imam Shuaibe is listed in the International Who’s Who Among Intellectuals and the National Who’s Who Among Public Speaking Professionals.

Lynne McTaggart

In 1994 Lynne McTaggart began work on her award-winning, best-selling book The Field. Her research and writing were part of a personal quest to see if any new scientific theories could explain how homeopathy and spiritual healing work. Her journey took her around the globe, meeting with leading frontier scientists in Russia, Germany, France, England, South America, Central America, and the U.S.

“During these meetings, I made incredible discoveries,” says Lynne. “What these scientists were working on seemed to overthrow the current laws of biology, chemistry, and physics. Their work not only offered an explanation of why homeopathy and spiritual healing might work; their theories and experiments also compounded into a new science, a new view of the world.”

Asked about what he wished to convey while at Esalen, the Imam replied, “The message of the Fast Month, Ramadan, is a message of self-restraint, it’s a message of discipline, it’s a message of spirituality, it’s a message of communing with nature—both the macrocosm and the microcosm, the outer space and the inner space, of creation. I wish to convey to the Esalen family that the beauty, the richness, and the message of Islam is a message of love, which many don’t understand. Also a message of compassion, mercy, empathy, and sympathy for people who—not by choice—are unable to slake their thirst or feed their hunger or nourish their bodies.”

Imam Shuaibe’s gentle, personal, good-humored, and intellectually rigorous approach to the exploration of faith will bring participants in close communion with the spirit of Islam which is so misrepresented and misunderstood in the broader American context.

See Ramadan at Esalen, October 1-6.
For several years she immersed herself in quantum physics, poring through hundreds of scientific papers. Her task was to decode the often impenetrable work into something that ordinary readers could understand. After many years and countless discussions with trailblazing scientists to see how their individual findings might fit together, she synthesized their work into a cohesive whole. The Field has been widely lauded by scientific leaders and spiritual thinkers alike as one of the most thought-provoking books of its kind.

Lynne has since become a respected spokesperson in both the U.K. and the U.S. on consciousness, the new physics, and the practices of conventional and alternative medicine. As a response to the many thousands of readers who wanted to know how to incorporate the ideas about new science into their daily lives, Lynne and her company created the Living The Field, the first systemized course in expanding human consciousness based on hard science. This written monthly master class aims to offer a blueprint for living an integrated and holistic life according to the new paradigms, with exercises to help heighten psychic abilities, spiritual development, and healing powers. Lynne also founded the Living the Field community, in which participants interested in living according to the new paradigm are meeting in small groups to incorporate these views and improve their own lives and their communities.

Now she brings her cutting-edge work to Esalen. See Living the Field, October 27-29.

Ann Randolph

Ann Randolph has an unconventional resumé. This writer/performer, critically acclaimed for her outrageous physical comedy, hilarious characters, inspired monologues, and poignant storytelling, wasn’t always an award-winning actress. In fact, her road to overnight success was very long and very crooked.

While still in college, Randolph worked at a mental hospital for three years, receiving free room and board in exchange for taking chronic schizophrenics on road trips and writing and staging plays with them. After graduating, she got a job in Alaska working on “the slime line,” a conveyor-belt task requiring her to pull blood balls off the sides of pink salmon. Still later in Alaska, she worked to clean up the Exxon Valdez oil spill. Her job: standing in crude oil up to her knees, cleaning oily rocks with cheerleader pom-poms. Some time later, living in Santa Monica, she found work on the graveyard shift at a homeless shelter for mentally ill women, a job she loved and kept for ten years.

It was while working at the shelter that Randolph began to try making sense of her life and her world by writing and producing her own shows. Some of these writings eventually evolved into Squeeze Box, a one-woman show that caught the eye of Mel Brooks and his wife, the late Anne Bancroft. In Squeeze Box Randolph brings to life, with just a chair, banjo, guitar, and lights, her tragicomic journey of discovery and self-acceptance. Bancroft was so impressed she decided to produce Squeeze Box Off-Broadway and Brooks handed our jill-of-all-trades a check for the movie and stage rights to the play. Goodbye, night shift at the shelter; hello, artistic success.

Both the L.A. Weekly and the Los Angeles Times named Ann Randolph the Best Solo Performer of 2002, and critics from coast to coast have heaped her with plaudits. She will be teaching (without pom-poms) for the first time at Esalen. See Sharing Your Life Story, October 29-November 3.
Weekend of June 30–July 2

Ericksonian Hypnosis and Gestalt: Personal Growth and Development
Jeffrey Zeig

People change because of the experiences they live, more than by the information they are given. Ericksonian hypnosis and Gestalt are powerful experiential methods that can act synergistically. Gestalt methods quickly open up the territory, and hypnosis can be used to map the most effective routes to autonomy and self-regulation.

This workshop is open to those dedicated to personal growth, and those who have specific impasses that they want to surmount.

For more information, visit www.jeffzeig.com or www.evolutionofpsychotherapy.com.

CE credit for psychologists; see page 5.
CE credit for MFTs and LCSWs; see page 5.


The Power of Patience:
A Weekend for Stressed-Out Folks
M. J. Ryan

Dear God,
I pray for patience.
And I want it RIGHT NOW!

— Oren Arnold

Work piles up as fast as FedEx can deliver it. Urban sprawl leaves us gritting our teeth in traffic. The cell phone won’t stop ringing. Our fast-paced world can make us feel frantic and rushed, stressed and unhappy nearly all the time. “Indeed, the faster things go, the less patience we seem able to muster,” writes M.J. Ryan. “First, this is a problem because life has a certain degree of built-in delay in the form of lines and automated message systems. More important, our lack of patience creates difficulties because the more complex of life’s challenges—illness, relationship conflicts, job crises, parenting—require that we practice patience not merely to cope but to grow in love and wisdom.”

This experiential workshop looks at this old-fashioned virtue from a broad spiritual, inspirational, and practical point of view. Through discussion, lecture, journaling, one-on-one and small-group interactions, participants will explore what emotional, physical, and spiritual benefits come to us from patience; what neurological research teaches us about how to cultivate this heart-quality; and simple practices to develop more patience where each of us needs it most.

“Patience helps us reclaim our time, our priorities, and our ability to respond to life and all its demands,” says M.J. “With patience, we are in the driver’s seat of our own lives, content with who and where we are.”

Recommended reading: Ryan, The Power of Patience.

CE credit for MFTs and LCSWs; see page 5.

The Embodied Life: The Feldenkrais Method®, Meditation, and Reflective Inquiry
Russell Delman

Definitions and Practices for this workshop:

Embodiment: A condition of wholeness whereby thoughts, feelings, sensations, and movements all emanate from one unified center. It also relates to integrity and harmony of mind/body/spirit in both action and stillness.
The Embodied Life: The intention to live into the above qualities, expressed through presence, awareness, authenticity, and vitality.

Presence: All methods exploring human potentials emphasize learning to live in the present moment. All of these explorations will enhance this essential capacity.

The Feldenkrais Method: An ingenious approach to learning whereby one experiments with neurologically-based movement sequences. Moshe Feldenkrais devised perhaps the most complete collection of movement lessons known today. People of all levels of ability can learn from these lessons.

Meditation: This practice is based in the classic Zen approach of “just sitting.” Rather than trying to control the mind, the practice is to develop a kind and curious relationship to mental habit. This bare-bones, nonsectarian approach allows the moment to unfold without manipulation or anticipation. Both experienced meditators and novices find this approach helpful (chairs are available).

Reflective Inquiry: Through a variety of practices students will learn to identify unhelpful physical and mental habits and uncover the somatic basis for becoming unbound from the past. Participants will also reflect on their deeper intentions in this life and learn neurologically-based tools for manifesting one’s destiny.

Sessions will include movement lessons, meditations, and practices for cultivating a deepening of presence and intentionality.

CE credit for nurses; see page 5.
CE credit for bodyworkers; see page 5.

Couples’ Communication
Warren Farrell

I’ve never heard someone say, “Warren, I want a divorce—my partner understands me.”

At the deepest level, most coupled individuals do not feel understood by their partners. Promises of honesty and love begin to fade when we express genuine feelings that our partners perceive as criticism. Criticism begets criticism, and soon the fear of escalation leads to stuffing feelings and “walking on eggshells.” The children consume too much time to unravel the feelings, even as they also create a reason to stay together. The result: Couples remain legally married but psychologically divorced, developing a “silent deal” that looks too much like our parents’ and not enough like the initial promise.

The most important component in this cycle is the inability to handle what our partners perceive as feelings and what we perceive as criticism. Active listening, the best solution, is rarely used. Dr. Farrell has modified active listening to avoid what prevents most couples from using it. When conflict can be fully expressed, he helps develop “conflict-free zones.” Once the fear of “walking on eggshells” disappears, he works with couples to replace that fear with an atmosphere of positive associations. The outcome: reigniting passion without sacrificing stability.

Once these methods are mastered with partners, Dr. Farrell helps participants apply them to our children, then our co-workers, and finally our own parents.


CE credit for psychologists; see page 5.
CE credit for MFTs and LCSWs; see page 5.
CE credit for nurses; see page 5.

An Introduction to Esalen Massage
Dean Marson & Robin Fann-Costanzo

During this weekend participants will receive a hands-on introduction to the basic concepts of Esalen Massage. The essence of this style of bodywork consists of long, flowing strokes that contribute to deep relaxation and a feeling of wholeness. The format of the course will be experiential with demonstrations followed by time for practice. Special attention will be given to quality of touch, breath awareness, and grounding techniques. The workshop will also include an introduction to meditation and body awareness to develop a deeper ability for presence and connection.

There will be ample time to enjoy and be inspired by the magic of Esalen and the natural beauty of Big Sur.

CE credit for nurses; see page 5.
CE credit for bodyworkers; see page 5.

See pages 94-95 for reservations, fees, accommodations, scholarship information, and discounts.
Week of July 2–7

The Arrow of Intention

The Esalen International Arts Festival is a five-day celebration of the infinite creative spirit within us all. The Esalen grounds will be pulsating with irresistible rhythms and sounds, acts of truth and imagination, and invocations of joy and beauty, all woven into a vibrant tapestry of art, culture, and spirit.

The festival’s aim is to ignite the imagination so that we awaken to new possibilities within ourselves and in the world. Gathering an extraordinary group of artists, musicians, performers, teachers, and people from all cultures, ages, and walks of life, we will celebrate our creativity as an essential and vital force to lift our spirits and facilitate personal and global transformation.

This year’s theme is The Arrow of Intention. The theme explores how we gather and focus our intentions to manifest our soul’s highest vision and dreams. The arrow represents the essence of the festival itself: to passionately celebrate, honor, and affirm the magic, beauty, and mystery of life. At the peak of the festival we will assemble as a community in a moment of sacred intention to give thanks and bless the Arrow of Intention. We will draw the bow and release the arrow as a symbolic offering to the ocean, a link to all people, places, and emerging possibilities.

We are the bow from which our dreams are the living arrow sent forward

During the day, participants will be in one of six designated workshops (see the scheduled workshops that follow the festival description). In the evening, all attendees will come together for special events and presentations featuring a brilliant array of guest artists and performers. Afternoon classes and group art projects will be open to everyone as well.

In addition, this year we will feature two special ongoing presentations. The first, “Moments In Time: An Exhibition in Tribute to the Life and Love that is New Orleans,” is an exhibit of New Orleans art, music, and spoken word, featuring limited-edition original photographs from New Orleans’ La Belle Gallerie. "We need powerful and affirming visual art at this time," says gallery curator Bernadette Gildspinel, “because whatever we do, we want to remind people to do it with heart and soul. That’s the New Orleans way. Most of this art will relate to the music and architecture—and in many cases the people—of New Orleans. It is now time to export the beauty which is New Orleans.”

The second weeklong exhibit, from another corner of the globe, is “The Sand Mandala of Universal Compassion,” a Tibetan sand mandala presented by the Himalayan Cultural Tour. Through this exquisite art form of Tibetan Tantric Buddhism, the monks of Ganden Monastery will create a “blueprint” for the abode of Awakening. Made in conjunction with ancient ritual and meditation, the mandala finally becomes a basis for the invocation and presence of Awakened Compassion. In the concluding ceremony, to illustrate impermanence, the
mandala is swept up and the grains of sand bearing the imprint of the mandala are taken to the ocean and distributed to participants to spread the energy of compassion throughout the world.

At catalog publication time, the following presentations have been scheduled as open events:

**Sunday evening, July 2**—Kicking off our week will be special performances and presentations with workshop leaders and guest artists.

**Monday evening, July 3**—Rha Goddess will perform her **one-woman, multimedia theater piece**, *Lew's Journey: Diary of a Psychotic Rapper—Meditations with the Goddess, Part I*. Combining vibrant images, linguistic brilliance, hip-hop rhythms, and unflappable honesty, the work of artist and social activist Rha Goddess is legendary. This piece explores the mythology, stigma, fear, and confusion surrounding mental illness. *Meditations* is a personal revolution, a journey to be well, exploring issues of identity, power, and class. The performance will be followed by a community dialogue.

**Tuesday evening, July 4**—Divination *Tree*: a magical performance under the stars, interweaving **storytelling, community singing, dance, poetry, and drumming**, with Jayson Fann, Chief Sonne Reyna, Bob Wisdom, David Worm, Abbey Onikoyi, Shalama Yachov, and Persay Bryant.

**Wednesday evening, July 5**—The *Eyes of Babylon*, written and performed by Jeff Key. On March 31, 2004, Lance Corporal Key, a United States Marine, went on CNN’s Paula Zahn Now to say to five million people what at one time he would not have said to another living soul. *The Eyes of Babylon* is the story of Key’s personal struggle to reconcile being part of a war he knows to be illegal and immoral with a profound commitment to the reasons he became a Marine. We follow Jeff from the morning of September 11th, 2001, through his time in Iraq, and on to his return to America to begin a life of political activism and philanthropy. This performance is a personal look inside the conscience of a man faced with near-impossible decisions.

**Thursday, July 6**—An open-to-the-public festival celebration, a day of music, dance, film, spoken word, concerts, performances, exhibits, and an artists’ market. The Esalen grounds will be streaming with innovative sounds and images, acts of imagination and appreciation, in a tapestry of wonder and amazement. Invite your friends and get your tickets in advance online. See our Arts Festival website at www.esalen.org.

- **The John Santos Quintet**, featuring Orestes Vilató, Afro-Cuban jazz—Three-time Grammy-nominated John Santos, with a dance performance featuring the legendary José Francisco Barroso, a native of Havana, Cuba.
- **SoVoSo—Soul Voice Song, world jazz a capella vocal performance**—SoVoSo is tight, soulful, and a whole lot of fun.—BOBBY McFERRIN
- **RIZE UP!**—featuring some of the most **powerful and innovative dancers** in the Los Angeles Hip-Hop, Crumping, and Clown Dancing scene (as seen in the recent films RIZE and *You Got Served*).
- **Babatunde Jimmi Gureje fashion show and dance performance**—Born in Ilesha, Nigeria, Jimi Gureje brings his vibrant spirit, his fashion designs, and a fashion-show dance performance like you have never seen.
- **Yahete!—Chief Sonne Reyna and friends** mending the sacred hoop, **ritual music and dance with Nawal Eagle Chief**, traditional sun dancer, and peace chief.
- **Tandy Beal’s Jump for Joy Circus**—Energetic, funny, and sure to bring a big “Wow!” A performance featuring **acrobatics, stilts walking, clowns**, and more...

- **Andy Abrahams Wilson—Connections and Insight, moving image and sound**: Award-winning filmmaker, director, and cinematographer will present a dynamic show of sounds and images representing his unique sensorial adventures in art and nature. He will show excerpts from his recent film, *Returning Home*, about dance legend Anna Halprin.

> The future belongs to those who believe in the power of their dreams

**Afro-Cuban Drum and Dance**

*John Santos & José Francisco Barroso*

This workshop will be a week of high-energy unification with the traditions and ancient concepts of Afro-Cuban percussion and choreography taught by two outstanding educators/performers from the San Francisco Bay Area. It will focus on two major rhythmic traditions and their respective historical context: the ceremonial, ancestor-invoking Bembé rhythm, and the infectious, Carnavalesque Conga de Comparsa. Tumbadoras (conga drums), bombos (bass drums), campanas (cowbells), chékeres, and redoblantes (snare drums) will be used. Through singing, movement, and relentless rhythm, the group will re-create an air of respect and joy in the timeless styles of these powerful forms of cultural expression.

(please bring any of the musical instruments listed above. If you do not have any, extra instruments will be provided.)

**From the Lips of Truth: Performing from Your Heart and Soul**

**Bob Wisdom**

A truthful performance. We know it when we witness it and we are moved. But how is it done? In this workshop with critically acclaimed, multifaceted performer Bob Wisdom, participants will explore the journey between impulse and action—how everything a performer does is a response to a real or imaginary experience.

“There are no tricks or systems, no methods or techniques to performing truthfully,” Bob Wisdom writes, “but through observation of what we know, and then binding mind and body, we can remove the personal blocks we each have in expressing creative acts. Utilizing physical and mental exercises—movement, sound, theater, and inquiry—we

See pages 94-95 for reservations, fees, accommodations, scholarship information, and discounts.  15
will explore the search for the truth in ourselves, and distill the complexities of our individual stories into a collective ensemble. To reveal something significant, personal, and profound, we must find the willingness to reach through whatever impedes true expression. In this way, the artist makes a total gift of himself."

Participants are asked to bring ten personal objects and a mask. Please dress in loose-fitting clothes and dance shoes if needed.

**Soul Voice Song**

SoVoSo with David Worm & Special Guest Sunshine Becker

SoVoSo is a highly imaginative a cappella ensemble that sings a unique, rhythmic mix of jazz, gospel, world, and R&B music, all rendered in their trademark improvisational style.

This interactive workshop explores the exciting world of a cappella singing, including improvisational singing, instrument simulation, and vocal percussion. The workshop will go from learning the basic elements of vocal improvisatory sound to singing in front of a complete drum kit vocally to being part of a rhythm section as a competent vocal percussionist. The group will also create its own arrangement of an a cappella song.

Experience the voice and all its possibilities.

**Jump for Joy! A Circus Workshop**

Tandy Beal

Who hasn’t dreamed of running away to join the circus? This is an experience for people of any age at all, parents and children (age 5 and up) alike, bring the whole family. Participants will create their own circus troupe and perform for others at the Festival: circus, imagination, and movement—as well as joy, fun, and discovery!

Each day participants will learn skills from the circus (juggling, stilts-walking, basic acrobatics, balancing, and more) as well as creativity, rhythm, and movement exercises. Whether you come with no skills or some skills, you will definitely leave with new tricks up your sleeve.

Veteran director (Pickle Family Circus, Moscow Circus) Tandy Beal will bring together an array of talented artists from her many circus escapades to assist the teaching, all of whom are equally skilled in teaching children and adults.

Please note: Children under 13 must be accompanied by an adult.

**African Canvas: The Enchanted Soul of African Art**

Babatunde Olujimi Gureje & Abbey Onikoyi

Africa, as impression, as idea, lies deep in the labyrinth of human imagination. Often its shape is beyond the will of words and its silhouette below the strata of conscious recovery.

— Maya Angelou

Join master artists Babatunde Olujimi Gureje and Abbey Onikoyi on a magical journey into the arts and culture of Africa. Abbey and Gureje will present a dynamic, hands-on cultural immersion that interweaves painting, textile arts, storytelling, and music to uplift your spirit.

In the mornings participants will be painting and in the afternoons learning the step-by-step process of African textile arts. Using a variety of methods each student will create unique and beautiful paintings, tapestries, and cloths. In addition, there will be the opportunity to create and design a group piece. Gureje and Abbey will share their lifelong knowledge of African art and its cultural significance as it pertains to symbols, motifs, and color, and its relationship to the spiritual beliefs and ritual celebrations of the Yoruba culture.

At the end of the week Gureje will present a fashion show featuring his contemporary fashion designs with live music and models, and Abbey will exhibit his Spirits of Africa, paintings of African music and dance celebrations.

**A Filmmaking Journey into Nature**

Andy Abrahams Wilson

What is nature’s story? What are the emotions and narratives the natural world inspires in you? This workshop is an opportunity to use the camera’s eye to express both nature’s voice and your own vision—a visual and sensorial adventure to discover the sights, sounds, and secrets of the abundant natural world around Esalen.

The moving-image camera enables us to view the world differently—to focus intently, find detail, alter perspective, notice tension between parts, move with the dynamic energy between things. It is a way to encourage being present and in relationship with our environment—sparking connections and insights, and creating unique art.

This inward and outward journey will explore basics of camera and sound, esthetics and storytelling, and concepts of editing. It will offer insights into the value of shifting perspective, the balance between light and shadow, and the tension between observation and immersion. The workshop will explore how the camera can deepen or heighten your experience as well as communicate it. By the end of this workshop, you will have had the opportunity to put music, natural sounds, poetry, or narration to your favorite footage and take home a keepsake DVD.

The workshop is open to people with all levels of video experience. Bring your own mini-DV camcorder if you have one. Otherwise, cameras are provided. Enrollment is limited to 10 participants.
**Transforming Trauma with EMDR: Comprehensive Training**

Laurel Parnell

Eye Movement Desensitization and Reprocessing (EMDR) is a powerful therapy that has helped thousands of people recover from the debilitating emotional aftereffects of traumas such as disasters, war assaults, childhood abuse, and devastating personal loss. EMDR offers rapid, lasting recovery not only from major trauma but also from less severe traumas that lead to problems such as depression, anxiety, phobias, and eating disorders. With EMDR, many clients experience a feeling of wholeness and well-being along with increased compassion for themselves and others. This course, in two parts, covers beginning and advanced EMDR training to provide the skills and information necessary to use EMDR in a therapy practice.

**Part I:** Through lecture, demonstrations, and supervised group practice, participants learn EMDR’s history, the EMDR model, the components and eight phases of EMDR treatment, protocols and procedures for using it with a range of diagnoses, cautions necessary for its safe use, and the issues, problems, and goals in utilizing EMDR.

**Part II:** Participants learn advanced techniques for the development of EMDR targets, techniques for working with blocked processing and abreaction, the use of imaginal and cognitive interweaves, using EMDR with adults traumatized as children, techniques for developing inner resources used for interweaves, and client closure.

Completion of this EMDRIA-approved Basic EMDR Training satisfies one of EMDRIA’s Certification in EMDR application requirements and allows fully licensed clinicians to become full EMDRIA members. Graduate students may be eligible for the Basic EMDR Training if enrolled in a Masters-level program in the mental-health field that leads to Independent Licensure through their state’s licensing/governing board. Graduate students would have to have completed their core-level course work and be actively working under the supervision of a fully licensed, independent clinician.

**Please note:** This course includes personal experience of EMDR which can be intensive.

**Prerequisite:** Before registering, participants must first fax a copy of their license to Esalen at 831-667-2724.

CE credit for psychologists; see page 5.

CE credit for MFTs and LCSWs; see page 5.

CE credit for nurses; see page 5.

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**Yoga Ed. Instructor Certification Training**

Georgina O'Farrell & Julie Sorichetti

The Yoga Ed. Instructor Certification program qualifies yogis to teach the two Yoga Ed. Programs for schools:

1) **Yoga Ed. K-8 Curriculum for students as Physical Education—**This consists of 36 weeks of lesson plans, an illustrated Teacher’s Guide, a book of games and visualizations, plus resources and handouts. Lessons are science-based explorations of body, mind, and breath, and integrate traditional yoga themes with imaginative play, experiments, partner yoga, games, and art. The Yoga Ed. K-8 Curriculum meets the national PE. Standards and lays a foundation for lifetime health wellness.

2) **Yoga Ed. Tools for Teachers Program for teachers as professional development—**This program enables any classroom teacher to incorporate yoga-based activities (breathing, simple poses, games, relaxation/visualization) into a daily schedule to reduce stress and enhance focus, self-discipline, learning, and health. Yoga tools require no experience, extra space, or equipment. In just five to fifteen minutes, teachers and students can feel better and improve creativity, behavior, and achievement.

The Yoga Ed. Instructor Training provides you with the structure, skills, resources, and confidence to engage the whole child, adapt yoga lessons to different age levels, and teach life skills through yoga. In the Yoga Ed. Tools for Teachers Training, you will learn to speak and share yoga in a universal educator-friendly way. You will be able to lead professional development/in-service trainings at schools nationwide and empower teachers to use yoga as an effective tool for behavior and class management as well as improved health, harmony, and learning.

This workshop is designed for all who desire to bring yoga to youth. It is open to anyone, although certification is available only to those who have completed a yoga teacher training or equivalent and have experience teaching children.

($180 teaching-materials fee paid directly to the leaders)
small and large. Bring a pair of scissors, a journal, copies of old photos, receipts, birth certificates, small objects, whatever catches your eye. Most materials will be provided. ($45 materials fee paid directly to the leader)

Intermediate Yoga Intensive
Thomas Michael Fortel
This weekend yoga intensive is for those who are very familiar with asana practice and wish for a full, balanced weekend.

The active practice on Friday evening and Saturday and Sunday mornings will be vinyasa style, a vigorous sequence of sun salutations, standing poses, backbends, and inversions. Mornings will begin with pranayama and meditation, and the afternoon practice will focus on twists, forward bends, and the shoulder stand. There will be chanting, and the circle will be open for sharing, questions, and fun.

Please have a well established yoga practice. All yoga props will be provided.
CE credit for nurses; see page 5.

Week of July 9–14
Not For The Feint of Heart
Mariah Fenton Gladis
This workshop is not for the feint of heart—not the faint of heart. It is designed for people with a passionate commitment toward creating healthy relationships within healthy lives. It offers each participant the opportunity to benefit from intensive individual work, which may involve emotional injuries rooted in the past, recurring themes or patterns of dysfunction, or personal longings in the here-and-now. Whatever the content of your work, this workshop will help you:

• Discover the issues that are immediately obstructing the quality of your life
• Learn contact skills and understand their importance as a measure of healthy functioning
• Risk working more deeply in an atmosphere of trust and mutual support
• Develop more authentic and vital communication skills
• Expand your capacity for generosity and compassion for yourself and others

This workshop is particularly helpful for adult children of dysfunctional families, human-relations professionals, and those on a path of personal betterment. This experiential and didactic workshop will blend individual and group Gestalt work, spiritual practice, and bodywork. Mariah is also well known for her effective and innovative use of music to enrich the workshop experience.

A twenty-five-year survivor of ALS, Mariah speaks with what she calls her “ALS accent.” She will be assisted by Bruce Cornell, who has a background in psychotherapy and professional acting.

CE credit for MFTs and LCSWs; see page 5.
CE credit for nurses; see page 5.

The Heart of Intimacy: Esalen Massage® for Couples
Perry Holloman & Johanna Holloman
Physical touch is an important element in cultivating intimacy in loving relationships. This workshop in the art of Esalen Massage is dedicated to supporting couples in learning to touch one another in a caring, sensitive manner. The long, flowing strokes which characterize Esalen Massage enhance a sense of loving intimacy, which in turn can be a strong foundation upon which to rediscover, explore, and celebrate the commitment underlying a loving partnership.

In this seminar, Perry and Johanna Holloman, Esalen Massage teachers who have been together for fourteen years, will share their experience of this work and the enrichment it has brought them. As they write: “Esalen Massage can be a remarkable tool in helping us to awaken our bodies and hearts in renewed commitment to our partners. In an open and safe atmosphere, couples will be taught how to give a full-body massage, touching each other with respect, sensitivity, and skill. Time will be provided for sharing our experiences with our partners and the group, as we explore together the power of this method in opening our five senses. We look forward to celebrating our togetherness and massage skill with you.”

CE credit for nurses; see page 5.
CE credit for bodyworkers; see page 5.

Working with Character, Trauma, and Developmental Issues: The Somatic Experience in Psychotherapy
Michael Sieck & Dyrian Benz
Life makes shapes. The body is shaped through the experiences and attitudes that are held both consciously and unconsciously. The way the self is formed is an expression of mental, emotional, and spiritual life. All life strategies are organized habitual patterns of reaction to real or perceived joy and stress. When muscles are repeatedly mobilized in unison with mental and emotional patterns, they become part of a complex, orchestrated, unitary response. These patterns leave their imprint on body and mind and develop into a particular way of being—into character. In the course of life, these patterns tend to become set and confining.

Through mindful awareness, participants will experience how character strategies and core beliefs are revealed through the body. The emphasis will be to discover, explore, and work with these soma-psyche patterns in the therapeutic context.

This course is a part of The Santa Barbara Graduate Institute Embodied Psychotherapy Certificate Program in Relational Somatic Psychology. It may be taken as an independent seminar or in connection with the other courses of this series. The series focuses on the recent developments in the practice and application of somatic psychology and psychotherapy. The program is designed for verbal psychotherapists who want to integrate direct or indirect work with the body into their clinical practice and for body psychotherapists who want to refine their current approach. The use of touch is always optional in the clinical situation.

For more information see Special Programs, page 81.
CE credit for psychologists; see page 5.
CE credit for MFTs and LCSWs; see page 5.
CE credit for nurses; see page 5.

Taking Courage, Taking Heart: Writing with Felt Sense
Sondra Perl
As the waves of the Pacific crash against Esalen’s rocky edge, you will be invited to slow down, breathe deeply, and listen quietly to what is at the edge of your thoughts. As you allow what is not yet in words to emerge, you will discover what happens when you summon the courage to write from the center of your being.

Sondra Perl, author of Felt Sense: Writing with the Body, will guide you in an exploration of your inner world in order to discover surprising images and heartfelt ideas. As you move from bodily awareness to words, you will learn how to listen to the felt edge in your work. As you experiment with voice and form, crafting stories, essays, or poems, you will deepen your understanding of the source
of your own creativity and your appreciation of this amazing wellspring in others.

Felt sense originates with Eugene Gendlin whose Focusing work has been used in medicine, education, and the arts. Perl brings Gendlin’s approach to creative writing. Using her composing technique, you will develop increasing courage to face the blank page by cultivating the wisdom of the body.

The workshop is open to anyone who writes or has ever had the urge to write. Be prepared for surprises, good fellowship, and good fun.

Recommended reading: Perl, Felt Sense; Gendlin, Focusing.

CE credit for teachers; see page 5.

Weekend of July 14–16

The Mind Beyond the Brain: Morphic Fields, Morphic Resonance, and Intuitive Experience

Rupert Sheldrake

We have been brought up to believe that our minds are inside our heads. But this view is much too limited. The fields of our minds extend far beyond our brains and our bodies—as do the minds of animals—and underlie well-known but otherwise unexplained phenomena, such as the sense of being stared at and telepathy. Rupert Sheldrake will show how his hypothesis of morphic fields can help to make sense of our own experiences of interconnectedness. He will summarize recent research, and lead participants in simple tests of their own abilities. Sheldrake will also discuss the ways in which our minds are extended in time, enabling us to come into contact with future states of mind in premonitions and precognitive dreams. Through morphic resonance, we also draw upon collective memories, as Jung proposed in his concept of the collective unconscious.

This workshop is designed to take you to some of the further reaches of scientific inquiry.

CE credit for MFTs and LCSWs; see page 5.


The Healing Voice: Chanting, Ritual, and Resonance

Jill Purce

Liberate your voice, your heart, and your mind in a joyful and uplifting exploration of breathing, chanting, mantra and sonic meditations, sacred chants, trance healing, and shamanic ceremony. Discover and master the power of your voice to free you from anxieties and negative thought patterns. Develop breath and sound in ways that set parts of the body and mind into resonance while experiencing the healing capacity of sonic massage.

In this workshop, Jill Purce guides everyone in pursuit of the lost voice. Working with ancient vocal purification practices, you’ll learn to cleanse and tune the chakras and experience the nature of the radiant body. You’ll enter subtle dimensions of reality through magical voice techniques and Mongolian and Tibetan overtone chanting. You’ll work with powerful, healing, sonorous ritual to be acknowledged and safely give up those parts of yourself that no longer support you. You’ll discover an unlimited source of power through the encounter of your own voice in resonant and ritual community.

Working with the voice in this way—freeing the voice to find physical health, emotional joy, and spiritual ecstasy—is one of the most effective ways to empower your life, balance the mind and body, and ultimately achieve enlightenment.

For more information, visit www.healingvoice.com.

**Bless The Broken Road**

*Mariah Fenton Gladis, Ron Gladis & Bruce Cornwell*

Imagine a woman who can hardly walk or talk due to ALS holding a room spellbound with her boundless drive toward life and her insistence on love and compassion. That’s the gift of Mariah Fenton Gladis—by facing her own death straight on and tapping into the healing life force that exists in all of us, she has become a deep and abiding inspiration for others.

A longtime popular leader at Esalen, Mariah will be joined by her husband, Ron Gladis, and friend and colleague, Bruce Cornwell, to offer personal insights into the pitfalls and possibilities of living with the extraordinary challenges of a life-threatening or chronic disease. Mariah and Ron will share lessons from their personal 25-year journey starting from her diagnosis of Lou Gehrig’s Disease in 1981 when she was given a 10% chance of surviving two years.

Mariah believes that developing a heartfelt connection with the self, as well as a continuum of compassion for every single cell, flaw, injury, or affliction, is vital in maximizing one’s potential for sustaining life and well-being. Travelers of the broken road will be taught how to experience their heartbreak more as a gift, a resource to mine wisdom and compassion, than an impediment. The roles of hope, spiritual connection, and contact versus isolation will be woven throughout the workshop. This workshop is appropriate for those:

- Facing physical or emotional challenges
- Partnering in the healing process with a loved one
- Wanting to maximize their healing potential
- Desiring to create a healing community

**Week of July 16-21**

**Creativity Without Limits: Painting and Point Zero**

*Michele Cassou, Carol Levow & Cathy Williams*

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—anyone with a thirst to revitalize the creative juices. No experience is necessary, just the desire to unleash your spontaneous self-expression.

Michele will teach the mornings sessions; Carol and Cathy will teach the remaining sessions. Please bring an apron. For more information, call 415-539-4829 or visit www.michlecassou.com.


($50 materials fee paid directly to the leader)

CE credit for teachers; see page 5.

**The Art of Essential Touch: An Esalen Massage Retreat**

*Ellen Watson & Robin Fann-Costanzo*

Esalen Massage is a healing art form, evolved over forty-five years at the Esalen baths. Influenced by the rhythms of the Pacific, this form of touch engages all the senses and offers deep release and relaxation to both giver and receiver. This five-day workshop invites you to explore the world of Essential Touch.

Ellen and Robin will offer the basic principles of this work: grounding and centering, moving from the core, quality of touch, and the use of breath to bridge the connection between giver and receiver. A key element of this art form is tapping into the flowing, creative energy present in a living body and letting one’s massage style emerge from that experience. The course will introduce technique, the Esalen signature moves along with deeper work, as participants are ready.

Both Ellen and Robin have a deep love of movement and dance; each session will have moving meditation. There will be plenty of time at the Esalen baths, combining herbs from the Esalen garden with the hot mineral water to cleanse body and spirit.

This retreat is open to both beginners and experienced bodyworkers interested in learning new and creative approaches to massage. Please bring your favorite music for movement and massage, as well as loose, comfortable clothing.

Recommended reading and viewing: (books)
Who’s Intuitive? You Are—A Practical Intuition Training
Laura Day

Practical Intuition has been used by actors, bodyworkers, therapists, healthcare professionals, fund managers, agents—almost anyone who has to be “on the mark” day after day. In great demand in every arena, from finance to medicine to the arts, practicing intuitives are individuals who have trained their ability to read and manipulate energy to create better outcomes. They are the futurists, healers, and innovators of the twenty-first century.

In this workshop you will experience how to interpret and change energy. Each session is engineered to have you master a specific intuitive skill, including telepathy, precognition, and healing, as well as the intuitive evaluation of relationships, health, business, and world events. Laura will show you how to create an intuitive practice based on your own life experience and expertise.

You will also be part of a circle of intuitive readers and healers with whom you can share information on an ongoing basis. Laura will do intuitive readings and healings along with the group, so bring your personal questions and concerns.

Please come prepared to work hard and professionally, even if you have never done this kind of work before. Bring a clean journal/notebook and pens. For more information visit www.practicalintuition.com.


Start Over—Choose Aliveness and Intimacy
Mary Goldenson

We have all experienced moments of feeling totally alive, yet much of our life is spent in a half-asleep, half-committed state of being. While there are many life-situations beyond our control, we choose how we respond to these events. The choice to be passionately alive is an act of courage. To choose life is to:

• Open ourselves to all of life—suffering, joy, success, failure, love, and grief
• Fully acknowledge the truth of who we are
• Commit to living our deepest values and dreams
• Define what we must change in our relationships
• Learn new ways to heal, forgive, and communicate

The challenge is to honestly address the ways in which we have compromised, given up, or lied to ourselves and others. This workshop is designed to bring to awareness our unconscious choices of how we deaden ourselves and to create the possibility for new aliveness and passionate involvement.

Come alone or with a partner. A safe, supportive atmosphere will be provided, using communication skills, movement, Gestalt, and Reichian work.

This workshop may have up to 34 participants.

CE credit for MFTs and LCSWs; see page 5.
Weekend of July 21–23

Humor and Other Martial Arts: Healing the Emotional/Spiritual Body
Ilana Rubenfeld

What is this precious love and laughter
Budding in our hearts?
It is the glorious sound
Of a soul waking up! —Hafiz

Many of us find ourselves in a state of tension, feeling emotionally drained and physically unconnected due to everyday professional and personal stress. In this experiential workshop, participants will learn how to become aware of the tensions locked in their bodies, decode their messages, and learn practical techniques for returning to a state of relaxation, vitality, and connectedness. Utilizing the Rubenfeld Synergy Method®, a system integrating bodywork, intuition, and psychological approaches, Ilana will teach how to use humor to interrupt the suffering trance, conduct group exercises, share her “Self Care Toolbox,” and demonstrate how tensions are “truth signals” for stressful personal and work-related situations—all in an environment of safety, trust, and learning.

Ilana Rubenfeld, author of The Listening Hand, directs body-mind-emotional energies as if conducting a symphony, and well she should. The creator of the Rubenfeld Synergy Method graduated from the Juilliard School of Music and enjoyed a career in conducting until a debilitating back spasm reorchestrated her life journey.

This workshop fulfills one of the requirements for acceptance into the Rubenfeld Synergy Training Program.


CE credit for nurses; see page 5.
CE credit for bodyworkers; see page 5.

Cosmos and Psyche: Intimations of a New World View
Richard Tarnas

The limits of our cosmological imagination define the limits of our existence: Do we live in a disenchanted, mechanistic, purposeless universe as a randomly produced oddity of isolated consciousness, or do we participate in a living cosmos of unfolding meaning and purpose?

In 1991, Richard Tarnas published The Passion of the Western Mind, a widely acclaimed history of the Western world view that became a best-seller and continues to be required reading in many college courses. What most of its readers did not know was that this work was written as a preparatory foundation for a second book containing a more revolutionary perspective. Cosmos and Psyche, just published this year, challenges the basic assumptions of the modern world view and points towards a profound new understanding of the human role in the cosmos.

Based on thirty years of research, the new book sets out a remarkable body of evidence that suggests the existence of a systematic correspondence between planetary movements and the archetypal patterns of human experience.

Join Richard Tarnas for a weekend of exploring the nature of this evidence, the new light it sheds on the human psyche and the unfolding drama of history, and the new horizon of possibility this cosmological perspective opens up at this critical moment in our quest to co-create the future.

Recommended reading: Tarnas, Cosmos and Psyche.

The Illuminated Body: Celebrating Life through Movement
Taira Restar & Ken Otter, with Billy Cauley

To be alive is to be in constant motion. The breath rises and falls. The spine flexes. The heart beats. By attuning to the essential movement of life, we harmonize with our body’s wisdom and inherent creativity.

This workshop introduces the Life/Art Process, a practice for making everyday life a creative art experience. The program will use Movement Ritual I, a series of structured movements developed by Anna Halprin. These natural body movements, which can be experienced by anyone regardless of age or movement range, bring us into the present moment so that we can discover ourselves from the inside out. Using these discoveries as a springboard, participants will dance with and in the magnificent natural environment of Esalen. Imagery, writing, collage, and kinetic drawing will enhance self-expression and strengthen the connection to the natural world. Live music will be provided by master drummer Billy Cauley.

This workshop is open to everyone. Participants gain tools and resources for personal development that are both vitalizing and transformative. The workshop may be enjoyed by itself or as an introduction to Anna Halprin’s Dance for Life (July 23-28).

Getting the Love You Want: A Workshop for Couples
Rick Brown

There are many different stages of relationship. Not surprisingly, the same tools may be successfully applied to them all. This couples workshop is designed for partners who wish to enrich a good relationship; who are beginning a relationship they want to keep; who are in a difficult relationship and want to resolve long-standing conflicts; or who are near a breakup or divorce and want to decide if the relationship can be saved. Couples will be 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 you to your partner are also the source of conflict
• New tools for re-romanticizing your relationship to reestablish the passion of your early time together
• How to use your relationship for emotional healing and spiritual evolution

When the Drummers Were Women: Invoking the Sacred Feminine through Ritual and Rhythm
Layne Redmond

The first sound we hear is the pulse of our mother’s blood: Drumming is the musical expression of this primal truth. Throughout the ancient Mediterranean world the Great Goddess is portrayed with her frame drum, a powerful trance-inducing instrument. It is the oldest known drum, traditionally played by priestesses in the religious rites of Inanna, Hathor, Isis, Cybele, Aphrodite, and other goddesses. In this workshop—for women only—you will find out why women were the primary percussionists in Mesopotamia, Anatolia, Egypt, Greece, and Rome—and why they are not today.

Chanting, rhythmic breathing, and drumming are elements of an archaic technology that directly synchronizes the mind/body complex, creating conditions for psychological and physical healing. This retreat is designed to introduce women to these heal-
ing rhythmic practices of the frame drum. Participants will learn the basic sounds of the frame drum and how to organize them into powerful rhythms. Sound is power, and rhythm is a means of organizing that power into specific energy formulas to heal the mind and body.

No prior musical experience is necessary and appropriate frame drums will be provided. For more information, visit www.layneredmond.com.

**Week of July 23–28**

**Dance for Life**

Anna Halprin

Throughout time, people have used dance to affirm community, connect with the vital forces of life, and evoke a higher power. Dance is a road back to the soul, an invocation of deep truth and knowing.

For over fifty years, dance pioneer Anna Halprin has been exploring contemporary dance to reinvest it with this kind of power. Her explorations have led to the creation of the Halprin Life/Art Process, an approach that facilitates the creation of dance rituals springing from real-life issues of self and community. Using movement, visualizations, imagery, music, and language to access the stories that make our lives meaningful, this process is a joyful return to the body to reclaim our primal heritage. As we tap into deep sources of bodily wisdom through creative expression, we dance the renewal, re-creation, and healing of ourselves, each other, and our relationship to the environment.

Participants will have the opportunity to create personal dance rituals using improvisation, individual and group interactions, and nonstylized movement. The workshop will also present structured movement techniques to strengthen, stretch, and reanimate the body. This process integrates the physical, emotional, and spiritual aspects of the self in a joyous celebration of life. The workshop is open to everyone.

Recommended reading and viewing: (books) Halprin, _Moving Towards Life: 5 Decades of Transformational Dance_; _Returning to Health: With Dance, Movement, and Imagery_; (films) Wilson, _Returning Home_; Forbord, _Intensive Care: Reflections on Death and Dying_.

**Gestalt Awareness Practice**

Christine Stewart Price & Guest Leader

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
And when used—is inexhaustible.

—Lao Tzu

Gestalt Awareness Practice is a form—nonanalytic, noncoercive, nonjudgmental—derived from the work of Fritz Perls, influenced by Buddhist practice, and evolved by Richard and Christine Price. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that awareness is made primary relative to action, Gestalt Awareness Practice has a strong relationship to some forms of meditation. This form is similar to some Reichian work as well, in that emotional and energetic release and rebalancing are allowed and encouraged.

The emphasis is intrapersonal rather than interpersonal. Participants are not patients but persons actively consenting to explore in awareness. The leader functions to reflect, clarify, and respect whatever emerges in this process. The aim is unfoldment, wholeness, and growth, rather than adjustment, cure, or accomplishment. The workshop will utilize group exercises, meditations, and discussion. The format combines introductory group work with the open seat form in which each participant will have the opportunity to work with the leader in a group context.

Recommended reading: Perls, _Gestalt Therapy Verbatim_; Chodron, _The Wisdom of No Escape_.

CE credit for nurses; see page 5.

**Qigong and Bodymind Healing: The Self-Healing Path**

Michael Mayer

This workshop opens the door for you to experience the thesis of Dr. Michael Mayer’s new book: Tai Chi and Qigong are an initiatory tradition which stems from a lost long lineage that includes self-healing, spiritual unfoldment, self-defense, and changing your life stance through “shape shifting.”

You’ll be initiated into the ten-system integrative method, _Bodymind Healing Qigong_, that Dr. Mayer synthesized over 30 years of training with some of the most respected Tai Chi and Qigong masters. Learn why Standing Meditation Qigong has been called “the million-dollar secret of Qigong,” how the animal forms of Qigong can help you reactivate your primordial self, and why Yi Chuan walking meditation adds something vital to traditions of walking meditation. You’ll find a blend of anthropological research, examples from Dr. Mayer’s work in an integrative medical clinic, teaching stories from ancient, sacred traditions, and Tai Chi dance. Two-person self-development practices (Tai Chi joining hands practice), Western bodymind healing methods, and inner psychomythological work round out this fusion of ancient and modern approaches to bodymind healing. You’ll discover ways to work with common ailments—insomnia, anxiety, hypertension, chronic pain, carpal tunnel syndrome—as part of a lifetime preventative-medicine program.

See pages 94-95 for reservations, fees, accommodations, scholarship information, and discounts.
This workshop is oriented towards health practitioners and anyone wanting to learn self-healing methods.

Suggested reading and viewing: Mayer, (books) Secrets to Living Younger Longer: The Self-Healing Path of Qigong; and Standing Meditation and Tai Chi; (DVD), Bodymind Healing Qigong.

You can now register on-line at www.esalen.org. Workshops appear on the Web before the Catalog is printed.
This course is valuable for healthcare professionals or anyone wishing to learn alternative approaches to women’s health.

Required listening: The first three sessions of the Healing From the Core: A Journey Home to Ourselves audio series (available by calling Healing From the Core at 703-620-4509, or on the web at www.healingfromthecore.com, www.amazon.com, or www.tahe.com).

CE credit for MFTs and LCSWs; see page 5.
CE credit for nurses; see page 5.
CE credit for bodyworkers; see page 5.

Ashiko Drum Making
Jayson Fann & Matt Lou

The Ashiko drum is a dynamic, acoustically rich drum from Africa with a deep and earthy voice and a tonal range that is versatile and expressive. Today the Ashiko drum is played by percussion and rhythm enthusiasts throughout Africa and around the world. Its melodic quality makes it a wonderful drum for the beginner as well as the advanced drummer.

In this workshop Jayson and Matt will guide you step by step through the process of creating your own instrument. You will be shown how to:

- Select the appropriate wood
- Cut, glue, sand, and finish the body of the drum
- Weld the tuning rings
- Stretch the drum skin using the distinctive Mali knot

In the end, your drum will reflect the care and attention to detail of a fine handcrafted instrument. Its sound will be filled with the spirit of you, the craftsperson.

($75 materials fee paid directly to the leader)

July 28–August 4

Renewing Wholeness: The Spiritual Experience of Viewing Great Films
Francis Lu & Brother David Steindl-Rast

In celebration of their fifteenth Esalen film seminar together, Francis and Brother David will present a seven-day retrospective of great films that were highlights of past seminars. Themes will include:

- The quest for wholeness
- Nirvana and salvation
- Integrity
- The inner child

- Animals, angels, and other spiritual allies
- Forgiveness
- Gratefulness
- The spirit of humor
- Faith and resilience
- Contemplation
- Serenity
- Exuberance, creativity, and delight
- Film and the remembering of love

On each of these themes, there will be one feature-length film as well as clips and late-evening bonus films.

Film-viewing seminars led by Francis and Brother David have become a tradition at Esalen since 1990. Old-timers and newcomers alike are amazed at the impact produced by the unique combination of ingredients: fine films, carefully prepared handout materials, state-of-the-art home-theater equipment, and personal processing of the experience through group interaction and silent reflection—say, in a hot tub under the stars.

For further information, contact Francis Lu at francis.lu@sfph.org.

CE credit for psychologists; see page 5.
CE credit for MFTs and LCSWs; see page 5.

The “Pointing Out” Way of Tibetan Buddhist Meditation
Daniel Brown

This workshop—designed for either novice or advanced meditators—serves as an integrative approach to the practice of meditation, with an emphasis on intensive concentration meditation using the traditional Tibetan Buddhist “Nine States of Mental Calming/Staying,” a widely-used method for training the mind to stay on its meditation object and to calm mental content. This approach was developed to correct common problems that develop in meditation practice, such as bad habits that prevent realizations, or reaching a plateau that makes progress difficult.

The course will also introduce classic Tibetan emptiness-meditations as well as the “directly pointing out” practices about the nature of mind. A balance of mental-stabilization and realization-of-emptiness practices will serve as a foundation for many types of advanced or “extraordinary” practices, such as tantric meditations based on complex visualizations to transform affective states, and working with energy transformations within the body, both of which serve direct realization of the nature of mind. This relational-based instructional style emphasizes directly pointing out the meditation methods used and the states likely to occur, balanced with actual practice, followed by a description of experiences and further instructions. The emphasis is on short, repeated meditation-practice periods, with additional, more refined instructions interspersed between each practice set.

Please bring a meditation cushion, if you have one.

CE credit for psychologists; see page 5.
CE credit for MFTs and LCSWs; see page 5.
CE credit for nurses; see page 5.

Weekend of July 28–30

Leadership: The Four-Fold Way®
Angela Arrien

This workshop will explore the cross-cultural tools that are most commonly used to enhance leadership effectiveness both personally and professionally. The four archetypes of the Warrior, Teacher, Healer, and Visionary reveal to us our own gifts and challenges that are related to leadership, learning, self-care, and the manifestation of vision. Participants will work with the Four-Fold Way skill set of: showing up, paying attention to what has heart and meaning; telling the truth without blame or judgment; and being open, and not attached, to outcome.

This workshop is designed so that participants can increase their capacities to:

- Improve open and truthful dialogue
- Resolve conflicts for mutual gain
- Create opportunities for shared leadership and collaboration
- Enhance self-esteem through cross-cultural empowerment tools
- Support balance and well-being in work, health, and relationships

To learn more, visit www.angelaarrien.com.


CE credit for MFTs and LCSWs; see page 5.

Improv Wisdom: Showing Up for your Life
Patricia Ryan Madson

Improvising can be seen as a way of approaching life mindfully and with common sense and chutzpah. This course is designed for the person who never imagined himself as an improviser. While some improv classes emphasize playing the games as comedy, we...
focus on the life lessons that can be learned. You don't need to be Robin Williams to use the techniques of attention, cooperation, spontaneity, and trust both on stage and in life.

Weaving advice from the paradigm known as Constructive Living® created by Dr. David K. Reynolds, which is based on two Japanese psychotherapies (Morita and Naikan), with theory and improvisation games based on the work of Keith Johnstone, founder of Theatresports, this class provides a safe environment to explore your natural spontaneity.

Patricia Madson writes: “Life lessons emerge as we laugh, play, make up stories, flounder, fall, pick ourselves up and help others to do so. Improvisation games foster quick thinking on our feet, social awareness, and risk taking. Learn how to handle mistakes with grace and create stories and worlds together. Discover that we are all natural improvisers.”

This class promises action, laughter, and commonsense advice in the format of simple and playful games.

Recommended reading: Madson, Improv Wisdom: Don’t Prepare, Just Show Up, and Johnstone, Improv.

CE credit for teachers; see page 5.

Week of July 30–August 4

The Dream Master:
Dreams and Fantasies

Pierre Grimes

This workshop explores how dreamwork, contemplation, recollection, and examination of idle fantasies weave themselves together into something wondrous to ponder. Focusing thus on the intuitive brings an awareness that our everyday existence can be the doorway to the profound. To discover this level of existence is to awaken to what is often ignored and can be key to our inner development.

The self is always seeking completion: hence, even the simple fantasies that occur to us are fragments of unresolved conflicts. These conflicts manifest themselves in our dreams. As we become aware of the forgotten elements of our existence, a growing realization of their importance becomes part of our lives.

In this way, the ancient art of recollecting becomes a natural part of one's life. When this is complemented by dreamwork and self-reflection our waking days are infused with a new kind of significance. As we become our own object of study, our work gains a luster since we are presenting ourselves with a way to discover a personal meaning to our existence in all its particular richness. To ponder and reflect on this existence unfolds an unexpected depth and majesty to our lives.

Please bring writing material and a small tape recorder to record your dreams.

Women’s Pleasure, Healing, and Wholeness

Rachel Abrams & Lisa Carlton

Would you like to reclaim the power of your desire? Do you know that exploring your passion can bring forth your unique creative gifts? Do you want to play with other dynamic women who are exploring their greatest potential?

The leaders write: “We will create sacred women’s community together through sharing, laughter, and artistic expression. We draw on the wisdom of the ancient Taoist practice to help unlock and refine our vital energy and sexual desire. The Taoist energetic practices help us cleanse our emotional state and get in touch with our fundamental power.

“You will be invited to explore your own body’s limitless capacity for pleasure, health, and vitality. We will practice specific techniques from the Taoist tradition to increase the power of our sexual experience and enhance our well-being. Each individual woman can explore what prevents her from experiencing the fullness of her desire and sexual pleasure and have the opportunity to heal those places that hold her back.

“We will work with one another through guided one-on-one dialogues, group sharing, creative movement, artistic exploration, and empowering and celebratory rituals. Our emphasis is on creating a safe environment, remaining present and honest, and having a lot of fun!”

The Upledger Institute’s Healing From the Core: Gounding and Healthy Boundaries

Suzanne Scurlock-Durana

To thrive in today’s demanding world we need full access to our inner resources. This course teaches how the deep wisdom of the body can help navigate our living, working, healing, and relating. Learning to listen to this body-wisdom as the ground of knowing enables us to rediscover our innate spirituality and develop our emotional intelligence.

Many of us are inspired to be a healing influence, to have a strong and beneficial presence in our work and personal lives. Yet unless we first know how to hold a healing space for ourselves, the outcome is often burnout. This course presents a step-by-step process of reclaiming and transforming the tight, numb, or painful places within so that we can feel, in each moment, our wholeness—the sense of aliveness that allows us to be in a state of grace with our core.

Although each person’s journey is different, the underlying principles are the same. These principles will be explored first conceptually, then experientially. You will learn about your unique energy flow and how to create new energy habits that will help you heal your internal blocks. This will take place in a safe, supportive circle, through guided explorations, conscious intention, gentle movement, breath, journaling, and dream work. This course is especially beneficial for healthcare professionals or anyone wanting to be a healing influence in the world.

Note: Registration for this workshop is through The Upledger Institute only. Please call the Upledger Institute at 1-800-233-5880.

Required listening: The first three sessions of the Healing From the Core: A Journey Home to Ourselves audio series (available by calling Healing From the Core at 703-620-4509, or on the web at www.healingfromthecore.com, www.amazon.com, or www.tahe.com).

CE credit for nurses; see page 5.

CE credit for bodyworkers; see page 5.

Weekend of August 4–6

Experiencing Esalen

Experiencing Esalen Staff

We must answer anew the old questions. “What are the limits of human ability, the boundaries of the human experience? What does it mean to be a human being?”

— From the 1965 Esalen Catalog

This workshop is an introduction to some of the transformational practices of Esalen. Designed for first-time participants or those renewing their acquaintance with Esalen, the emphasis is on finding those approaches to personal growth that work most effectively for each participant. Sessions may include: meditation, sensory awareness, Gestalt Practice, group process, art, movement, and massage. There will also be time to explore the magnificence of the Big Sur coast.

You can now register on-line at www.esalen.org. Workshops appear on the Web before the Catalog is printed.
Stars of Heaven, Sand of the Seashore: Celebrating as Abraham’s Family

Anisa Mehdi, Lyle Poncher & Brother David Steindl-Rast

Jews, Christians, and Muslims share principles and practices that are clouded by politics and fear in our world today. Imagine the possibility and empowerment of peace emanating from a reunion of the spiritual offspring of the Prophet Abraham.

This workshop is a rich and connective experience, designed to evoke deep and personal experiences of these three monotheistic faiths, through frank conversations between a Jew, a Christian, and a Muslim. The sessions will include prayer, study, blessing, and chant. Participants will read and discuss text and how text is reflected in our lives, choices, and actions. The workshop will consider the nature of faith itself.

The course is open to people of all religious persuasions—including those of no religious persuasion. Inclusion is at the heart of this exploration. By design this workshop takes place on part of Friday, Saturday, and Sunday morning, covering all or portions of the Sabbaths of all three faiths. It is an opportunity to connect with others in a divine embrace, outside of everyday life.

Healing (with Humor):
An Introduction to Spinal Awareness

Patrick Douce

Spinal Awareness is a blend of movement, touch, and group interaction. This work is based on the work of Moshe Feldenkrais, Chinese-Indonesian martial art, and the Esalen experience, and continues to evolve.

The movement lessons are quite different from normal exercises. They emphasize learning how to move in ways that stimulate awareness of your own body and involve learning to use the floor to organize and integrate your own spinal column. Standing lessons lead to a new awareness of ways to move with better balance and fluidity.

Spinal Awareness improves body awareness, flexibility, posture, and most chronic and acute conditions of the body. There will be special emphasis on any specific difficulties of participants, such as lower back pain, hip trouble, tension in the neck and shoulders, and knee injuries. Lessons inspired by Indonesian Silat will be used to stimulate the energy body, effecting internal health and increasing energy. These movements, originating from the monasteries of China and Tibet, further increase healing possibilities. Hands-on lessons—safe and non-invasive—will be given that can greatly speed up improvements.

This workshop will evolve with humor and playfulness. Fun partner lessons will help bring about not only freedom in the body but the return to the childlike energy essential to us all. This is a program designed both for the beginner and the professional.

For more information visit www.spinalawareness.com.

CE credit for nurses; see page 5.
CE credit for bodyworkers; see page 5.

Rest, Rejuvenation, and Renewal:
The Courage to Pause

David Schiffman

This is a workshop for people who need a break—from working too hard, from concentrating too much, from being stuck under pressure too long, or who are just plain tired from the perplexity and strain over what comes next.

“While we pause,” writes David, “we’ll study the three R’s and how they can be used to cultivate a climate of renewed energy and enthusiasm, the ability to think wisely ahead, and the presence to relate honestly and authentically with others. This weekend will emphasize breathing space and ease of being for deep contemplation. There will be soulful, encouraging company as well as wise counsel available for emotional nourishment.

See pages 94-95 for reservations, fees, accommodations, scholarship information, and discounts.
We will draw on the power and spirit medicine of Big Sur’s natural gifts for healing and inspiration. A special blend of music and movement will create a mood of playfulness and spontaneity for the rejuvenation of spirit. Simple activities, including ceremony and personal practices, will be used to deepen our feelings of being lively and hopeful about our futures.

This workshop is especially useful for people who are seeking good influences to get clearer and move further.

Intimate Relationships:
Keeping the Romantic Spark Alive
Ayala Pines

When two people are in love, it seems like the magical spark between them will last forever. More often than not, however, with the effects of everyday pressures and stresses, the love is eroded and eventually burns out. Couple burnout is not caused by individual pathology or inadequacy nor by major dramatic events. It is caused by a buildup of petty annoyances, minor dissatisfactions, and a gradual increase in boredom. How can this insidious process of love’s erosion be prevented? How can a couple in love keep the romantic spark alive?

Participants in this workshop will be encouraged to find anew the romantic images they shared at the first stages of their own love and use them to rekindle the romance in their relationship.

This workshop is recommended for couples committed to keeping the spark alive in their relationships, and for marriage and family counselors. It may also be helpful for individuals who are trying to figure out what went wrong in a relationship that burned out. Return couples are welcome.

Recommended reading: Pines, Couple Burnout, Falling in Love, and (when relevant) Romantic Jealousy.

CE credit for psychologists; see page 5.
CE credit for MFTs and LCSWs; see page 5.

Week of August 6–11

Creating the Work You Love:
The Anti-Career Workshop
Rick Jarow, with Athena Katsaros

More than any skill or product, the way in which we align our work with our deepest life intuitions will be the genuine contribution we make to the emerging world community.

— Rick Jarow

This richly experiential workshop explores the honoring of your life’s calling instead of settling for a job. The workshop takes you through a step-by-step process for building a self-sustaining career that resonates with your deepest levels of integrity, passion, and purpose.

Drawing from his background in religious studies, small business, years of experience with shamans and healers, and a calling to serve, Rick Jarow works with you to transform your intuitions into action, create and receive support for your visions, and find the motivation and discipline to develop your authentic vocation. The workshop uses a meditative format, applying internal exercises (based on the chakra system) to issues that are central to successfully establishing your work in the world. Beginning with an examination of abundance and scarcity, and moving through an exploration of your family history around work, you can discern your true priorities, open your creative visions, and begin to align them with your whole being. The workshop offers:

• A radical, holistic approach to your life’s work
• The possibility of uncovering the “embodied” vocation encoded in your energy centers
• Effective methods for focusing and goal-setting
• Techniques of risk-assessment for building a business or personal practice
• Ways to develop a career that reflects your heart’s compassion and your soul’s courage

You can now register on-line at www.esalen.org. Workshops appear on the Web before the Catalog is printed.
Reports of reflexology work on children with and reducing swelling in the chest and legs. Support the healing process by increasing circ-

ents to patients within hours of completion of open-heart surgery. Reflexology helps to and proven background. After more than a hundred years of practice and numerous books on the subject, it is safe to say that this modality is an integral part of body/healing work.

Adele Hill
Reflexology has a varied, well-documented, and proven background. After more than a hundred years of practice and numerous books on the subject, it is safe to say that this modality is an integral part of body/healing work. Reflexology's profound effects are being recorded in cardiology wards across the United States. At St. Katherine's Hospital in Lima, Ohio, reflexologists are offering treatments to patients within hours of completion of open-heart surgery. Reflexology helps to support the healing process by increasing circulation, removing anesthesia from the body, and reducing swelling in the chest and legs. Reports of reflexology work on children with neurological disorders document improved use of limbs and better mobility.

In this course participants will learn the basis of this body of work, as well as a sequence that addresses the whole body and each of the systems—endocrine, digestive, nervous, respiratory, etc.—to help offer a "gentle push" towards healing.

This course is designed for bodyworkers and non-bodyworkers alike. CE credit for nurses; see page 5. CE credit for bodyworkers; see page 5.

The Lightness of Being: Subtle Touch and Calatonia
Antú Ribeiro, Leda Perillo Seixas & Ana Maria Rios
Subtle Touch and Calatonia are noninvasive bodywork techniques utilized in psychotherapy, based on gentle touch to the skin. Developed by Hungarian physician Petho Sándor in the late 1940's, this method delivers a new experience of "living" in the body by dissolving and reorganizing patterns of tension, stress, trauma, emotional blocks, pain, etc. It promotes centeredness and well-being.

Giving and receiving are essential elements of relationships. By applying and receiving touch, participants will expand their sensibilities for empathy and acceptance. Participants will shift from a "tense self-consciousness" to a confident awareness of one's connection with self, others, and the environment, resulting in enhanced and deepened relationships.

This workshop will be experiential and didactic and is designed for professionals, students, and nonprofessionals interested in personal growth. A group with varied levels of expertise will enhance the process. To further your long-term experience, come with a colleague, spouse, or friend with whom you can practice after the workshop.

Dream, imagery, and regular journaling are encouraged during the workshop, to integrate practice and Jungian theory. This method can mobilize psychological issues; it is recommended that participants be (or have been) in therapy.

To learn more, visit www.calatonia.net/epetho.htm. CE credit for MFTs and LCSWs; see page 5.

Big Sur Wilderness Experience
Steven Harper, with Michael Newman
Big Sur is not a place but a state of mind.
— LOCAL SAYING

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—to merge mind and place, then to embody what is learned.

The group will venture out on five 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, ecology, and the natural sciences to weave together a wholistic 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 will be sent upon registration. ($20 park-entrance fees paid directly to the leader)

Weekend of August 11–13
Building Collaborative Relationships Through Five Essential Skills
James Tamm
This is a "how to" course for people wanting to be more effective at creating climates of trust and dealing with conflict—at work, at home, or within oneself. Many personal and business relationships become adversarial simply through a lack of relationship-building skills, conflict-resolution skills, and self-awareness. This workshop provides practical experience with skills that are essential for building successful collaborative relationships.

The course has its roots in a Hewlett Foundation/State of California pilot project designed to teach collaborative skills in adversarial settings. Follow-up research studies documented the dramatic long-term results: Conflict was reduced by 85%, trust increased

See pages 94-95 for reservations, fees, accommodations, scholarship information, and discounts.
by 70%, defensiveness reduced by 50%, and participants were 45% more effective at getting their interests met.

The course offers a combination of two powerful approaches to transforming conflict into collaboration: (a) interest-based non-adversarial negotiations (well documented for dramatically reducing conflict in business, government, and interpersonal relationships), and (b) a focus on behaviors and feelings that can block resolution of conflicted situations. Participants will learn how often-unconscious emotional needs for inclusion, control, and openness impact their effectiveness when building relationships and dealing with conflict.

This course is not a series of techniques that promise “how to get yours... and most of theirs, too.” It is skill-building to develop relationships for long-term mutual success, and is of immediate use to all individuals, especially those in interpersonal and work relationships.

Approved by the California State Board of Accountancy for 12 hours of CE credit.
CE credit for MFTs and LCSWs; see page 5.
CE credit for nurses; see page 5.

Writing Songs
Ysaye Barnwell
What are the key ingredients of your favorite songs? A memorable song is neither music nor poetry, but an interdependent marriage of the two. This songwriting course with Ysaye Barnwell, longtime performer and composer with Sweet Honey in the Rock, is for anyone who is just beginning to write songs or still looking for their songwriting voice. The workshop will explore the elements of lyrics, melody, harmony, rhythm, and song style, and each person will incorporate these elements into songs they compose. Each participant will write and perform during the course of the weekend. Bring your voice and any other favorite instruments with you.

Enrollment will be limited to 15 participants.
CE credit for teachers; see page 5.

The Alchemy of Abundance: Manifesting Your Vision, Power, and Purpose
Rick Jarow, with Athena Katsaros
Through his acclaimed “Anti-Career” workshops, Rick Jarow has helped thousands transform their work lives by skillfully aligning with the energy of desire. Now with The Alchemy of Abundance, Jarow invites you to use this ever-present energy to catalyze change in your relationships, your creative pursuits, your financial well-being, and more.

Working with twelve specific “realms” of abundance, participants learn to focus their passion and desire to create immediate changes in their lives. From friendships to romantic love, from material wealth to spiritual aspirations, Jarow shows how personal abundance can be realized through the world around us, and how intention and emotions work together to “transmute” the base metal of a stagnant life into the “gold” of compassion, inner fulfillment, and success.

Drawing upon more than twenty-five years of practice, study, and teaching in the world’s spiritual traditions, Jarow offers a rich universe of archetypes that lead the way to a visionary encounter with your deepest desires and potentials. In-depth diagnostic practices and meditations provide a daring exploration of each of the twelve realms, illuminating what is truly calling for attention in your life. Finally, participants will be shown how each realm holds a “key to abundance” to make your dreams and intentions come to life.

Science, Spirituality, and the Search for Meaning
Michael Shermer
The quest to understand the universe and our place in it is at the core of both religion and science. At the beginning of the 20th century social scientists predicted that belief in God would decrease by the end of the century because of the secularization of society. In fact, never in history have so many, and such a high percentage of the population, believed in God and expressed spirituality. To find out why, Dr. Michael Shermer has undertaken a monumental study of science, spirituality, and the search for meaning.

Since humans are storytelling animals, this study involves the origins and purposes of myth and religion in human history and culture. Why is there is an eternal return of certain mythic themes in religion—messiah myths, creation myths, redemption myths, end-of-the-world myths? What do these recurring themes tell us about the workings of the human mind and culture?

We are also pattern-seeking animals. For countless millennia we have constructed stories about how our cosmos was designed specifically for us. For the past few centuries, however, science has presented us with an alternative in which we are but one among tens of millions of species, housed on but one planet among many orbiting an ordinary solar system, itself one among possibly billions of solar systems in an ordinary galaxy, located in a cluster of galaxies not so different than billions of other galaxy clusters, and so on, ad infinitum. Is it really possible that this entire cosmological multiverse exists for one tiny subgroup of a single species on one planet in a lone galaxy? This workshop explores the deepest question of all: what if the universe were not created for us by an intelligent designer, and instead just happened? Can we discover meaning in this apparently meaningless universe? The answer is YES!

Week of August 13–18

Integral Transformative Practice (ITP): Realizing Your True Potential
George Leonard, Annie Styron Leonard & Barry Robbins
Over a period of five days, this extraordinary workshop offers participants knowledge, illumination, and joy that can last a lifetime. Developed by human potential pioneers George Leonard and Michael Murphy, ITP offers a holistic approach to personal transformation and positive social change, and is designed for all people, even those who already live busy lives.

You will have a chance to learn a forty-minute series that includes physical movement, transformative imaging, and meditation. You will practice mental and physical balancing and centering, the use of chi, focused surrender, and the creation of effective affirmations. You will be introduced to the principles that underlie the practice and learn to apply them to interpersonal relations.

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

Recommended reading and viewing: Leonard & Murphy, The Life We Are Given; Leonard, Mastery and The Tao of Practice (DVD); Murphy, The Future of the Body.

Embody Experience and Psychic Experience
William Roll & Chris Aamstot
Embody is not something we possess; it is the way we live our existence. Through the body, we embody a network of lived relations—with ourselves, with other people and with the environment. This bodying forth is
at best a movement of the heart that reaches out to touch, to embrace, and to bring the meanings we live to full presence. If we accept this charge and live it with authenticity, our every gesture will be an act of consecration.

This workshop will introduce the latent power of embodiment and familiarize participants with the five ways embodiment can be expressed: 1) as an intersubjective body, we embody our relationships with others; 2) as an energy body, we embody our personal meanings in health and illness; 3) as a doing body, we engage in tasks; 4) as a world body, we embody the world as perceived, imagined, and remembered; and 5) as a transpersonal body, we embrace a vaster interconnectedness.

Embodiment occurs on two levels, the familiar little body and a long body that sees and acts on things beyond the little body. Remote perception and action, including precognition and retroactive psychokinesis, are long body skills. Unlike the little body, the long body incorporates remote people and places, it can access the lives of the departed, it may persist after death, but it is usually closed to consciousness.

This workshop will combine discussion, narrative, and exercise. These modalities will be interwoven to provide participants with both the conceptual and the experiential understanding of the fullest potentiality of their embodiment.

**Believe I’ll Sing: Singing in the African-American Tradition**

**Ysaye Barnwell**

Everyone sings in the vocal community led by Ysaye Barnwell, longtime member of the a cappella group Sweet Honey in the Rock. Every voice contributes in this community. This workshop introduces the harmonies, melodies, rhythms, and vocal styles of the African-American tradition. Using the forms of this rich tradition—calls and chants, spirituals, ring shouts, hymns, gospels, songs of the civil rights movement, and songs of contemporary struggle—participants build a community of voices and spirit during a week of heartfelt music-making.

To introduce the songs, Barnwell provides the historical, social, and political context for each of these musical forms. The group explores from an African-American worldview the values embodied in the music, the role of cultural and spiritual traditions, and the significance of shared communal experience in one’s life. In a vocal community one learns to appreciate differences, rely on interdependence, heighten one’s listening abilities, and understand that participation in the music is participation in the human experience.

No vocal experience is necessary. It doesn’t matter whether or not you think you can sing. A vocal community can hold you in its embrace as a mother holds a child.

Please note: Since the songs are presented sequentially, participants are required to attend all sessions.

CE credit for teachers; see page 5.

**Coaching at the Core—The Art of Transformation**

**Ronald Jue**

Coaching at the Core is an innovative program which focuses on helping individuals to discover their own psychomythology, aptly called “the Hero’s Journey” by Joseph Campbell. Becoming aware of one’s own true path, as well as coaching others to discover theirs, allows for a deeper understanding of our human potential.

Providing a template for developing greater self-awareness, accessing intuitive wisdom, and developing skills to move into levels of deep engagement and dialogue, this coaching process moves a participant into experiencing
and seeing himself and the world in a more integrated way. This program offers an experiential versus intellectual way of knowing one’s own and others’ mythology—past, present, and future—as well as learning the necessary skills in creating a state of authentic presence. By integrating the secular with the deeper dimensions of reality, this pioneering work presents an approach that is elegant, simple, and profound.

Dr. Jue, the developer of this coaching paradigm, has created a cross-cultural, multidisciplinary approach to his work, integrating major concepts from positive psychology, contemplative practices, and wisdom-based approaches from indigenous cultures. His recent book *The Inner Edge*, coauthored with Richard Wedemeyer with a foreword by His Holiness, the Dalai Lama, addresses the core values of identity and integrity as vital elements in transforming individuals, relationships, and business practices.

CE credit for psychologists; see page 5.
CE credit for MFTs and LCSWs; see page 5.

Weekend of August 18–20

**The Poetic Cosmos: Poetry, Spoken Word, Cosmology, and Activism as Spiritual Paths**

Drew Dellinger

In a sense, the whole of life moves on the wave of a dream.

— M A R T I N L U T H E R K I N G, J R.

The poetic imagination flows from the depths of the universe itself. This workshop explores the joys of poetry and spoken word, awakening the playful poet and wordsmith within. Through writing, reciting, and listening to poetry, participants will celebrate the sacred cosmos of language, and cultivate inspiration for the creative process. In addition, the workshop will engage cultural issues of cosmology, justice, politics, and the ecological and social challenges of our time.

Drew Dellinger writes: “We will stretch our minds around the 13-billion-year history of the universe and the current movements for global justice and earth democracy. Our historical moment poses a challenge to the artist inside each of us: How can we activate our creativity in a way that best serves the planet and the people? Drawing inspiration from poets, writers, artists, activists, and visionaries, we will engage passionate questions such as:

- How can words be used skillfully to create the poetic feeling in others?
- Can the awe-inducing scientific story of the universe inspire our art and our work for justice?
- What are the connections between ecological and social justice?
- How can we channel our inspiration into effective art and effective action?

The spiritual path is a journey of cultivating awareness and realizing interconnectedness. Poetry, cosmology, and activism are three paths within the path of great awakening.”

No experience is needed; all experience is welcome. Bring one or two of your favorite poems, written by you or someone else.

**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.

— M A R Y O L I V E R

“The weekend is simple,” Steve Harper writes. “We stroll through the wilds of Big Sur on hikes, soak in the natural mineral hot springs, eat good, wholesome food, commune with ourselves, others, and nature. With wilderness as our teacher and the bare attention of awareness we show up for life as it unfolds moment to moment. We come into deep contact with the raw beauty of this mysterious world.”

The group will venture out on two hikes 2-6 miles in length. Simple practices that encour-
age awareness and contemplation—“how to be idle and blessed”—will be 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. Further information will be sent upon registration.

**Breema Bodywork and the Nine Principles of Harmony**

Jon Schreiber

Breema® is a practical system that teaches us first through the body, and then through the mind and feelings, to live fully in the present. Originally developed in a remote Kurdish mountain village, its universal Nine Principles of Harmony are the key to Breema’s health-enhancing, energizing, and centering effects on both practitioner and recipient. Breema bodywork and Self-Breema exercises use nurturing touch, comfortable stretches, and rhythmic movements. They are delightfully nurturing to learn, practice, and receive. They relieve physical, mental, and emotional imbalance, bringing mind, feelings, and body into proper relationship. The result is vitality, clarity, and presence. Through Breema, we can take many steps toward tasting the essential unity of all Existence.

This workshop is an opportunity to immerse yourself in an accepting and deeply rejuvenating atmosphere. You will learn the flowing movements of the bodywork, Self-Breema exercises, and explore the Nine Principles of Harmony and their capacity to ultimately bring harmony to every aspect of life. Breema’s movement sequences are received fully clothed on a padded floor.

Recommended reading: Schreiber & Berezonsky, Self-Breema: Exercises for Harmonious Life (Second Edition) and Schreiber, Freedom is in This Moment.

**Family Arts Program**

Jayson Fann & The Esalen Arts Center Staff

This workshop, at the Esalen Art Barn, is for parents, children, and any and all family members who want to immerse themselves in a weekend of fun and creative expression. Painting, clay sculpting, mask making, drumming by a bonfire, games, and outdoor explorations of the magnificent Esalen grounds are just some of the activities participants will explore during a weekend made memorable by sharing it with loved ones.

All children must be accompanied by an adult.

($40 materials fee paid directly to the leader)

**Deep Contact: Social Dance as a Spiritual Path**

Mary Pinizzotto Jaffe & Hugo Jaffe

Any activity can be used as a spiritual path if the focus is consciously set to practice it with reverence, joy, and awareness. The beauty of using social dance as a spiritual path is that while it evokes these qualities within us, it also allows us to connect with others who have a common intention. So while we practice uniting mind, body, and spirit, we also get to bring this practice into relationship (with our partner) and into community (as we flow with all the other dancers). This workshop will employ exercises that teach techniques for focusing the mind into the body, helping you to practice:

- Greater self-awareness—discover unconscious patterns and habits that contradict your conscious intentions
- Aligning your desire, intention, and manifestation
- Improving focus, concentration, balance, and fluidity
- Greater presence—experience being completely in the moment
- Uniting breath with intention and movement

This class incorporates inquisitive breath and movement work, freeform dance, and group sharing to complement the ballroom dance and provide a whole-being approach to learning. Come and celebrate the divine in all of us in a fun, hip, challenging, insightful, unorthodox, warm, open, loving environment.

**Deciphering the Romantic Attraction Code: How We Choose the Lovers We Choose**

Ayala Pines

When we fall in love we are sure that our beloved is not only perfect, but perfect for us. In time, many of us realize that neither is true. Disappointed and disillusioned, we wonder, How is it that we choose whom to fall in love with? And why are we so often wrong? In this workshop, participants will explore theories and research findings that apply to their own romantic choices, right or wrong. More importantly, the workshop will help to examine what to do about these choices, both to enhance current romantic relationships and to avoid making the same mistakes in the future. Through group discussions and experiential exercises, the workshop is designed to increase understanding of the causes, conscious and unconscious, of romantic choices. In addition, it will present tools to improve the quality of relationships.

This workshop is for anyone who seeks better understanding of his or her romantic choices, especially those who seem unable to make the “right choice,” and for counselors who work with couples or individuals with a problem in romantic choices. Individuals may take this workshop more than once.

Recommended reading: Pines, Falling in Love: Why We Choose the Lovers We Choose and Romantic Jealousy.

CE credit for psychologists; see page 5.

CE credit for MFTs and LCSWs; see page 5.

**Writing and Knowing**

Ellen Bass, Dorianne Laux & Joseph Millar

What another would have done as well, do not do it. What another would have said as well or written as well, do not say or write it. Be faithful to that which exists nowhere but in yourself.

— André Gide

There is a world inside each of us that we know better than anything else, and a world outside of us that calls for our attention. Our subject matter is always right with us. The trick is to find out what we know, challenge what we know, own what we know, and then give it away in language.

The leaders write: “We will write poems, share our writing, and hear what our work touches in others. We’ll also read model poems by contemporary poets and discuss aspects of the craft. But mainly this will be a writing retreat—time to explore and create in a supportive community. Though we’ll focus on poetry, prose writers who want to enrich their language will find it a fertile environment.”

There is a vitality, a life-force, an energy... 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...

It is not your business to determine how good it is...

It is your business to keep it yours clearly and directly, to keep the channel open.

— Martha Graham

CE credit for teachers; see page 5.
The Moving Theater of the Soul
Camille Maurine

The Moving Theater process is a potent catalyst for transformation and inspiration. Our bodies and psyches are brimming with creative impulses—a rich inner theater of sensations, emotions, images, and perceptions. This workshop offers a time to listen deeply, to feel and imagine, to breathe and move your visions and dreams. Drawing from dance, theater, meditation, body awareness, Continuum, and Jungian soulwork, Camille provides a safe, fertile environment to delve deeper into your inner world and dare new forms of expression to emerge.

You will learn how to access your creative wellspring and give shape to internal characters and energies. All expressions are welcomed with curiosity and compassion. Beauty and Beast, Spirit and Sensuality, Sorrow and Mirth, Fury and Tenderness, Madness and Magic—each holds a key to deeper freedom.

All lead us back into the flow of life and love. What stories are pulsing in your heart, ready to be revealed? What characters are in the wings, itching to come onto stage? What ways are you longing to let go? You don’t have to know in advance. You only need to be willing to explore.

Activities include subtle and dynamic movement, theater improv, voice and breathwork, journaling, and quiet reverence. The format accommodates beginners and experienced players, allowing each to go to a new level of vibrancy and presence.

Recommended reading: Maurine & Roche, Meditation 24/7 and Meditation Secrets for Women.

Passion and Wisdom: Life Skills for Balancing a Whole Life
David Schiffman

A laundry list for a whole life might read: (1) a long, healthy life, (2) a satisfying and safe place to live, (3) an intimate circle of fulfilling relationships with family, friends, and colleagues, (4) sufficient, steady material success, (5) the freedom and the time to be, to dream, and to spiritually aspire, and (6) enough excitement, challenge, and change to keep learning and growing. If these measures reflect your own hopes and dreams, this workshop is aimed at exploring or supporting what it takes to know:

• How much is truly enough?
• How to minimize wasted time and unnecessary suffering
• When and how to act effectively with emotional competence, authenticity, and authority
• When and whom to ask for support, when to give way and wait with grace

This workshop will provide time to seek wise counsel and allies in a circle based in goodwill, mutual honesty, and deep, soulful inquiry. Group activities and ceremonies will celebrate and remember the milestones of our self-realization and the challenges still ahead.

This is an opportunity to strengthen the life skills, tools, and attitudes necessary for deepening physical vitality, mental acuity, and emotional integrity. Perspectives and practices from ancient and modern sources will be explored to evoke the vibrancy, freshness, and potency of our presence and commitment to our hopes and visions.

Spinal Awareness (with Humor):
For Bodyworkers and Aspiring Bodyworkers
Patrick Douce

Spinal Awareness is not a therapy or treatment but a way of learning. It is taught with movement, touch, and group interaction. The work is based on the teachings of Moshe
Feldenkrais, Chinese-Indonesian martial art, and the Esalen experience, and continues to evolve.

This workshop will apply the techniques of Spinal Awareness specifically to the field of massage and bodywork. It offers practitioners valuable tools to integrate into their own disciplines. The movement and hands-on methods presented will be specific to the needs of the group members.

The workshop will focus on how we can relearn to overcome our limitations in movement and functioning. Some of the conditions that benefit from this approach are problem chronic and acute conditions in the lower back, neck, shoulder, hips, knees, elbows, ankle, wrist, and jaw. There will be special emphasis on Skeletal Awareness.

Students will be given a new understanding of how tension and injury are often involved with the disorganization in the skeletal-muscular parts of the body. The workshop will integrate approaches derived from Chinese-Indonesian energetic systems with the field of bodywork. Touch and movement methods to protect and energize the practitioner—grounding, generating, circulating, and extending energy—will be shared.

The use of joy and humor will be the under-tone during this week. Real freedom in the body is also freedom of spirit and fun.

For more information visit www.spinalawareness.com.

CE credit for nurses; see page 5.
CE credit for bodyworkers; see page 5.

Men Who Love Men: A Psycho-Spiritual Celebration

Arnie J. Vargas

This workshop is designed to address the concerns or curiosity of any man who identifies with same-gender attraction, as well as for therapists who specialize in, or are interested in, working with this population. The focus will be on:

- A theoretical understanding of same-gender attractions
- An understanding of the dynamics of emotional development in queer-identified individuals
- An overview on the connection between Eros, Psyche, and Spirituality
- A psycho-spiritual celebration of identity

During these five days, participants will merge into an exploration of the above subjects. This workshop will take place in a safe, nurturing environment where boundaries and respect will be incorporated into an atmosphere of fun and acceptance of one another. A group agenda will be created to ensure that all questions are concerns are covered.

**The Sacred Art of Painting Tibetan Thangkas and Mandalas**

Jamyong Singye

This program invites you into the world of Tibetan Buddhist sacred painting, a land of rich imagery and profound sacred meaning, as expressed through the traditional forms of the Thangka and the Mandala. Jamyong Singye, renowned master of the Karma Gardri style of Thangka painting, will be your teacher and guide to this meditative art form.

Slides of ancient as well as recently painted Thangkas will inspire participants to follow the traditional guidelines of measurement and technique. The class is appropriate for those who intend to use the techniques in a continuing study of Thangka painting, or for those who would like to bring new elements to other art forms, and will benefit both beginning and advanced artists.

Please bring a 14” x 17” smooth-surface drawing pad; #2 soft pencils; eraser; ruler; and an illustration board (cold pressed #100, heavyweight).

($50 materials fee paid directly to the leader)

CE credit for nurses; see page 5.
CE credit for bodyworkers; see page 5.

**Weekend of August 25–27**

The Ecstasy of Sound: A Music and Healing Workshop

Jennifer Berezan

At the core of all that exists in the universe is vibration. Many cultures have long believed that the world itself was created through sound. Some peoples believe that illness is a musical problem, a result of a lack of harmony in the system. This workshop will explore music as a spiritual practice and a path to opening one's heart and uncovering one's true nature.

Participants will engage in a wide range of musical experiences, from traditional and contemporary traditions, designed to open the heart and create equanimity, joy, ecstasy, and healing. The workshop will include sessions of toning, chanting, harmony and rhythm, improvisational sounding, meditation, and silence, in a safe, humorous, and sacred environment. Jennifer will also show images from the recording of her acclaimed CD Returning in the world's oldest temples in Malta.

No musical experience is necessary. To learn more, visit www.edgeofwonder.com.

Living Love: The Ingredients of Successful Relationship Renewal

Jon Carlson

Happiness in life and satisfaction in relationships can be learned. This workshop offers practical hands-on training in the skills of effective relationships. Couples no longer need to live a life of miserable coexistence.

The workshop will use lecture, demonstration, videotape, and experiential activities to teach satisfying relationships. The skills include:

- Being present
- Understanding your relationship
- Choice awareness
- Acceptance
- Communication
- Problem solving
- How to co-create a new relationship

CE credit for psychologists; see page 5.
CE credit for MFTs and LCSWs; see page 5.

The Brazilian Soul: A Dance and Drumming Workshop

Cida Vieira & Jayson Fann

In Brazil dance and music are a large part of everyone's life. A box of wooden matches becomes a musical instrument; a soccer field becomes a dance floor during games. Dance and music are everywhere, present in all events in which people celebrate love, friendship, connection, sensuality, and zest for life. The idea is that life is happening right now, and this alone is enough to become a celebration among friends, family, and community.

During this weekend, Cida and Jayson offer a chance to experience the joyful spirit of Brazil-away-from-Brazil. This hands-on (and “feet-on”) workshop will explore the instruments, rhythms, music, and the samba dance do jeitinho brasileiro (“of the Brazilian way”).

Cida writes: “My teaching focuses more on movement than on technical aspects, so that participants can achieve a lively workout and, most important, have fun, until they begin to feel the movement emerging from their own body, heart, and soul.”

Jayson and Cida believe that drumming and dancing are for everyone with the desire to join in. This workshop is for anyone, of any age, who enjoys or wants to learn more about
the aliveness of Brazilian dance, music, and spirit. 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.

No previous dance or drumming experience is necessary.

My Religion is Love — Rumi

Fariba Enteshari

The world is within you and the whole world is springing up from it. — Rumi

Explore the universal love within Rumi’s poetry and storytelling. Rumi’s poetry is about the universal love among us and within us. His masterpiece, Mathnavi, is the story of our soul’s journey on earth. His message is love, which helps us to enlighten our lives and promote love among all peoples, religions, and nations. It is also the language of truth. The importance of Rumi’s teachings of universal love and understanding is as important today as eight hundred years ago.

Educating ourselves and the generations to come with the wisdom and universality of his teachings will help us create a peaceful, harmonious world that speaks the language of unity.

“These teachings offer the essence of oneness and interconnectedness that come from our relationship to the Creator and the human race,” Fariba Enteshari writes. “Sufism, with its roots in the Abraham religious traditions, has a universal vision. Expand your heart and enlarge your vision of universality with Rumi’s poetry in this weekend workshop.”

Weekend Massage Intensive

Daniela Urbassek & Jessica Tagan

This weekend workshop will introduce the core techniques of Esalen Massage®. Through brief lectures and demonstrations, and with lots of personal supervision of hands-on work, the workshop will present essential tools and knowledge that can be effortlessly applied. Fundamental elements of bodywork, such as breath awareness, grounding, movement, and quality of touch will also be introduced. The goal will be to create a firm foundation of massage to build upon. The workshop is designed to enable each student to return home with the ability to give a full-body Esalen-style massage.

CE credit for nurses; see page 5.
CE credit for bodyworkers; see page 5.

Week of August 27–September 1

The Secrets of Successful Relationships

Linda & Charlie Bloom

Having a good 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; however, for an alarming number of couples the dreams of infatuation soon dissolve into the disappointment of a cold, joyless relationship or end in divorce.

Yet it is possible for all of us, even those with a history of failed relationships, to create the partnership of our dreams. Strong, healthy relationships are not a function of choosing the right person, having had a happy childhood, or undergoing years of psychotherapy. This possibility is available to any couple that understands and is willing to engage in the practices that these unions require.

This workshop, for couples only, will identify the principles and practices of successful relationships. Participants will discover the qualities that fulfilling partnerships require and, through a series of experiential exercises, begin the process of cultivating them. In addition, the workshop will introduce the art of conscious combat and show how to dissolve repetitive, dysfunctional relationship patterns.

CE credit for MFTs and LCSWs; see page 5.
CE credit for nurses; see page 5.

Developing Your Touch—Integrating Anatomy and Esalen Massage®

Laurie Lioness Parizek & Dean Marson

This workshop offers an opportunity to integrate the study of the human body’s intricate structures with hands-on skills. It is designed to help students develop “eyes in their hands”—to learn to effectively combine anatomical knowledge with Esalen bodywork.

Through demonstrations and practice, and using movement, awareness exercises, and meditation, the workshop focuses on helping students engage and enrich their hands-on capability by providing increased awareness of what lies beneath the skin—what the inner terrain looks like. This helps to deepen the effectiveness of massage work as students learn to visualize more clearly and feel more precisely what is under their hands. In addition to physical anatomy, the instructors will introduce energy anatomy, as applied to bodywork and massage, to help participants refine the quality of their touch and work with awareness of the energy body as well as the physical body.

The anatomy lectures will be presented simultaneously with Esalen Massage instruction. Students will learn a complete integrated session. The workshop will take place in a spirit of fun and exploration, and much of the learning will be experiential. It is suitable for all levels of experience, beginner to advanced.

CE credit for nurses; see page 5.
CE credit for bodyworkers; see page 5.

Big Sur Artists Tour: A Celebration of Living on the Edge

Jayson Fann & Big Sur Artists

Throughout its colorful history, Big Sur has drawn distinguished artists and creative individuals from all over the world. This legacy, combined with its magnificent, elemental landscape, has produced a unique cultural heritage, a rich blending of artistry and self-sufficiency applied to every aspect of living.

This workshop offers a rare opportunity to visit and learn from some of the most talented artists of the Big Sur coast at their home studios and at the Esalen Arts Center. The week will include classes in landscape painting, poetry, and music, as well as other creative adventures to stimulate, inspire, and renew the spirit. The goal will be to maximize your creativity and explore the magical ocean and mountain landscapes of Big Sur.

($50 materials fee paid directly to the leader)

Biodanza

Jaquelín Levin

Biodanza is a system of human integration created by Chilean psychologist, anthropologist, poet, and Nobel Peace Prize-nominee Professor Rolando Toro over forty years ago. Biodanza, literally “to dance with life,” uses music, movement, and emotion, to reestablish an intimate connection with life.

In this workshop you will explore, through dance, the archetypes of life that create the many facets of your being. With this poetic and tender awakening, you can retrieve your essence and a sense of well-being as you begin to feel truly alive again.
In the *Vivencia*, "the moment lived intensely," you can reenter your humanity through the sensuality of being, recovering the five lines of your human existence: vitality, sexuality, creativity, affectivity, and transcendence. Through the dance of life you can begin to live according to your full potential. Biodanza teaches communication beyond words and works with the healthy part of the self.

Biodanza is for everyone. No dance experience is necessary.

**From Science to Spirit: The Human Aura/Biofield Revealed**
_SEMICONDUCTOR PHOTOGRAPHY*

Thornton Streeter & Nigel Garion-Hutchings

*Working with PIP (Polycontrast Interference Photography) is for an energy medicine practitioner akin to turning the lights on in an operating theater, so that all can see the subtle changes that are taking place as a healing occurs. Join two of the world's leading experts in energy field imaging. By understanding how information and energy within us and without us is processed, we may better understand the holistic nature of being in harmony with our environment.*

Dr. Streeter and Dr. Garion-Hutchings will take a set of scans of each participant, offering a view of the actual state of workshop attendees, and throughout the course of the program they will monitor how specific "prescriptions" improve the coherency of each individual's biofield. They will also share their experience on what is known as Auric Hygiene, i.e. how to protect yourself in a polluted environment and how to enhance your living space in a manner that reflects scientific progress rather than just New Age ideas.

This will be an interactive training workshop, with demonstrations of all the effective biofield imaging devices, focusing on Kirlian photography, the first technique developed, and PIP Biofield Imaging, the latest real-time color video imaging system. The workshop will not only explore the techniques but will provide a certificated license from the Centre for Biofield Sciences to use both Kirlian photography and PIP Biofield Imaging.

For more information visit www.biofield-sciences.com or www.fullspectrum.org.uk.

CE credit for bodyworkers; see page 5.

**Frolicking in the Garden of Paradox: Jewish Shamanic Wisdom for Biding Your Time on Earth**

Rabbi Gershon Winkler & Miriam Maron

Shamanic Kabbalah is an ancient body of Jewish wisdom that has been transmitted mostly orally for nearly four thousand years. Based largely upon a nonlinear way of thinking and experiencing, Jewish shamanism offers alternative perspectives on the meaning of life, the paradox of God and evil, the mystique of being human, the intimate relationship of soul with body, and the sanctity and interconnectedness of the earth and all her creatures. In its emphasis on the spiritual, Shamanic Kabbalah in no way negates the importance of the physical; on the contrary, it sees the material realm as the most vital component in the process of spiritual development and accessing the Mystery.

During this workshop, Gershon and Miriam will introduce the core intention and content of Shamanic Kabbalah toward a clearer encounter with the mystery we so glibly refer to as "Life." Employing the sacred tools of ancient texts, soul-stirring chants, shamanic

See pages 94-95 for reservations, fees, accommodations, scholarship information, and discounts.
journeying, trance-inducing movement, and guided imagery, these two mavericks of contemporary Judaica will marinate participants in the lesser-promulgated ancient teachings of the Kabbalah that defy conventional religious thinking and challenge us toward heightened consciousness and inner healing.

**Weekend of September 1–3**

**Compassionate Self-Discipline**

*Cheri Huber*

Cheri Huber writes: “You have been taught to believe that life should be different from how it is and that if you were different—better, smarter, thinner, richer (which you would be if only you had more self-discipline!)—life would be as it should be and you would be happy. As it is, life isn’t the way it should be, and it is your fault. As usual, what we have been taught to believe is not true. Life is exactly the way it is, life is not a matter of fault, and no amount of self-discipline, compassionate or otherwise, is going to give anyone control over life.

“There are two kinds of self-discipline, just as there are two kinds of everything. There is the self-discipline of ego—strict, harsh, and punishing—and there is self-discipline from center, which does not feel like discipline at all. From center, rather than feeling disciplined, one feels supported, assisted, guided, and nurtured.”

In this workshop participants will discover how their efforts at self-discipline are sabotaged from the outset, and how to find within themselves the compassion necessary for effecting the change they want to see in their lives.

**Yoga in Balance**

*Jean Couch*

Spend luxurious time exploring skin and bones, links, kinks, and the pathways they provide to the vast existence that we are. Join Jean Couch, author of the classic *Yoga for Runners*, for a weekend of Yoga in Balance. Doing preliminary stretches and classic yoga poses, participants will inquire, through the reality of the body’s intertwined relationship with gravity, into the depths of our being. According to Patanjali, “Yoga is the relaxation of effort.” Yoga in Balance will teach you how to stop trying so hard, how to yield. Through this firsthand experience you can access a weightless and stress-free existence that transforms and informs everything you are and do.

**A New Beginning: Courage and Heart**

*Mary Goldenson*

““In this workshop,” Mary Goldenson writes, “we will courageously peer into the depths of our hearts and minds to ask:

- Does my life reflect my heart’s desires?
- If fear did not stop me, what might I be doing differently?
- What truths do I need to tell to live?
- To whom or what have I given power over my life? What must I do to reclaim it?
- How shall I live, knowing I shall die?”

“More than the answers, our questions define where the real meaning of our life resides. Firmly grounded in the moment, we will explore ways to reconnect with our source of creativity and spirituality.”

This workshop offers ways to help complete the past, be open to the present, and create the future. A safe, supportive environment will be provided. Didactic and experiential exercises will draw from Gestalt, Reichian work, imagery, dance, and meditation.
Esalen Massage®: The Flowing Art of Essential Touch
Ellen Watson & David Streeter

One of the keys to the art of Esalen Massage is tapping into the flowing, creative energy present in a living body and letting one’s massage technique emerge from that experience. Ellen and David will guide participants into connecting with and embodying this aspect of essence, bringing it into expression as the healing art of Esalen Massage.

The leaders will help students discover the subtle movement at the core of their bodies. This movement, when used as the basis from which a massage is given, can transform one’s touch and increase the ability to effect change through massage. The leaders will show students how to harness gravitational energy, or move their Chi, as a source for flowing into, over, and around bodies.

This class is designed for all levels of experience. The novice will gain a sense of what it is like to give a flowing Esalen Massage, grounded in one’s own body. The experienced practitioner will discover how to break with customary routines to work from deeper, more essentially-guided principles of healing and touch.

This workshop may have up to 34 participants.
Recommended reading: Goldenson, It’s Time—No One’s Coming to Save You.
CE credit for MFTs and LCSWs; see page 5.

Flowers Blossoming: An Empowering Martial Art for Women
Flora Bardet

This program offers a gentle, comprehensive martial-art approach for women to cultivate the seeds of full expression of their inner power. This movement system, of Buddhist and Taoist origin (and which emphasizes primarily individual practice), contains empowering forms designed for women’s health and self-development.

Using a combination of heart-opening and assertive warrior-like movements, participants harmonize their yin and yang aspects. Fostering flexibility, coordination, stamina, centering, and balance, this flowing art form allows women to gain self-confidence and dignity while finding new expressions for their feelings. Blockages and limitations are faced and transformed through various stances and interactions. Unusual foot- and legwork revitalizes women’s earthly qualities and stimulates the waist and pelvis. Chi circulation dissolves tension and reveals feminine radiance in subtle ways. Breath work and contemplative forms open women to the sacredness in themselves and life.

This practice encourages women to attune to the vibrancy of being that lies in one’s core rather than to simply doing. Secured by the woman’s circle, participants open gently—like flowers—self-contained in their graceful strength.

Please wear loose, comfortable clothing.

Recommended reading: Flora Bardet, Flowers Blossoming: An Empowering Martial Art for Women

The Journey from Abandonment to Healing
Susan Anderson

“Abandonment is the most primal human fear,” says Susan Anderson, “and the main underlying issue of most emotional distress and dysfunction.” Author of The Journey from Abandonment to Healing and Black Swan: The Twelve Lessons of Abandonment Recovery, Anderson is the founder of the Abandonment Recovery movement and has studied this field for twenty-five years.

In this workshop she presents a highly effective program of emotional and spiritual healing that provides the means to reverse the universal wound of abandonment.

Participants will learn specific exercises for each of the five stages of abandonment (shattering, withdrawal, internalizing, rage, and lifting); how to overcome self-sabotage and “abandoholism”; how to make new connections; and the twelve steps of healing from abandonment. She will also share recent findings from the field of brain science that shed new light on the biological and chemical processes that underlie our emotional response to loss.

Whether you’re experiencing a recent breakup, the loss of a loved one, or a lingering wound from the past, this workshop can help you begin to restore your sense of self and increase your capacity for love.


Week of September 3–8

The Art of Awakening
Jim Dreaver

There is a simple yet potent practice for transforming personal conflict and suffering into clarity, harmony, and new creative energy.

Whenever upset arises, take a few moments to become fully present. Feel what’s happening inside you. Look for the “story” you’re telling yourself that keeps the emotion alive. Then breathe. Let your energy expand. Be very aware. Notice how you can look at the story, so you can’t be it. You are what is looking—clear, vibrant, present-time consciousness. Get this, and a shift happens. The story loses its power over you, and you are free.

Do this often enough, and you’ll question the very “me” you take yourself to be. You’ll see that it is just a “story” too, and that your true nature is the lucid, ever-present consciousness behind everything. To know this, to find your identity not in stories but in the moment-by-moment flow of being, is true freedom. It’s what it means to be awake, enlightened, or self-realized. Then life is always rich in love, meaning, and purpose.

This workshop will include dialogue, meditation, and mind/body practices to help uncover the stories that keep you bound.

For more information, visit www.jimdreaver.com


White Crane Silat: The Art of Grounding, Balance, and Fluidity
Flora Bardet

This workshop presents White Crane Silat, a movement and martial-art program originated in China and strongly influenced by Indonesian island culture. It offers a gentle, comprehensive approach to developing the power that enables you to defend yourself—against an opponent or against your own limitations. White Crane Silat reveals its empowering and healing qualities in a direct and sophisticated way. Practiced mainly individually, Silat is a moving meditation that reduces stress by breaking down bad habits and establishing healthier patterns, bringing into balance the emotions, mind, and spirit, so that we may live as fully as the White Crane, symbol of longevity and wisdom.

Starting with breathing techniques that build and store Chi energy, then using various kicks, blocks, stances, and floor exercises—at first done slowly, with awareness—partici-
pants develop grounding, equilbrium, and fluidity, the foundation for a harmonious life. Fostering flexibility, coordination, and stamina, the flowing Silat form improves adaptability, while interacting with others increases receptivity and alertness.

These tools can be easily integrated into one's schedule, creating a state of aliveness, inner stability, and freedom. The workshop is open to all. Please wear comfortable clothing.

**Healing through Deep Bodywork: Deep Tissue Techniques for Massage Practitioners—Level I**

**Perry & Johanna Holloman**

Practiced with sensitivity, deep bodywork is one of the most effective healing modalities available to the bodywork practitioner. Through slowly opening the body’s deeper soft-tissue layers, we can connect the mind to normally unconscious, “stuck” areas of the physical body, which can release enormous amounts of previously “held” energy. This energy in turn becomes available to support the body’s innate capacity to self-organize and self-heal, enabling practitioners to support clients in overcoming stubborn, seemingly intractable physical conditions.

This program, Level I of a three-level program, will focus on exploring deep bodywork as a healing art. It is designed for massage and bodywork practitioners seeking to incorporate effective deep-tissue techniques into their work. Whether in private practice or in a spa, the demand is growing for practitioners who have mastered the art of moving deeply into the body with skill and sensitivity.

Areas of focus will include relieving chronic and acute pain in the back and around the major joints of the shoulder and hip. There will ample time spent learning to feel "soft tissue lesions" with the hands and learning why, at physiological and energetic levels, deep bodywork needs to be done slowly to be most effective.

Previous massage experience is recommended for this advanced-level seminar.

**Gestalt and Sensory Awareness**

**Seymour Carter**

Many potential sources for growth and aliveness reside in our unfinished issues, the developmental processes that we have not recognized and assimilated. These unclaimed potential talents, tendencies, and traits are a powerful reservoir within us waiting to be tapped. Sadly, much in us has become immobilized by early conditioning, emotional problems, and habitual patterns. The aim of this workshop is self-awareness, integration, and growth.

The basis of this work is the Gestalt method, supported by sensory awareness. Sensory awareness is about developing a conscious feel for one’s actual state of being and thus experiencing and setting free the ordering and regenerating processes of one’s body. To regain the feeling of being at home in one’s body is the basis for all meaningful functioning and expression.

Using practices of introspection and body-oriented intervention strategies, participants can begin to discover and utilize capacities within themselves for new possibilities in their lives. Each participant’s process of development will be encouraged, honored, and treated as unique.

**Weekend of September 8–10**

**Loving What Is—The Work of Byron Katie**

**Byron Katie**

“I need more money.” “I need to lose weight.” “My partner doesn’t understand me.” Thoughts like these may run through our minds dozens of times a day, creating fear, anger, stress, or depression. In this workshop, Byron Katie, best-selling author of Loving What Is and I Need Your Love—Is That True?, will introduce you to The Work, a revolutionary way to question the thoughts that keep you from living in peace and joy. Eckhart Tolle, author of The Power of Now, calls The Work “a razor-sharp sword that cuts through illusion and enables you to know for yourself the timeless essence of your being.” With humor and lovingly incisive clarity, Katie will show you how self-inquiry can bring you a happier life. You will have the opportunity to experience The Work directly, witness others in the process, and take home the ability to apply what you’ve learned to everything you do.

For more information visit [www.thework.com](http://www.thework.com).

CE credit for MFTs and LCSWs; see page 5.

**Week of September 10–15**

**Understanding Globalization: Helping to Create a More Responsible Future**

**Denise Ames**

Every day we contend with the far-reaching force of globalization and its sweeping impact upon our own personal lives, our communities, the environment, and people throughout the world. This thought-provoking and informative workshop explores this complex phenomenon and sorts through the conflicting messages and diverse worldviews.

The course begins with an overview of globalization's historical roots, where one can more clearly see the connections of past actions and events with current developments. Using a systems approach the program investigates ten essential factors necessary for the globalization project. With this new understanding,
participants can thoughtfully discuss the globalization project and decide if it is in keeping with the values of creating a more just, sustainable, and responsible future.

The workshop continues with a consideration of creative strategies and actions that can help us become more mindful about our consumptive habits, and an interactive dialogue about possible sustainable and equitable alternatives for our shared human future. The group wraps up by practicing how to effectively communicate our new thoughts and deepest values to others in a more contemplative and articulate manner.

There will be ample time for watching and discussing stimulating videos, reading, reflecting, or journaling about experiences and feelings.

**Envisioning Our Lives: Walking the Ancient Path with Modern Tools**

**Steven Harper**

Tell me, what is it you plan to do with your one wild and precious life?

— MARY OLIVER

In our increasingly stressful and complex world, we often lose sight of the deeply held vision and values we aspire to live by. From time immemorial, seekers and mystics have gone to nature for inspiration, wisdom, and direction. We go out to nature to go inward, seeking connection, vision, and alignment with our life—and life’s greater calling. This workshop is an opportunity to leave behind how we normally define ourselves—a time to cross the threshold and immerse ourselves in wild nature, to listen deeply, to feel the mystery of life, to envision our lives.

“As people of the twenty-first century,” Steve writes, “we will follow in the footsteps of more traditional cultures while utilizing contemporary tools from psychology, facilitation, and personal coaching. On most days we will venture out on day-hikes, 1-6 miles in length, and return to Esalen each evening. In wilderness, we will be introduced to rituals and forms that come from indigenous peoples (vision quests and walkabouts). Back at Esalen, we will work both indoors and outdoors with meditative practices, reflective journaling, and paired and group exercises to chart a path that aligns our inner vision and outer actions. Then, fresh with mindful inspiration, we’ll return to our communities, families, and greater circle of relations.”

Participants should be prepared to engage in some vigorous exertion and to sit quietly in reflection in nature.

($20 park-entrance fees paid directly to the leader)

**Painting Improvisations: A Visual Jazz Exploration**

**Joanne Beadle Ruggles**

The performing and visual arts share a common language and process. Visual artists can learn valuable lessons from jazz musicians, whose creations depend on exploration, improvisation, and collaboration.

This workshop will lead participants through a series of visual exercises that develop the skills needed for risk-taking in the arts. Participants will discover ways to remember the fearless play of childhood while letting go of concerns about “abiding by the rules” or “getting to the right answer/representational image.”
Students will identify specific aspects of the creative process that produce joy and explore ways to infuse them more frequently into their art making. Participants with diverse interests will find ways to incorporate nonobjective abstraction (patterns, abstract designs, free-flowing marks, or “visual jazz”) into their creative process and final artwork.

Whether your artistic interests fall in landscape, figure, still-life, or abstract painting, there will be something valuable for you in this workshop. Each day, additional mystery materials will be provided to participants for group activities.

You can view Joanne’s artwork at www.beaulerugglesgraphics.

CE credit for teachers; see page 5.

**Addictions and Recovery**

**Julie Bowden & Richard Balaban**

Were you a child growing up in a home where life revolved around alcohol? A teenager whose experimental substance-use developed into repetitive abuse? An adult whose spouse’s promises to quit drinking went unfulfilled? This workshop is designed for individuals and couples who wish to heal the psychological wounds caused by one’s own or a loved one’s addiction, and to move beyond pain and disconnection.

Living with addictions makes the normal passage through life’s developmental stages difficult. Expression of feelings, awareness of needs, establishment of trust, intimacy, and self-esteem, success in relationships—these are but a few of the important tasks of growing into a competent human being that are thwarted by addictions.

The workshop will use a variety of psychotherapeutic modalities including experiential exercises, writing, role-play, and guided imagery. Write the leaders: “We will journey together in acknowledgment of an inner voice pointing us toward health, effective change, enhanced relationships, genuine intimacy, and spiritual growth.”

Participants are asked to forgo alcohol and nonprescription drugs during this five-day period to help create a safe atmosphere where core issues and transformation are more likely to emerge.

If there is unresolved pain keeping you from your best self, and if addictions have had too much power over your life, this workshop is for you.

CE credit for MFTs and LCSWs; see page 5.

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**Weekend of September 15–17**

**Listening, Feeling, and Loving: A Workshop on Peace**

**Nitsan Gordon**

Our listening creates a sanctuary for the homeless parts within the other person. That which has been denied, unloved, devalued by ourselves and others.

— Rachel Naomi Remen

There will come a day when we can all express our deepest feelings openly without hurting ourselves and others: when we can cry when we are in pain, shake with fear, laugh with joy, and dance with great freedom.

There will come a day when we can enable and support the healthy release of emotions in our children and those around us. And yes, there will come a day when each of us can once again experience the great child-like joy of playing and the healing benefits of touch. That day will be a Day of Peace.

You can now register on-line at www.esalen.org. Workshops appear on the Web before the Catalog is printed.
This workshop is about moving closer to that day. Dancing, healing touch, games, deep listening, and emotional release are part of the experience facilitated by Nitsan Gordon, a woman who has been working towards enhancing coexistence and peace between Jews and Arabs in Israel for the past fifteen years. Learn how a step toward your own inner peace can be a step towards world peace.


**Week of September 17–22**

**Relationship as Teacher, Healer, and Guide**

Shakti Gawain

Our most important relationship is with ourselves, because it is the foundation for our life. All other relationships are mirrors which can help us become conscious, integrated beings. So our partners, children, families, friends, and co-workers are really our greatest teachers. A primary relationship, when viewed in this way, can become a powerful journey into healing and wholeness.

In this workshop, you will discover how you can use your relationships as a path to greater awareness. You will find out exactly how problem areas in your relationships reflect valuable lessons you need to learn so that you can experience more fulfillment and satisfaction in life. You do not need to be in a primary relationship to derive great benefit from this workshop. Some of the areas of focus are:

- Becoming aware of and healing our unconscious patterns
- Understanding how to use the “mirror of relationships”
- Using the trouble spots in relationship to guide us toward healing
- Exploring the parent-child “bonding patterns” inherent in all relationships
- Moving through fear of intimacy and commitment
- Balancing closeness and independence
- Experiencing more fulfilling relationships with everyone in our lives

Shakti will be drawing from the work of her mentors Drs. Hal and Sidra Stone, creators of the Psychology of Selves and Voice Dialogue and the authors of Embracing Ourselves and Partnering. This workshop is open to and appropriate for individuals and couples.

**Table Shiatsu I**

Jim Gallas

Table Shiatsu is a contemporary adaptation of traditional Japanese Shiatsu, with an awareness that focuses on proper body mechanics. In this workshop, practitioners will learn to give a deeply rejuvenating session while remaining relaxed themselves. By using one’s body weight instead of strength and by learning varied techniques for release along meridians, practitioners will learn to facilitate deep relaxation and enhanced vitality.

Generally practiced with the client comfortably clothed, Table Shiatsu can be easily integrated into any table modality including Swedish, acupressure, polarity, and various forms of energy work. Using the material covered in the class, a practitioner can create a session ranging in length from fifteen minutes to two hours. In this way, Table Shiatsu is excellent for brief on-site work as well as for longer private sessions.

The workshop will be mostly hands-on. Self-care will be taught as an integral part of the
Table Shiatsu practice. Gentle yoga stretches, Chi Kung, self-massage, silent meditation, and improvisational games will be used to open participants’ awareness of their own and others’ energy bodies.

($20 materials fee, for Table Shiatsu manual, paid directly to the leader)

CE credit for nurses; see page 5.
CE credit for bodyworkers; see page 5.

Transforming Your Self, Transforming Your World
Ann Bradney & Bill Say

How can our deepest struggles fuel collective change? How can the world’s problems awaken us to our gifts and wholeness? This workshop will be an opportunity to explore our most troubling personal issues and world problems. Precisely these difficulties can be keys to unlocking our own hidden potential, leadership energy, and wholeness.

The leaders write: “We will use the group as a cauldron and a microcosm of the world. With personal work, bodywork, relationship work, and group process, we will heartfully facilitate inner conflicts as well as conflicts arising naturally in the group. Exploring what it means to be willing to open to ourselves and others, we will discover what are our deepest contributions for the world around us. We will learn tools that help us to transform childhood hurts, relationship and collective problems, and the defenses and blocks standing in the way of our empowerment as leaders.”

This workshop will employ two powerful approaches to personal and collective change: Core Energetics, created by John Pierrakos and Process Work, developed by Dr. Arnold Mindell.

As we encounter more of the wholeness of our individual and collective being, we will be empowered to contribute our greatness to the world.

Please note: A telephone interview is requested prior to registration. Please call either Ann Bradney (212-620-5684) or Bill Say (510-548-8703).

CE credit for MFTs and LCSWs; see page 5.

Writing with Passion
Gillian Kendall

This workshop will be a week of writing about what matters to you most—writing for healing, writing with honesty and humor, writing that makes people excited to read what you’ve written.
encouragement of your work as well as gener-
al guidance on writing (and publishing). Let's enjoy sharing our minds and hearts through reading and writing.”

**The Magic of Metal: Blacksmithing, Welding, and Sculpting**

**Steve Dulfer & TS O'Grady**

There's a magic about metal that mesmerizes those who appreciate it and energizes those who work with it. The ability to take hard metal rods and bars, heat them, twist them, hammer and shape them in a clay-like fashion... the result can be beautiful—and infinitely useful.

The focus of this workshop will be on learning the basics of blacksmithing and welding. Technical skills will be emphasized through hands-on instruction and practice, with the goal of each student creating his or her own sculptural or functional piece.

All levels are welcome. No experience is necessary. Bring long-sleeved work clothes and leather boots.

Recommended reading: Meilach, *Decorative and Sculptural Ironwork.*

($75 materials fee paid directly to the leader)

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**Weekend of September 22–24**

**From Song Into Silence: A Devotional Chanting Workshop**

**Deva Premal & Miten**

“Singing is a bridge to God,” write Deva Premal and Miten, “a bridge between physicality and spirituality. Everyone with breath in their body can experience divinity. Breath is the first step towards song.

“Our purpose is to come together in sound and silence. Our practice is to live the moment in love, relaxing into what is, seeing God in everything, including ourselves. This workshop is for people who have a longing in their hearts to sing ‘Yes!’ to life, a longing to open the door to their own inner being, to their own inner peace. Our time together will include devotional chanting, the silence of meditation, uplifting singing, circle dances, and other ways of communing with the divine and each other. Even if you have never sung communally before, this is a safe and nurturing environment without judgment and doubt, a place where the fragrance of God becomes tangible.”

Deva Premal and Miten’s music is an invitation into the nature of love, devotion, and consciousness. Their concerts and workshops have touched the hearts of seekers across the world.

**Taoist Chi Kung: The Cloud Hands**

**Master Share K. Lew**

The youthful 88-year-old Master Share K. Lew will teach his beginning set of Chi Kung exercises, The Cloud Hands. This set of Chi Kung builds a foundation for both better health and further Chi Kung. The Cloud Hands consists of five relatively nonstrenuous movements along with quiet seated meditation which is the core of the Chi Kung system. These traditional Taoist exercises help your body to maintain good health and increased vitality. The time required for practice will easily fit into anyone’s schedule.

Master Lew will also teach a five-day Chi Kung workshop September 24-29.

CE credit for nurses; see page 5.

**Yoga: Practicing a New Way of Being**

**Thomas Michael Fortel**

The great saints and sages of India have repeatedly told us that the Divine lies within, that the body is a temple for the indwelling Lord. The practice of hatha yoga is an honoring of the body as a vessel of this energy, this life force, this prana. Yoga is a tool of healing that works on many levels. The physical body heals gradually through the compression and stimulation of the internal organs and glands. The musculoskeletal system gains greater mobility and overall strengthening and toning.

Yet there’s much more to yoga than a physical practice. The rhythm of the breath is like a mantra for calming and healing the mental and emotional bodies. In this way, the veils of illusion in the mind drop away and over time an enduring peace develops. The practice of yoga allows a balance of mind and heart and an integration of inner and outer, of the individual with the Supreme. “What we practice on the yoga mat,” writes Thomas, “becomes a way of being in the world.”

Mornings will begin with pranayama and meditation, a light breakfast, and an active morning practice. In the afternoon the practice will be restorative. Please have a minimum of 3 months of recent yoga experience.

CE credit for nurses; see page 5.

**Understanding and Treating Eating Disorders: An Integrative Approach**

**Judy Ruskay Rabinor & Anne Kearney-Cooke**

This workshop, presented by Harvard Medical School, is designed so that participants will be able to:

- Identify the dynamics of disordered eating and the implications for treatment
- Describe the factors determining body image and effective strategies to treat body-image disturbance

See pages 94-95 for reservations, fees, accommodations, scholarship information, and discounts.
• Develop a multifaceted treatment approach that addresses psychological and familial issues and includes medical, nutritional, and psychopharmacological intervention
• Utilize specific strategies for successful therapy with eating disorders in diverse populations

This program is offered in conjunction with Harvard Medical School. For more information, including how to register, see Special Programs, page 81.

Approved for CMEs for physicians.
CE credit for psychologists; see page 5.
CE credit for MFTs and LCSWs; see page 5.
CE credit for nurses; see page 5.

**Visionseeker II: Spirit Medicine**

Hank Wesselman & Jill Kuykendall

Today interest in complementary and alternative therapies is on the rise, and increasing numbers of people are rediscovering the healing modalities pioneered by indigenous peoples. Among them, the time-tested techniques of the traditional shamans are being reconsidered and reworked, providing nontribal Westerners with effective methods for healing and problem solving.

This workshop provides in-depth training in shamanic healing. At its core lies a cross-cultural overview of the nature of illness, healing, and healthcare. Hank Wesselman writes: “We will expand our connections to inner sources of power and wisdom, and deepen our contacts with ancestral spirits and healing masters, as well as the elements. We will experience the initiation of spiritual dismemberment, work with shamanic extraction methods, and Jill will provide her unique approach to soul retrieval.”

The Visionseeker workshops provide a shamanic perspective derived from the Hawaiian kahuna tradition in which knowledge of the personal soul cluster, as well as the nature of reality, forms the foundation. This training will be most useful to those who have completed the Visionseeker I workshop or its equivalent. If in doubt, please contact Hank Wesselman before registering at PO Box 2059, Granite Bay, CA 95746, or e-mail him at hank@sharedwisdom.com.

Note: Bring a rattle, a drum, a notebook, a bandanna or eyeshade, and a light blanket. Please refrain from alcohol use during the workshop.


CE credit for MFTs and LCSWs; see page 5.
CE credit for nurses; see page 5.

**Taoist Chi Kung: Enhancing Vitality**

Master Share K. Lew

Master Lew, a monastery-trained Taoist priest from southern China, will introduce traditional Taoist concepts of health, longevity, and harmony with nature. The core of the workshop will be instruction in the Shen, a set of twelve Chi Kung exercises (six standing, six sitting) whose primary purpose is self-healing. These rare exercises can also help develop better concentration, increase visual and auditory acuity, and enhance sensitivity to oneself and others. Master Lew will tell stories from his Taoist practice as well as his life in the monastery.

Master Lew, now 88, was among the first to openly teach Chi Kung (Taoist internal energy cultivation) to non-Chinese. His monastery style, Tao Ahn Pai, dates back 1300 years to Lui Dong Bin of the Tang Dynasty, who is one of the Eight Immortals of Taoism.

Master Lew will also teach a weekend workshop September 22-24.

Recommended Reading: Porter, Road to Heaven: Encounters with Chinese Hermits; Deng Ming-Dao, The Wandering Taoist.

CE credit for nurses; see page 5.

**Trigger Point Release: An Empathic Approach—The Munyer Method**

Arthur Munyer

This class will explore the Munyer Method of Trigger Point Release, with the long, gentle, meditative strokes of Esalen® Massage providing a nurturing context for this exploration. Students will learn how to track and map trigger point referrals, integrate massage with trigger point releases, gain a deeper understanding of transference and countertransference issues, and practice being present—emotionally, physically, and spiritually—with their clients when they release. Further emphasis will be on creating appropriate boundaries with clients.

Participants will explore the four energy bodies—spiritual, emotional, physical, mental—with a continued emphasis on recognizing which body they are operating in. Through guided meditation and experiential exercises, students will learn how to recognize the shift from one energy body to another, as well as the shift from one of the five emotional body feelings—love, joy, anger, fear, and sadness—to another.

Where appropriate the course may also employ Esalen Massage, joint release, deep-tissue techniques, along with grounding, sound, Yoga, movement, and stretching to bring awareness and a sense of presence to the work. Through these tools, participants—and therefore their clients—may achieve and enjoy a more fluid, focused, and integrated body session. The class will also offer a clear understanding of anatomy and physiology tailored to Trigger Point Release.

(Additional $20 fee for the Trigger Point manual)
CE credit for nurses; see page 5.
CE credit for bodywork; see page 5.

**Assemblage: Making Sacred Touchstones**

Virginia Ray

Gathering is a universal practice. Many cultures use this creative form in daily life. The theme of this workshop is the transformation of everyday items, collected treasures from nature, and found objects into inspiring art work. Handmade papers, textiles, and woodworking will be included in the process.

The workshop will use a series of exercises to engage your own style of creativity. The art of placement and the impact of shapes and textures will be addressed. Learn the value of visual simplicity, a benefit which can be carried into all facets of life. Discover how conscious intention, coupled with ingenuity and various art mediums, can change common objects into sacred touchstones. Open your eyes to a new way of seeing. Expand your imagination to include the rich array of ordinary elements that surround us every day.

Each participant will create a unique wall piece, as well as experiment with a variety of images throughout the week. Bring some special personal objects to include in your work. Creativity exists in each one of us. Beginners are welcome.

**September 29–October 6**

**SoulMotion: Mastery**

Vinn Marti

“Where leading, be generous with the community, honorable in action, sincere in your words. As for the rest, do not be concerned.”

—THE BUDDHA

SoulMotion™ is a philosophy for, and experience of, movement as prayer, meditation, and creative expression that fuels personal transformation. It is an “open form” that is approachable to both the dance enthusiast and the everyday dance citizen.
This SoulMotion Mastery experience is ideal for those who wish to spend extended time with Vinn and the SoulMotion staff in the waters of SoulMotion viewpoints and practices. Participants will deepen their own experience of the soul in motion as they get a behind-the-scenes peek at the qualities required for effective leadership—for both personal and professional transformation. This excursion will include:

- Morning teaching sessions with Vinn—a time to experience the main viewpoints and basic vocabulary as well as an in-depth exploration of philosophy and practice
- Afternoon “practice time”—optional sessions for those who wish to be supervised in teaching practice for one another
- Evening dance happenings—guided self-directed movement experiences to end the day

This course is open to all who perceive the dance as a vehicle for creative expression and intimate communion with Source, regardless of any “teaching” aspirations or experience.

(§16 materials fee paid directly to the leader)

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**Weekend of September 29–October 1**

**The Awakened Mind: Brainwave Training**

Anna Wise

Inside each person lives a wealth of knowledge, capacities, and power rarely transmitted to the conscious mind. Brainwave training, combined with meditation and biofeedback monitoring, can help develop these deeper resources, allowing access to greater creativity, reduced stress, and a deeper awareness and understanding of the inner self.

For almost three decades we have measured the brainwave patterns of people whose states of consciousness inspire emulation—spiritual masters, meditation teachers, people of optimum creativity in all walks of life. The brainwave pattern that was found, named the Awakened Mind, is a combination of all four categories—beta, alpha, theta, and delta—in the right relationship and proportion.

Brainwaves are affected in specific ways by different methods of meditation, visualization, and psychophysiological relaxation, as well as by specific acts such as tongue, eye, and body positions. This workshop will present techniques for brainwave development to help you access these optimal states as well as determine which practices are best for your particular brainwave pattern. It will also address how to use these optimum states for creativity, mental flexibility, self-healing, problem solving, and spiritual development.

The Mind Mirror™ EEG will be utilized to demonstrate brainwave patterns, and Electrical Skin Resistance Meters will be used to measure the depth of arousal or relaxation of the nervous system.

CE credit for MFTs and LCSWs; see page 5.

**Healing (with Humor): Feldenkrais and Energy Work for Spinal Awareness**

Patrick Douce

Spinal Awareness is a blend of movement, touch, and group interaction, based on the work of Moshe Feldenkrais, Chinese-Indonesian martial art, and the Esalen experience. It continues to evolve.

The movements of Spinal Awareness are quite different from normal exercises. They emphasize learning how to move in ways that stimulate your awareness of your body. They involve learning to use the floor to organize and integrate your own spinal column.

Standing lessons lead to a new awareness of ways to move with better balance and fluidity. Spinal Awareness also improves flexibility, posture, and most chronic and acute conditions of the body. Special emphasis will be placed on any difficulties participants may have, such as lower back pain, hip trouble, tension in the neck and shoulders, and knee injuries.

Lessons inspired by Indonesian Silat will be used to stimulate the energy body, effecting internal health and increasing energy. These movements, originating from the monasteries of China and Tibet, further increase healing possibilities. Safe and noninvasive hands-on lessons will be presented that greatly speed up improvements.

This workshop will evolve with humor and playfulness. Fun partner lessons will help bring about not only freedom in the body but also playfulness. Fun partner lessons will help bring about not only freedom in the body but also playfulness.

Enrollment is limited to 12 couples.

**Leonardo’s Brain: A Weekend with Leonard Shlain**

Leonard Shlain

Leonard Shlain is the author of three national bestsellers, *Art and Physics, The Alphabet Versus the Goddess, and Sex, Time, and Power*. A unifying theme connecting the trilogy is the duality inherent in the human brain, manifested in the extraordinarily different functions performed by the right and left hemispheres. His work in progress, *Leonardo’s Brain: The Right/Left Roots of Creativity*, will continue to mine this rich lode.

Shlain’s day job as a vascular surgeon has afforded him the opportunity to perform many operations on the arteries to the brain, and he has pondered this unique neuroconfiguration for years. The result: a midnight writer who has put forth startling and compelling theories and observations linking hemispheric lateralization to the battle of the sexes, culture and history, art, religion and science, and the taproots of patriarchy and misogyny.

This freewheeling give-and-take workshop will explore the evolutionary reasons behind the rapid propulsion of the human species away from the other animals and the direction toward which the human species is evolving. Some of the topics covered include: homosexuality, the strange rite of circumcision...
position, the roots of creativity, the neurologic differences between the sexes, the appeal of religions, fear of death, the longing for immortality, the search for meaning, universal mind, and artistic intuition. Cameo appearances by Picasso, McLuhan, Augustine, Plato, and Leonardo will enliven the experience. In other words, be prepared to let your brain ride through a car wash in a convertible with the top down.

**Week of October 1–6**

**Ramadan at Esalen**

Imam Faeheem Shuaibe

Explore Islam during the holy month of Ramadan with Muslims and non-Muslims together on the journey. Here participants will come together in search of peace and understanding, experiencing how Muslims live and digging into Islamic texts.

Daily reading of the Qur’an will lead to discussion of current events. The study of Islamic ablution and prayer rituals will guide participants to new levels of praise and humility. Both endeavors will help connect the rudiments of the classical Arabic language to its role in Muslim political and cultural history.

Non-Muslim participants will be welcomed (not required) to fast and pray as “honorary” Muslims throughout the week. Suhur, predawn breakfast, will begin the day; Iftar, the breaking of the fast, will be celebrated with the entire Esalen community each evening at dusk, overlooking the Pacific Ocean.

Participants will take home a new connection to Muslims everywhere, with contacts, resources, and knowledge to expand the sphere of peace.


**Self-Acceptance — The Heart of Healing**

Joe Cavanaugh

The heart has reasons which reason knows nothing of. — BLAISE PASCAL

We commonly hear the axiom “Love is letting go of fear.” There is, however, another possibility: “Love means loving ourselves even when we are afraid.” This applies to all so-called “negative emotions”: fear, anger, doubt, jealousy, and so on. We simply cannot be who we are not. Accepting who we are allows healing to begin. Judging ourselves, we lose sight of the deeper message our feelings bring to us, reinforcing the very negativity we are attempting to dissolve.

“Through personal and interpersonal processes,” Joe Cavanaugh writes, “we will see how our judgments, beliefs, and attitudes can undermine our self-esteem and personal effectiveness. We will create a space to heal our wounds from the past while enhancing our capacity for greater love and compassion. In a context of mutual support and safety, we will learn to accept ourselves for who we are in the present moment. We will then discover how these so-called ‘negative emotions’ were in fact angels in disguise, guiding us toward our Authentic Self.”

This workshop is designed for all those wishing to enrich the quality of their lives, as well as for therapists seeking to enhance their therapeutic skills.

**Prerequisite:** Be willing to abstain from alcohol and nonprescription drugs for the duration of the workshop.

**Recommended reading:** Cavanaugh, Who Am I, Really? How Our Wounds Can Lead to Healing.

**CE credit for nurses; see page 5.**

**CE credit for bodyworkers; see page 5.**

**Spinal Awareness (with Humor): For Bodyworkers and Aspiring Bodyworkers**

Patrick Douce

Spinal Awareness is not a therapy or treatment but a way of learning. It is taught with movement, touch, and group interaction. The work is based on the teachings of Moshe Feldenkrais, Chinese-Indonesian martial art, and the Esalen experience, and continues to evolve.

This workshop will apply the techniques of Spinal Awareness specifically to the field of massage and other bodywork. It offers practitioners valuable tools to integrate into their own disciplines. The movement and hands-on methods presented will be specific to the needs of the individual members of the group.

The workshop will focus on how we can relearn to overcome our limitations in movement and functioning. Some of the conditions that benefit from this approach are problem chronic and acute conditions in the lower back, neck, shoulder, hips, knees, elbows, ankle, wrist, and jaw. There will be special emphasis on Skeletal Awareness.

Students will be given a new understanding of how tension and injury are often involved with the disorganization in the skeletal-muscular parts of the body. The workshop will integrate approaches derived from Chinese-Indonesian energetic systems with the field of bodywork. Touch and movement methods to protect and energize the practitioner—grounding, generating, circulating, and extending energy—will be shared.

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

For more information visit www.spinalawareness.com.

**Advanced Awakened Mind: Biofeedback, Meditation, and Consciousness Training**

Anna Wise

Many people who have participated in Anna Wise’s weekend and five-day workshops have requested a follow-up or a more advanced version. This seminar is designed to pick up where the basic training left off, using the basic building blocks of beta, alpha, theta, and delta brainwave training to deepen your knowledge and experience of your own higher states of consciousness. From an extended version of “The House of Doors” theta-development meditation for accessing material in the subconscious, to adding the brainwaves of conscious thought to the brainwaves of meditation for high performance and creative manifestation, to increased experience and awareness of the kundalini energy system, as well as advanced yoga nidra meditation, this workshop will continue the journey you began in your original workshop. You will work with the interrelationship of the state and the content of consciousness to develop increased access to your higher spiritual being.

As always, you will learn about your brainwaves from the Mind Mirror EEG and your level of relaxation/arousal from Electrical Skin Resistance Meters. Participants must have completed a basic seminar with Anna Wise (see September 29).

**Recommended reading:** Wise, Awakening the Mind; and The High-Performance Mind.

**CE credit for nurses; see page 5.**

**CE credit for MFTs and LCSWs; see page 5.**
Painting with Light: Inspirations from the Forces of Nature
Sharon Virtue

“Gauguin, Matisse, Klimt, Niki de Saint Phalle, and Frank Stella, to name only a few, have been my inspiration,” Sharon Virtue writes. “Bright, bold, and fearless, these artists explore color, surface, and design in an exhilarating, self-expressive way.”

Color and light are the theme and focus of this weeklong painting workshop. “Traveling around the world, I have developed a love affair with Mother Nature. The most incredible beauty is within her realms; it makes me come alive to behold such genius! In this workshop we will be doing just this: working outside inspired by the landscape, finding a place that lifts your spirit, then looking into the vision to recreate your experience in a painting. It can be figurative or abstract depending upon how you choose to express your story.”

Sharon will share her knowledge and experience in drawing and painting, along with techniques to achieve particular effects. Working on canvas or watercolor paper and using mixed media to achieve different effects, participants can explore watercolor, acrylic, tempera, colored pencils, and oil pastels, to create layers of color and light.

No experience is necessary, just an open mind. ($75 materials fee paid directly to the leader)

Weekend of October 6–8

The Power of Intuition and Positive Energy to Heal
Judith Orloff

We are keepers of an innate intuitive intelligence so powerful that it can tell us how to heal and prevent illness. Dr. Judith Orloff, a psychiatrist, practicing intuitive, and pioneer in the new field of Energy Psychiatry shows how to reclaim this intelligence. She believes that the future of medicine lies in using intuition to access our body’s subtle energies for greater wellness. This sacred energy is with us when we’re born, throughout life, and continues on after death, a marker of our soul’s journey. We must learn to draw upon it. Too many of us walk around exhausted, irritable, or stressed out. Dr. Orloff offers a program to all who feel depleted by the demands we put on ourselves and the pressures of daily life. This experiential workshop, based on her most recent book Positive Energy, presents practical ways to increase your total well-being. You’ll be shown how to:

• Use intuition to access energies from physical to spiritual
• Read energy fields
• Combat “energy vampires” who are sapping you dry
• Avoid fatigue by not absorbing people’s pain or negativity

Note: This workshop is expected to have an extremely large enrollment. For more information visit www.drjudithorloff.com.


CE credit for MFTs and LCSWs; see page 5.
CE credit for nurses; see page 5.

Week of October 8–13

Touch and Flow: Massage, Movement, and Dance
Daniela Urbassek & Deborah Anne Medow

In describing an Esalen Massage®, students frequently comment on how the practitioner looks as if he or she were dancing with the client. Moving around the table with ease and grace, allowing that fluidity to flow through the massage, is one of the beauties of Esalen Massage.

This workshop will blend classical Esalen Massage with sessions of dance, movement,
and yoga to help participants develop strength, sensitivity, grounding, and the ability to “listen” to the tissue and respond appropriately. Through brief lectures and demonstrations, followed by ample time for supervised hands-on practice, students will be introduced to the basic principles and techniques central to Esalen Massage: the awareness that you are working with someone instead of on someone, the commitment to be fully present with your partner, the knowledge that you may be affecting your partner on physical, mental, emotional, even spiritual levels, and the trademark long, flowing strokes that impart a sense of wholeness and well-being and help the practitioner move from one area of the body to another. Detailed attention will also be given to specific areas of the body.

This workshop is open to both beginners and those who wish to enhance their massage practice. Please bring an open heart and mind, and a good sense of humor.

**Yoga Practice: Fueling the Inner Fire**  
Thomas Michael Fortel

“As with any of the spiritual practices, no one is able to perform our yoga for us,” writes Thomas. “Therefore it is up to us to give ourselves and our time to the discipline. Divine grace assists us along the path, but in the end it is for us to show up. It’s natural that we get caught up in our normal routines, both emotionally and physically. For the student to keep coming to the yoga room means opening oneself to being physically uncomfortable and emotionally vulnerable, and for many of us this is not an easy process.

“The practices of yoga—asana, pranayama, meditation, and chanting—ignite and fuel an inner fire (tapas) which brings up our issues and burns our impurities. In yogic terms, we are working with our karmas and samsaras, which opens a way for the deeper experiences of divine love and bliss. Over time, a yoga student develops discipline, commitment, perseverance, clarity, and an enduring peace. These qualities eventually emerge with an ongoing practice.

“In this weeklong retreat we will focus on stoking this inner fire. We’ll begin in the early morning with pranayama and meditation, have an active mid-morning asana practice, and a more restorative practice in the afternoon.”

All yoga props are provided. Please have a minimum of 3 months of yoga experience.

CE credit for nurses; see page 5.

**Awakening The Creative**  
Stewart Cubley & Staff

Awakening The Creative is a journey into the wild territory of painting directly from intuition, an unpredictable venture into color, form, and image where no rules apply. The potential is to tap into an extraordinary resource: the vibrant, driving force of your own creative spirit.

In this workshop, everyone is a beginner—people from all levels of experience are welcome, including those who have never picked up a paintbrush. The goal is free expression, with the emphasis on the creative process rather than on technique or expertise. You will be given the environment, methods, facilitation, and overview with which to do in-depth self-exploration that can lead to pivotal insight and authentic change. Awakening The Creative is an opportunity to embark on the greatest of all human journeys: embracing your own path and confidently following it.

Stewart Cubley (coauthor of Life, Paint & Passion) and his staff are passionately committed to the imperative of self-knowledge in action. They are a group of professionals with extensive experience working on the front lines of human change, and they have made a difference in the lives of countless people interested in exploring their full range of possibilities.

All materials are supplied.  
($50 materials fee paid directly the leaders)

CE credit for MFTs and LCSWs; see page 5.

CE credit for nurses; see page 5.

CE credit for teachers; see page 5.

**Loving and Accepting Yourself**  
Howard Joel Schechter & Barbara Lee

And they were cleansed and deepened beyond themselves and there they found love. —Richard Stein

Many of us come to Esalen, regardless of the workshop we choose, to connect with the deeper, more expansive part of ourselves: the part that loves and accepts ourselves. Most of us desire to experience this loving, accepting part more often. Yet its fragility and the distractions of day-to-day living obscure this identity. We need a safe, nurturing environment to cultivate the strength and resilience to maintain our more loving and accepting selves in the face of everyday life.

Howard and Barbara write: “By building interconnectedness and encouraging authentic communication, we will co-create a circle in which we can uncover the habitual obstacles that separate us from our Higher Self. From this place we become capable of sustained loving connection. We will learn how to move from the habit of self-judgment to self-acceptance and self-love. We will explore the wisdom of feelings as a doorway to liberation.”

Howard and Barbara provide guidance from
the heart. Discussion, interactive exercises, and facilitation will be blended with interventions that meet the needs of the group. Movement from one process to the next will be determined by the needs of the individuals in the moment. The approach is grounded in the spiritual traditions of East and West and guided by the dynamic psychological techniques of psychosynthesis, Gestalt, Process Oriented Psychology, family systems, and the expressive arts.

CE credit for MFTs and LCSWs; see page 5.

Sex and Sexability
Mark Fairfield

This workshop is a communal experiment for gay men interested in exploring the boundary between sexuality and sociality. Rather than labeling sex with multiple partners as promiscuous or compulsive, this workshop will reexamine casual and anonymous sexual encounters to understand the role they may play in approaching a deeper sense of belonging and self-affirmation. When understood as a reach for surrender and nakedness, any sexual encounter may be valued as one step toward integrating vulnerability and aggression in the social sphere. Anonymous sex can serve as a bridge to community when considered to represent one part of an ongoing developmental striving for deeper connection, a stage in the development of intimacy that grants a temporary immunity from the humiliation that often accompanies vulnerability.

This five-day encounter will provide an opportunity for discussion and experiential work and will take into consideration how fear and shame can disrupt the integration of sociality and sexuality for gay men. Gay men of all walks of life are welcome to participate.

CE credit for MFTs and LCSWs; see page 5.
CE credit for nurses; see page 5.

The Intimate Couple: An Integrative Body Psychotherapy (IBP) Workshop
Jack Rosenberg & Beverly Morse

Trust, love, erotic sexuality, and a core experience of self are building blocks for a vital relationship. Yet, unless our bodies are awakened, these remain elusive ideas rather than familiar body feelings. Until we recognize the themes that distort our views, cause our pre-judgments, and perpetuate old defensive patterns, it is difficult to trust or be trusted. For a conscious relationship, or even just one that works well over time, we must know ourselves and have practical body-mind mental-health tools to resolve the inevitable dilemmas that interrupt our sense of well-being.

Today, most couples want an equal and reciprocal relationship, but few know how to accomplish this attunement of partnership. Once you simultaneously experience the internal feeling of self and attunement with your partner—and know what gets in the way—you will know how you got there and how to achieve it again and again.

Designed as a preventive model, this workshop can help you uncover the key undermining themes in your relationship and provide tools to deal with them before they become terminal problems. It will also provide tools for experiencing heightened aliveness, sustaining a sense of self in the body, making sex better, and an opening to existential/spiritual themes of intimacy and aging. With IBP, couples can learn how to regain their hope and excitement.

Please note: This workshop is for couples only.
Recommended reading: Rosenberg & Morse, The Intimate Couple; Rosenberg, Rand & Asay, Body, Self, and Soul; Rosenberg, Total Orgasm.

Weekend of October 13–15

Experiencing Esalen
Experiencing Esalen Staff

For workshop description see August 4-6.

At the Still Point of the Turning World: Experiencing Mindfulness Through Vinyasa Flow Yoga and Meditation
Jon Kabat-Zinn & Naushon Kabat-Zinn

Join Jon Kabat-Zinn and his daughter, Naushon, for a playful intensive exploring the dynamic balance between stillness and movement, inner and outer, mind and heart, and silence and speech in our everyday lives through mindfulness. Mindfulness is often spoken of as the heart of Buddhist meditation, but its essence is universal. It is really about being awake to our lives as they are unfolding moment by moment. Mindfulness is a gentle and spacious nonjudgmental awareness, cultivated by paying attention to inner and outer experience. Through it we have the potential to live closer to, and accept the actuality of, our lives without being caught in old habits of thought, emotion, and ideas about our bodies and ourselves. Mindfulness has been shown through medical and scientific studies to have profound positive effects on physical and psychological health.

“During our time together,” write the leaders, “we will draw upon the practices of mindfulness meditation as experienced through vinyasa flow yoga, formal sitting and walking meditation, and their embodiment in everyday life. The intensive will consist of periods of formal practice combined with periods of group dialogue reflecting on our experiences. We will make ample use of the sensory richness of Esalen’s natural environment to deepen our capacity to meet each moment with wakeful presence, self-compassion, joy, and well-being.”

Miracle Healings
Deborah King

Deborah King, founder of the nonprofit foundation Miracle Healings, believes we are on the cusp of an age when many people will manifest the gift of healing. A former real-estate attorney and hotel developer who left the corporate world after an astonishing healing of her own, Deborah’s background encompasses the Western Judeo-Christian tradition of healing as well as the Egyptian, Mayan, and Aztec lineage. In this Level One workshop, Deborah lifts the veil of secrecy on healing. This workshop will explore:
• What healing is and how it works
• Why disempowerment leads to physical, spiritual, and emotional illnesses and how to regain your power
• Why some people heal and others don’t
• The difference between being “cured” and being “healed”

This workshop will embody the compassionate spirit of the Miracle Healing events Deborah holds around the world. In addition to working with each participant individually, Deborah teaches techniques of self-healing and the development of intuitive gifts. Don’t be surprised if sometime over the weekend you receive the healing you most desire—whether it has to do with a chronic disease, a relationship problem, a broken heart, or an exhausting battle with grief or depression. Miracle Healings may touch you in ways you cannot imagine.

For more information, visit www.miraclehealings.com.

See pages 94-95 for reservations, fees, accommodations, scholarship information, and discounts.
Treating Complex Forms of Posttraumatic Stress Disorder: An Overview and Update
Christine Courtois

This course, presented by Harvard Medical School, is designed so that participants will be able to:

- List at least five criteria for the conceptualization of Complex PTSD
- Plan a treatment that is sequenced and multimodal in approach
- Describe three primary forms of countertransference that have been identified as occurring routinely in the treatment of complex trauma survivors

This program is offered in conjunction with Harvard Medical School. For more information, including how to register, see Special Programs, page 81.

Approved for CMEs for physicians.

CE credit for psychologists; see page 5.

CE credit for MFTs and LCSWs; see page 5.

CE credit for nurses; see page 5.

Week of October 15–20

Tai Chi Easy™ Facilitator Certification Training
Roger Jahnke

The most profound medicine for body, mind, and spirit is produced in the human system for free.

Bring the best of ancient Tai Chi and Qigong to your community as a Tai Chi Easy Facilitator.

In the Chinese language, Tai Chi means the "balance and harmony" of natural forces within ourselves and our world. Tai Chi also means "supreme ultimate," pointing to the awesome nature of all life and our own lives within the universe. Tai Chi is a well known form of the ancient self-healing art known as Qi Gong. Qi Gong means to cultivate (Gong) healing life energies and resources (Qi).

In this Facilitator Certification training, Roger Jahnke, one of the nation’s foremost Tai Chi and Qigong writer/teachers, will train participants in a step-by-step program for bringing Qigong and Tai Chi home to their community’s schools, community centers, faith institutions, hospitals, social service agencies, etc. In the new healthcare system, health professionals and inspired citizens will help to empower people to improve health, enhance longevity, and reach inner peace. Tai Chi Easy is a mind/body practice which combines exercise and meditation (meditation in motion) to activate inner self-healing forces that the ancient Chinese texts call the "healer within" and the "elixir of life."

Today, as in ancient times, Qigong and Tai Chi are revered as some of the most powerful self-healing and self-empowerment arts ever developed by the human race. In this program you will learn to share simple Qigong and Tai Chi practices with others and join the holistic health revolution.

Harmonic Presence: Primordial Wisdom and the Music of the Spheres
David Hykes

From the harmonic sound waves of the still-echoing Big Bang to healing sounds, from String Theory to sacred chant, the harmonic nature of vibrational Reality, heard inside and out, resounds in heart, mind, and spirit. Tune in on that eternal source through Harmonic Chant, with original Western overtone pioneer and meditation teacher David Hykes.

Harmonic Chant is a universal sacred music integrating key principles common to Tibetan, Indian, Tuvan, Mongolian, and European sacred chant. You’ll undertake a deep journey to the original template of all music and harmony, the harmonic series, present in all our voices, and an awareness key to harmonious relationship on every scale. You’ll experience through chant and contemplative exercise, movement and visualization, something deeper about the harmony at work right now, and the silent listening awareness from which it arises… pure mystery!

The musical work includes deep-sound meditation practices and yogic awareness exercises with the breath, listening, and sound sensation. The sessions present the essence of Harmonic Chant and the Harmonic Presence work, and cover wide ground musically and spiritually. All those interested in source teachings relating Mind, music, meditation, and healing practices are invited. For more information, see www.harmonicpresence.org.

Recommended listening and reading: CDs (including Harmonic Meditations: Music from the Heart of the Cosmos) and writings by David Hykes.

Liberation from Ego: the Enneagram Work of Oscar Ichazo
Leigh Stevens & Katherine Anderson

This workshop uncovers the origins of our biggest tormentor: the negative false ego-self that keeps us chained to past memories, too preoccupied by what we do, anxious about others—everywhere but being at complete ease with ourselves. Oscar Ichazo, the originator of the psychological enneagram, developed this transformative program.

Since you know yourself better than anyone, a unique self-diagnosis or Autodiagnosis™ provides understanding of the origins of your ego structures stemming from your life experiences and perspectives. Mistaken existential attitudes about self, others, and the world have produced the Historical, Image and Practical Egos™, resulting in sadness, anger, or fear as a too frequent condition. Great happiness is achieved by illuminating our Primary Ego preoccupation and our two Secondary Fixations: our Trifix.

The Levels of Consciousness™ next provides understanding of the nine lower subjective and aggressive ego levels, versus the nine higher levels of consciousness. The nine “lower” levels also involve distorted perceptions of reality and build on the understanding of our ego fixations to complete the liberating knowledge and transformation gained in this week.

The workshop includes explanations and handouts on the nine ego fixations, self-diagnostic group process, theatre, breathing exercises, meditations, and Psychocalisthematics™, a complete exercise routine.

Please note: Autodiagnosis, Historical, Image, and Practical Egos; Fixations; The Levels of Consciousness; and Psychocalisthematics are registered trademarks of Oscar Ichazo.

The Circle of Life—Coach Certification Training
Rebecca McLean

The Circle of Life is a nationally-certified holistic life- and health-coaching process successfully used in multiple contexts with thousands of people in hospitals, medical practices, nonprofit agencies, schools, churches, counseling practices, business, and more. The Circle of Life process is rooted in numerous empowerment and healing systems, ancient and contemporary, for supporting people in the realization of their full potential. The system emerged from work with thousands of individuals in programs over a twenty-five year period.

Training as a Circle of Life Coach/Facilitator equips you to offer this life-transforming process to groups and individuals while experiencing the benefits of your own personal and professional growth. This training will
teach you how to:

• Give the Circle of Life assessment evaluating 12 areas of life
• Use the Readiness for Change assessment
• Use the Intention/Challenge/Action/Accountability process
• Use imagery and metaphors
• Use The Healer Within self-healing techniques
• Ask good questions to gain insight/solutions
• Access the wisdom and power of the group
• Work with various populations and troubleshoot potential problems
• Start groups, determine fees, market successfully

Note: To receive national certification, trainees must participate in four one-hour conference calls with the Trainer, as well as run 14 hours of a practice group.

($50 materials fee for the Circle of Life Coach Training Manual paid directly to the leader)

CE credit for nurses; see page 5.

The Upledger Institute’s Lymph Drainage Therapy I
Behice Kutlay

Proper functioning of the lymphatic system is critical to our body’s ability to detoxify and regenerate tissues, filter out foreign substances, and maintain a healthy immune system. If lymph circulation stagnates, toxins accumulate and cellular functioning is compromised, opening the way to physical ailments and hastening the aging process. Lymph Drainage Therapy (LDT) is highly valuable when such dysfunctions occur.

Developed by Dr. Bruno Chikly, LDT is an original hands-on method of lymphatic drainage incorporating techniques from general medicine, osteopathy, and oriental medicine. The LDT process uses methods of manual listening to teach practitioners how to tune to the rhythm, direction, and quality of the lymph flow. This enables advanced practitioners to perform a “lymphatic mapping” with their clients to find the precise pathways for draining the lymph.

The LDT procedure involves subtle manual maneuvers applying light touch, easy to use and not tiring to perform. Practitioners work with flat hands, using all the fingers to simulate gentle, wavelike movements. This enables them to feel the rhythm of the body fluids and thereby stimulate circulation in connective tissue as well as muscles, articulation, periosteum, bones, and viscera.

Please note: Registration for this workshop is through The Upledger Institute only. Please call 1-800-233-5880.

CE credit for nurses; see page 5.
CE credit for bodyworkers; see page 5.

The Mysterious Realm of Stone Carving
Gregg Byrne & Annee Delaware

Stone is perceived as an inanimate substance. However, the marriage of stone and carver reveals a vitality and form that gives life to what was once unseen.

This program is a five-day journey into the
mysterious realm of stone carving and the creative process. The instructors will provide each student with the tools, materials, and gentle guidance to complete a personal piece of sculpture by week’s end. The teaching will provide students with the technical aspects of sculpture, including tool use and identification, safety and ergonomics, and carving methods.

The creative aspect of the journey is as important as the technical to Gregg and Anne and, rather than provide ideas, they create an atmosphere of openness and exploration. Creative expression is drawn from deep within the psyche. The intention with each student is not unlike the relationship a carver has with the stone. This is to allow the stone itself to inspire its expression and form.

Gregg will demonstrate the use of a variety of more advanced tools and methods as well as an array of stones varying in hardness and texture.

No experience is necessary. All you have to bring is an open mind, an open heart, a smile, and some work/play clothes.

($75 materials fee paid directly to the leaders)

Weekend of October 20–22

Everlasting Love: The Rhythms of Relationship
George Leonard & Annie Styron Leonard

This workshop, for couples only, will rely not on words alone, but on all the marvelous faculties of the being we call human: mind, body, heart, and soul. Couples will partner with each other for the entire weekend, engaging in nonstrenuous exercises derived from Leonard Energy Training (LET). For example, they will learn and practice:

- Balancing and centering in stressful situations—a key to mutual harmony
- “Entrainment”—becoming at one with your partner
- The role of “soft eyes” in the art of love
- Talking and listening, without words
- “Blending”—seeing disagreements from your partner’s point of view, without losing your own
- Finding your partner with eyes closed
- Cultivating the magical power of touch in the art of love

All intimate couples will be welcomed and will have the opportunity of taking these and many more proven practices home with them for the further enhancement of their relationships.
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.

Win/Win: The Path to Peaceful Solutions

Mary Goldenson

When people experience conflict and their needs continually go unmet, they participate in a retaliatory cycle or “getting even” process. All conflict contains need: the need for power, for approval, for inclusion, for justice, or for identity.

Mediation interrupts the retaliatory process, circumventing the likelihood of costly arbitration or litigation. During mediation the disputants have the opportunity to confront each other and express their strong emotions and opinions before a neutral party. Confrontation precedes resolution, communication precedes negotiation.

This workshop teaches:

- The five steps of negotiation
- How to constructively manage disagreement
- Communication amid resistance
- How to ask productive questions

In a safe and supportive environment, the workshop will address personal, work-related, and relationship issues using experiential and didactic methods, case studies, handouts, and open discussion. The course is for individuals or couples seeking ways to address conflict and identify creative resolutions; for professionals addressing the issues of our times (divorce, separation, blended families); and for those considering mediation as a second career or as an adjunct to their profession.

CE credit for psychologists; see page 5.
CE credit for MFTs and LCSWs; see page 5.
CE credit for nurses; see page 5.

The Diagnosis, Treatment, and Prevention of Alcohol Abuse and Other Substance-Related Disorders

Bert Pepper

This course, presented by Harvard Medical School, is designed so that participants will be able to:

- Understand new research findings as the basis of treatment planning for alcohol and other substance-related disorders
- Design individualized treatment plans that can be carried out by one broadly trained individual or by a cross-trained team
- Discuss new research that is clarifying the bio-psychosocial origins of substance abuse, substance dependence, and co-occurring mental and emotional disorders
- Describe the relationships between substance abuse and social, emotional, and genetic factors, along with the interactivity between substance-related and mental-health disorders
- Discuss the impact of posttraumatic stress disorder, anxiety, depression, personality disorders, and other non-psychotic mental-health disorders
- Discuss the importance of cognitive-behavioral treatment, DBT, psychodynamic psychotherapy, and psychoeducational techniques, both individual and group

This program is offered in conjunction with Harvard Medical School. For more information, including how to register, see Special Programs, page 81.

CE credit for psychologists; see page 5.
CE credit for MFTs and LCSWs; see page 5.
CE credit for nurses; see page 5.

Our Emotional Process: Working with Emotional Attunement, Emotional Responsiveness

Lynn Jacobs

Most of us long to find an emotional home base, a nexus of relationships in which all of our feelings have a place. Most of us sacrificed our emotional lives in the service of protecting our ties to significant others. This course—for those involved in counseling, therapy, or other service to others—aims to develop skills at attunement and responsiveness so that the people we serve might rediscover the possibility for building emotional homes for themselves.

CE credit for psychologists; see page 5.
CE credit for MFTs and LCSWs; see page 5.

Week of October 22–27

Psychopharmacology and the Health Food Store: Integrating Complementary and Conventional Therapies in the Treatment of Psychiatric Disorders

Andrew Stoll

This program, presented by Harvard Medical School, is designed so that participants will be able to:

- Discuss the usage of current and forthcoming conventional pharmacotherapy in psychiatry
- Assess the role of complementary medicine in psychiatric practice
- Plan the clinical use of selected herbs and other natural products in psychopharmacology
- Understand which herbs and herb-drug interactions are dangerous
- Discuss when to use or not use conventional nutraceutical agents

This program is offered in conjunction with Harvard Medical School. For more information, including how to register, see Special Programs, page 81.

Approved for CMEs for physicians.
CE credit for psychologists; see page 5.
CE credit for MFTs and LCSWs; see page 5.
CE credit for nurses; see page 5.

Sharing the Path: A Retreat for Couples

Judith Ansara Gass & Robert Gass

This is a retreat for couples who want to move beyond the existing boundaries of what seems possible in their primary relationship into greater intimacy and joy.

The magic and aliveness of our loving connection is often lost in deadening and repetitive behavior patterns and the pressures of daily life. But as we embrace relationship as a vehi-
em for our own awakening, and learn the attitudes and practices of conscious relationship, our love can be rekindled and partnership profoundly deepened.

Offered for over twenty-five years at centers around the world, these retreats have proven highly beneficial for old and new couples, couples in crisis and couples in love, committed couples of all ages, backgrounds, and gender preferences. Robert and Judith weave a safe yet intensive journey of personal and relational transformation, working with principles and tools such as authenticity, personal responsibility, empathy, appropriate boundaries, skillful communication, and sacred sexuality.

Participants sit eye-to-eye, heart-to-heart, speaking their truths and listening with openness and respect. Most couples who come to Sharing the Path experience breakthroughs into deeper relationship, healing old wounds, and learning new skills to support their ongoing path of relationship.

The work offers specific and proven practices, bridging mind, heart, body, and spirit, to take back into your life and support you in a lifetime of conscious relationship.

Practical Applications of Action Methods of Psychotherapy

Robert Siroka & Jacqueline Dubbs Siroka

This course, presented by Harvard Medical School, will familiarize participants with the history and key theoretical concepts of the action-oriented approach to psychotherapy. Through group interaction, discussion, and demonstration of specialized techniques, participants will be encouraged to combine theoretical material with experiential learning. The course will then apply the learned skills of action methods into the traditional practices of individual, couples, and group psychotherapy.

This program is offered in conjunction with Harvard Medical School. For more information, including how to register, see Special Programs, page 81.

Approved for CMEs for physicians.
CE credit for psychologists; see page 5.
CE credit for MFTs and LCSWs; see page 5.
CE credit for nurses; see page 5.

The Nature of Intimacy, The Intimacy of Nature

Steven Harper & Mary Goldenson

There is a place inside all of us where vitality and passion flow. Some call it Source, the place where inner aliveness meets the outer force of nature. In this place lives a voice that says, “It’s time for this partnership to begin,” enabling a deep connectedness to move us closer to where we have always wanted to be: intimate with ourselves, others, and the greater circle of life.

This workshop is about letting nature be your primary spiritual guide. Allowing the presence of nature to be felt provides the opportunity for deep personal healing. By contacting the natural world with grace and presence, you can reawaken the elements of wilderness within.

The outdoor sessions will include a mix of half-day and full-day hikes, always returning to Esalen by dinner. The hikes will introduce you to basic and increasingly refined awareness practices to enhance sensitivity to all that being in nature offers. The indoor sessions will focus on providing a safe, supportive environment to explore the real meaning of your life. You’ll identify ways to reconnect with your source of creativity and spirituality using emotional release work, writing, poetry, movement, Gestalt, meditation, and silence.

Allow this week of listening in the Big Sur Wilderness to touch your wild and eager heart and guide your unique way in this world. Be prepared for the invigorating challenge of physical activity. More information will be sent upon registration.

Weekend of October 27–29

Living the Field

Lynne McTaggart

In the wake of the movie What the Bleep, many are searching for a new holistic way to “be.” If we’re all one, and not separate, how do we integrate this into our daily lives? Many people are meeting for discussion groups around the world, but don’t know what to do next. This course helps you to walk the talk.

Lynne McTaggart will offer a systemized course in expanding human consciousness based on hard science. The Field, her best-selling book, has been called a science of the miraculous. Living the Field is a course in miracles—based on science. It is a course that attempts to bridge the gap between science and the so-called paranormal. In this workshop, Lynne will offer a blueprint for living an integrated, holistic life. It will cover how to use thought and intentions effectively to achieve what you want from life, including:

• Ways in which you “power up” to use intention effectively
• Those times and places where intention works best
• How to connect with other consciousnesses, even past ones
• How to harness the power of group consciousness for the greater personal and collective good
She’ll also offer ways to incorporate these ideas into your work and personal life.
Recommended reading: McTaggart, The Field.

Why Aren’t You Smiling? A Buddhist Workshop for Cynics in Recovery
Wes Nisker

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

“In this workshop,” writes Wes Nisker, “we will make use of some of the most important Buddhist meditation techniques to explore the impossible and mysterious condition of being human. With an attitude of curiosity and playfulness, we will examine the workings of our bodies and minds, and our place in the grand scheme of things. In the process we will hopefully find some relief from our personal dramas, along with a new sense of value and meaning in our lives. The workshop sessions will include guided meditations on the life of the body, on our vital ‘animal’ conditioning, on death and dying, and on the nature of consciousness. The talks and discussions will present traditional Buddhist views of self and reality as well as some of the latest information from evolutionary biology and psychology to support and guide the meditations. The workshop will also include plenty of poetry and a healthy dose of crazy wisdom as well.”

The Truth About Love: Learning How to Make Another Person Happy
Pat Love & Jon Carlson

What is the truth about love? What do men want? What do women want? Does love change? The Dalai Lama states that love is when you want to make another person happy. A good relationship then begins with your ability to focus on another and not just yourself. Learn to blend Eastern and Western strategies in order to change thoughts, feelings, and behavior—in short, to become a more satisfied and satisfying lover. This is a
workshop to help you learn how to create and sustain a loving relationship. It is suitable for both couples and singles.

The Practice of Grief Counseling
John Jordan

This seminar, presented by Harvard Medical School, will provide clinicians with a deeper understanding of the mourning process, while providing practical information for working with bereavement as a presenting problem. It will introduce cutting-edge developments in grief counseling, including theoretical developments that conceptualize grief in terms of meaning-reconstruction and continuing bonds with the deceased, the development of a proposed diagnostic category called Complicated Grief, and new research on bereavement interventions. Through the use of case studies and reflective journaling, time will also be spent exploring the use of self and self-care concerns that are particularly relevant to grief work. This course is designed so that participants will be able to:

- Describe the intrapsychic tasks involved in mourning
- Identify characteristics and patterns of high-risk mourners and Complicated Grief
- Identify a range of treatment options and techniques for use in grief counseling
- Reflect on the role of the therapist’s personal losses in enhancing the therapeutic process

This program is offered in conjunction with Harvard Medical School. For more information, including how to register, see Special Programs, page 81.

Approved for CMEs for physicians.
CE credit for psychologists; see page 5.
CE credit for MFTs and LCSWs; see page 5.
CE credit for nurses; see page 5.

Week of October 29–November 3

Sharing Your Life Story
Ann Randolph

If the story is in you, it has got to come out.
— William Faulkner

Do you have a story that belongs on the stage?

Are you a writer wanting to explore innovative ways to tell your story?

In this workshop, Ann Randolph creates a supportive, fun, dynamic space to explore yourself through writing. This course is for writers, nonwriters, and any soul seeking to write the language of the heart. The class will offer you a chance to discover your uniquely powerful story. In addition to writing, you will learn the tools to make your words leap from the page to the stage. It is in the oral sharing of your words that you can discover the power of storytelling to transform your life and your listeners.

Through improvisation, writing exercises, and group discussion, you will discover your authentic voice and find an honest, organic way to express it. Specific topics to be covered include:

- Transforming your ideas/stories into performance
- Writing exercises to stimulate memory
- Learning to structure the narrative in a compelling way
- Discovering ways to create spontaneously
- Overcoming performance anxiety
- Tools to release yourself from the inner critic
- Playwriting techniques to make the story theatrical
- Playing with multiple characters

See Seminar Spotlight, page 11.

Addiction and Codependency as Transformation
Terry Hunt

We live in a culture prone to addiction. This workshop is designed to turn the addictive impulse into a transformative tool. Through experiential exercises, participants will learn how involvement with addictive and codependent behavior inhibits, interrupts, and ultimately replaces one’s vitality and capacity for intimacy.

Addiction can be any habitual behavior that causes problems in a major area of one’s life. When a friend, mentor, or loved one brings a problematic behavior to your attention and you are unable to modify, reduce, or abandon it, you are on the “slippery slope” to addiction. In addition to alcohol and drugs, many habitual activities that in general are positive or neutral behaviors can become addictive. Workaholism, compulsive shopping, and obsessive fantasy (love addiction) are obvious examples.
Codependency, which almost always draws one into dramas, can best be described as an addiction to adrenaline. Even yoga and meditation can be used addictively to withdraw from intimate relationships, personal agreements, and creative work.

Participants will develop a clearer understanding of how to help themselves and others move out of addictive or codependent patterns. The workshop will also focus on learning how to transform the adrenaline-laced and chaotic entanglement of addiction into healthy autonomy and a sense of belonging.

Please note: While this course is not based on 12-step principles, it is supportive of them. For more information, read Terry Hunt’s essay “Addiction as Transformation” at www.ARPrcovery.com.

Recommended reading: Hunt & Paine-Gernée, Emotional Healing and Secrets to Tell, Secrets to Keep.

CE credit for psychologists; see page 5.
CE credit for MFTs and LCSWs; see page 5.
CE credit for nurses; see page 5.

**Día de los Muertos—Day of the Dead**
Rosita De Anda

The Day of the Dead is a Mexican holiday rooted in the Meso-American tradition. On this day, Mexicans and Meso-Americans honor their ancestors—their knowledge, wisdom, and gifts that have been passed on to us—by celebrating the cycles of life and death as the natural rhythm of the universe. Huge altars are created in homes, churches, public places, and cemeteries. Through stories, art, and ritual, celebrants relive the love and happy moments of the past, defuse their pain and suffering from death, and process their own understanding of death and dying.

In this workshop, you will have the opportunity to make sacred space by building altar installations representing the five directions: East, South, West, North, and Center. Each direction is assigned an element, an aspect of life, a color, a universal symbol, and an age group. This guided format allows celebrants, both participants and viewers, to better understand the language and imagery of the Day of the Dead altars.

At dusk on November 2, workshop participants will lead all of Esalen in a candle-lit procession in honor of our ancestors and the five directions. The procession culminates with a great celebration of life.

($30 materials fee paid directly to the leader)

**The Secret Language of Intimacy**
Robert Lee

The knots in which couples can find themselves are often mysterious and difficult to understand, seeming to defy the depth of caring and importance couple members feel for one another. Much of what goes wrong in intimate relationships, from hurt feelings to entrenched defensiveness and stonewalling, has a secret companion with its own language: shame. Not just a secret language, this is also a language of secrets—and not the kind that accompany conscious, deliberate attempts to mislead. These secrets are much more subtle, and stem from the very entities that draw us together.

This workshop will explore the role of shame, together with the power and complexity of its language, in all intimate relationships, and reveal how yearning itself is a potential trigger for shame. Stemming from Robert Lee’s thirty-plus years of experience, research, and writings, the course will explore a practical Gestalt model that offers the opportunity to transform the often heart-wrenching effects of this hidden companion—which, if unattended, lead to disconnection and ultimate separation—into openings for greater connection and intimacy.

The workshop is designed for those currently in a couple relationship, those interested in a future relationship, and those working professionally with couples. The objectives:

- To identify and understand the role of shame in intimate relationships
- To learn a Gestalt model for working with the impact of shame on intimate relationships
- To experience strategies and techniques for healing damaged intimate relationships

CE credit for psychologists; see page 5.
CE credit for MFTs and LCSWs; see page 5.
CE credit for nurses; see page 5.

**Weekend of November 3–5**

**Esalen’s Annual Benefit Weekend**

Once a year Esalen hosts a special benefit weekend that brings friends together in support of Esalen’s mission and vision. Drawing on the expertise and wisdom of guest presenters, we offer a uniquely integral program that provides insights into the long-term challenges and opportunities of our time. The presentations, conversations, and camaraderie inspire and open us to a greater sense of our human potential.

This year’s event will honor longtime Esalen friend and workshop leader Huston Smith. A philosopher and preeminent scholar of world religions, Smith has a distinguished academic career spanning six decades and is an award-winning author of 14 books, including The Worlds Religions (which has sold over two million copies) and Why Religion Matters. In 1996 Bill Moyers devoted a five-part PBS special, The Wisdom of Faith with Huston Smith, to his life and work. Smith’s documentaries on Hinduism, Tibetan Buddhism, and Sufism have all won international awards.

Also joining this year’s event will be special guest Robert Thurman, an internationally recognized authority on religion and spirituality, Asian history, Tibetan Buddhism, and a devoted student and friend to His Holiness the Dalai Lama. An eloquent advocate of the relevance of Eastern ideas to our daily lives, he has become a leading voice of the value of reason, peace, and compassion (see www.robertthurman.com). He was named one of Time magazine’s twenty-five most influential Americans and has been profiled by The New York Times and People Magazine.

In addition to inspiring, thought-provoking, and interactive presentations, activities will include:

- Morning movement and meditation
- Superb meals and topnotch entertainment
- The annual (and outrageous) “What’s the Value of Anything?” auction
- An opportunity to meet like-minded people, have fun, relax, enjoy the hot tubs, and just be...

This program is being offered as a benefit for Esalen Institute and leaders will receive no fees. Your participation or sponsorship of others will help provide valuable funding for important Esalen programs and activities.

Space at this event is limited. The cost:
- $1,400/person for shared room ($795 tax-deductible); $2,000 guaranteed single ($1,195 tax-deductible); and $2,600/couple ($1,390 tax-deductible). Own accommodations, $1,120/single, ($800 tax-deductible), $2,020/couple ($1,380 tax-deductible). Please contact Nancy Worchester, Friends of Esalen, 831-667-3012 or at nancy.worchester@esalen.org. For more information about this event, visit www.esalen.org.
The role of yoga in health and healing is undisputed. When we direct our awareness through the physical, mental, emotional, and spiritual layers of our beings, we tap powerful resources to fuel our courage, joy, and healing. We create a whole-care delivery system in which we become our own primary health-caregiver. This care is accessible, affordable, and complementary to conventional Western medicine.

Welcome to Esalen’s first annual Fall Yoga Retreat where we’ll explore yoga as a holistic healing modality. Join an extraordinary community led by experienced teachers with unique visions of how yoga can facilitate your path toward rediscovering total health and balance.

During this week, immersed in the natural splendor of Esalen, we will practice yoga asana, pranayama, meditation, and theory. The opening gathering Sunday evening will be highlighted by a talk by Scott Blossom, Ayurvedic Consultant and Doctor of Oriental Medicine, titled “Yoga Therapy as Personal Alchemy.” Each morning will be spent with a different teacher, followed by a bountiful, healthy lunch. Afternoons will be left free to receive massages, soak in Esalen’s hot springs overlooking the Pacific, rest, recharge, and connect with other yogis. Sessions will reconvene in the late afternoons for discussions, theory, and more practice. Evenings will be a mixture of discussion, a workshop on Non-Violent Communication led by Ike Lasater, and a lighthearted exploration of movement and music. The final evening will be a reflection on the week spent together.

We anticipate that this retreat will sell out so register early. Expect to be in full classes with yoga mats close together. We will have limited yoga props on hand but recommend you bring your own props. Please bring a yoga mat, a zafu or cushion for meditation, two blocks, either two straps 4-6 feet long or one strap at least 8 feet long, and three blankets for restorative yoga.

**Jillian Chelson Briscoe** has witnessed how yoga, meditation, and pranayama can complement allopathic medicine for prevention, treatment, and cure, offering the opportunity for a lasting, deeper level of healing. Jillian’s focus is on the confluence of modern Western medicine and ancient Eastern traditions. Her teaching is based on understanding the physiology of the body and disease while giving significant attention to the yogic belief that we have five bodies (doshas) to rediscover. Most importantly, her teaching invites us to remember the wonder of the human body.

**Judith Hanson Lasater** believes that yoga is the ultimate therapy because it focuses on
the entire person—body, mind, and soul. When we practice in this workshop, we will attempt to integrate these aspects of self through focus, humor, and compassion.

One of the senior Iyengar Yoga teachers in the U.S., **Elise Browning Miller** has used yoga to minimize the effects of her own scoliosis. Elise weaves into her teachings the physical approach of alignment and precision in the asanas with the use of breath and observation to facilitate students to discover a deeper self-awareness from the periphery to the core. With a therapeutic approach based on the teachings of B.K.S. Iyengar, Elise will offer students a wide range of asanas and pranayama techniques to receive optimal benefits, no matter what their level or condition. Encompassing the eight limbs of yoga, Elise encourages students to listen to their intuitive wisdom from within to facilitate the healing process.

**Ramanand Patel** is a valued senior yoga teacher. He has been a student of Yogacarya Shri B.K.S. Iyengar since 1968 and of H.H. Swami Dayananda Saraswati since 1991.

The retreat is offered at four levels. Each level will look at some theoretical aspects and their application from the healing point of view:

**Level 1**—The emphasis will be on musculoskeletal aspects. The simple, practical art of breathing and view of philosophy will also be introduced.

**Level 2**—Organic aspects of yogic healing, as applied to stomach, liver, kidneys, etc., will be stressed. Thinking and feeling aspects of breathing will be introduced.

**Level 3**—Pranic aspects of healing will be emphasized and yogic anatomy of kosas and shariras will be introduced.

**Level 4**—The theory of nadis and chakras as well as psychological and spiritual aspects of healing will be emphasized.

When registering, please choose the level that best fits your practice. All classes will integrate inner yoga, energetics, philosophy, and meditation. The physical dimensions of each class are described here so that you can safely register for the group that matches your experience. Every level will have each teacher for a full day—it’s important that you stay with your group throughout the week.

**Level 1**: (less than three months of practice, or about ten classes) For students who are new to yoga and may have physical limitations or are working with tight muscles or injuries. Learn the fundamentals of posture, breathing, and relaxation.

**Level 2**: (from three months to one year of practice, or about thirty classes) Refine the basics and gain more awareness of the body through more advanced breath work. Classes introduce and focus on alignment, relaxation, bodily awareness, yogic breathing, and energy flow as students deepen their understanding of how their body works.

**Level 3**: (from one to three years of practice) Explore advanced standing and seated poses and begin integrating inversions. A firm understanding of bodily alignment and stamina is essential for this class. Must be able to do both handstand at the wall and Urdhva Dhanurasana with straight arms without assistance.

**Level 4**: (More than three years of devoted practice, with a home practice) For experienced yogis who want to deepen their practice by developing a more subtle internal understanding of yoga. This class practices more complex pranayama and asanas such as arm balances, binding poses, headstand and handstand away from the wall, lotus, and deep backbends. Not suitable for yogis with physical limitations or acute injuries.
November 10–17

Drawing and Painting Intensive
Leigh Hyams

Imagine seven uninterrupted days and nights to draw and paint in beautiful surroundings. The emphasis of this workshop is on freeing participants— at any level of art experience—to open to new ways of thinking and working, to increase boldness, deepen perception, and to expand understanding of the intricate language of visual art.

Leigh Hyams’s unusual teaching methods enable artists who want change and more freedom in their work to find ways into fresh territory. Beginners and less experienced artists find immediate access to their own wild creativity and realize how the act of making art changes and enriches their lives.

Informal conversation, demonstrations, and individual and group critiques are an integral part of the course. A combination of orthodox and unorthodox materials will be used in the studio and outdoors in nature. There will be time for quiet, leisurely exchange of ideas and discussion of the problems related to living a life of integrity as an artist and creative human being. Participants will leave with an armload of drawings and paintings and a headful of possibilities.

($95 materials fee paid directly to the leader)

CE credit for teachers; see page 5.

Weekend of November 10–12

Wrestling with the Angel: White Hot Heat and Necessary Coldness
Susan Browne & Kim Addonizio

Dare you see a soul at the White Heat?

—Emily Dickinson

When you want to make the reader feel pity, try to be somewhat colder—that seems to give a kind of background to another’s grief, against which it stands out more clearly. Whereas in your story the characters cry and you sigh. Yes, be more cold... The more objective you are, the stronger will be the impression you make.

—Anton Chekhov

“In this workshop,” write the leaders, “we will read poems that we admire for their authenticity of feeling and compelling use of detail, imagery, metaphor, and simile to learn the ways poets have balanced emotion with intellect, passion with the power of craft. We will explore some strategies for creating poems that use techniques that unlock the emotional, dramatic, and spiritual energy of a piece of writing. There will be writing prompts, sharing of first drafts, and discussion of, among other issues, what keeps us from intense emotion on the page and how to handle it once it’s there.”

What’s Next? Reviewing and Revisioning Our Lives
Sam Keen

Periodically, we need to review and revision our lives. Every decade of the life-cycle brings new challenges, goals, pleasures, and horizons. Every crisis—divorce, illness, tragedy, success, failure, retirement—requires us to make a new beginning, take stock of our past, and look for a new vision to guide us toward a more hopeful future. This seminar will explore:

• Where are you in your life-cycle? What have you accomplished?
• What hasn’t happened yet? What haven’t you done? Been? Experienced?
• What have you given? Whom have you loved?
• What’s old, stale, worn-out, boring? What destructive patterns do you repeat?
• What infantile guilt and shame lingerers? Whom have you not forgiven?
• What’s new? Interesting, exciting, appealing?
• What decisions do you need to make? What future do you foresee for yourself?
• What are your emerging passions? What promises and potentials are still unfulfilled?
• What are your dreams, values, visions? Where do you look to find what’s next for you?

The Alchemy of Initiation, Transition, and Transformation
Ronald Alexander

The journey of 10,000 miles begins with one step.

—Ancient Taoist Proverb

All of life’s conflicts can be described as a struggle between opening to the present or clinging to the past, expansion or contraction. Life’s journey is a series of challenges that confront the self with difficult yet highly purposeful choices. The Ego clings to the “familiar” long after the nourishment has run dry. At that point, we face our deepest fears—and truths. Matriculation through life’s mystery asks that our soul awaken, take courage, and choose a more passionate life.

When we enter into the essence of our true nature and heed its call, we undergo a death/rebirth of the self. We journey into the unconscious todestruct the Ego and reemerge with a freer self. This encounter guides us toward our inner fire for a more creative and soulful way of living in the unknown. This is the ancient initiatory process of transition and self-transformation—the Hero’s Journey.

This workshop is for those seeking to ignite the flame of creative change. You will have the opportunity to deeply explore your pattern of holding on, of not moving forward with your life’s calling. The workshop will use the healing power of the circle, Gestalt Practice, trancework, self and Buddhist psychology, meditation, and mind/body healing practices to begin the initiation into the sacred rites of passage. This course may be especially useful for those in the helping professions seeking new skills.

Recommended reading: Polster, Every Person’s Life is Worth a Novel; Banzhaf, Tarot and the Journey of the Hero; Goleman, Healing Emotions.

CE credit for psychologists; see page 5.

CE credit for MFTs and LCSWs; see page 5.

CE credit for nurses; see page 5.

Schema Focus Cognitive-Behavioral Strategies with Couples and Families
Frank Dattilio

This course, presented by Harvard Medical School, is designed so that participants will be able to:

• Identify cognitive-behavioral strategies that can be used with families
• Describe instances when cognitive-behavioral strategies are not appropriate for family treatment
• Integrate these strategies into their own modalities
• Plan when to use straight behavioral techniques over cognitive techniques
• Design and create homework exercises

This program is offered in conjunction with Harvard Medical School. For more information, including how to register, see Special Programs, page 81.

Approved for CMEs for physicians.

CE credit for psychologists; see page 5.

CE credit for MFTs and LCSWs; see page 5.

CE credit for nurses; see page 5.

62 You can now register on-line at www.esalen.org. Workshops appear on the Web before the Catalog is printed.
Zero Balancing Open Forum
Fritz Smith
This weekend is an opportunity for people practicing Zero Balancing to reconnect with Fritz Smith, with Zero Balancing, and with each other:
“It is critically important,” says Fritz, “to periodically meet with like-minded people and to openly, freely, and safely discuss problems, insights, and successes of your work—in this case, the leading-edge therapy of balancing energy and structure.”
The workshop’s agenda will vary with the needs of those who attend, but will focus on personal nurturing and recharging, and will include giving and receiving sessions, refining touch, honing the ZB protocol, observing demos by Fritz, and looking at the newer emerging possibilities of ZB. Come and rekindle your sense of belonging, of not being isolated in the world.

Prerequisite training: Core Zero Balancing I. This open forum qualifies for 12.5 hours of class credit toward Zero Balancing Certification.
CE credit for acupuncturists.
CE credit for nurses; see page 5.
CE credit for bodyworkers; see page 5.

Truth in Dating (and Relating): Bringing Presence and Authenticity to Dating and New Relationships
Susan Campbell
Want to be more radiantly attractive and alive? Then don’t play it so safe. Most people try too hard to make a good impression when meeting someone new. As a result, tensions rise and enjoyment falls. But when you show up honest and real, you become more attractive and interesting. First, your relaxation has a disarming effect on others, creating a greater sense of safety. Second, by “going first” in terms of speaking honestly, you inspire others to take chances. The result can be a strong (and even sexy) sense of excitement and aliveness in the moment.

Most of us would be more honest if we only knew how to communicate without fear of damaging the relationship—if we only had the necessary skill. In this workshop, participants will learn and practice ten “truth skills” that help people feel safer to risk being honest, to let go of their need to control other people (or their own anxiety) and communicate with the intent to relate. When we learn the difference between relating and controlling, our communications take on a quality of serenity, presence, compassion, and authenticity that naturally engenders respect and admiration.
Participants will learn and practice: how to ask meaningful questions without being intrusive; how to come back to presence after our buttons have been pushed; how to stay clear about what we want in a relationship; how to deliver “bad news”; how to give and ask for feedback with warmth, compassion, and humor; how to know when it’s over and let go; and how not to take any of this too seriously.
CE credit for MFTs and LCSWs; see page 5.

Week of November 12–17
Gateway to Soul: The New Process Acupressure 1
Aminah Raheem
Process Acupressure (PA) works with the body/mind/emotions matrix as a gateway to soul. It teaches how to uncover the wise guidance that lies at the core of every person. PA research has demonstrated that the soul is more accessible than we have imagined. The new PA more easily and quickly processes through personal history and personality development to discover the deeper reaches of human consciousness beneath them. Now it focuses on transformation, from outer to inner guidance.
This class teaches a combination of body/mind skills, including hands-on work to the body (fully clothed), movement, meditation, and dialogue. The acupressure protocol strengthens and balances the body’s vital energy (chi) flow that opens to soul consciousness and the Infinite Source. Psychological and spiritual process skills facilitate more awareness in body, emotions, and thought. This combination of bodywork and conscious processing reveals the whole person and facilitates individual organic growth.

The skills can be applied with healthcare clients, family, or on oneself alone. PA is helpful for bodyworkers who want to know more about processing psychological material, and for psychological helpers who want to learn more about the body. It is valuable for anyone who wants to understand more about integrative development.

CE credit for nurses; see page 5.
CE credit for bodyworkers; see page 5.

The Fundamentals of Wilhelm Reich’s Orgonomic Therapy
Richard Blasband & Patricia Frisch
This workshop is an introductory course for all mental-healthcare professionals and students who wish to learn about orgonomic therapy as developed by Wilhelm Reich. Developing out of classical psychoanalysis, Reich found that the analysis of the formal qualities of the patient, how he walked, talked, etc., rather than what he said, were of critical importance in bringing the patient into deep contact with his blocked emotions. Reich defined the sum total of these formal elements as the “character structure” of the patient. The “armor” of the patient’s character serves as a defense against contact with himself and the outside world. It is rooted somatically in patterns of chronic muscular tension throughout the body, the “muscular armor.” Along with the establishment of healthy respiration, orgonomic therapy utilizes a bi-

See pages 94-95 for reservations, fees, accommodations, scholarship information, and discounts.
modal approach of simultaneously confronting the patient with his/her character armoring and deep massage to soften the armoring. This facilitates the release of chronically blocked emotions and the free flow of life energy, "orgone energy," through the body. The result is a loss of symptoms and the establishment of a new level of emotional health characterized by a capacity for natural sexuality and aggression, adventure in life, and satisfaction with one's state of enhanced inner strength. Points to be addressed are:

- The orgonomic theory of organicism
- Pulsation
- Diagnostic categories of character types
- The diagnosis and treatment of problems of respiration
- Psychic contact, substitute contact, and contactlessness
- Working with negative transference
- Character-analytic group therapy

The workshop consists of didactic lectures, demonstrations of biophysical work on armoring, the experience of group character-analytic process, and videos of Reich's work and therapists practicing orgonomic therapy. The group process and individual sessions provide experiential work for all those seeking self-exploration through these methods.

The workshop is a prerequisite for more advanced courses by clinicians who wish to utilize these techniques in their practice. Students must be healthcare professionals or in a qualified graduate training program leading to licensure.

CE credit for psychologists; see page 5.
CE credit for MFTs and LCSWs; see page 5.
CE credit for nurses; see page 5.

Eidetic Imagery Training Program
Jaqueline Lapa Sussman & Leslie Dagnall

The work [eidetics] has the quality of revelation and should be read by all.

— Joseph Campbell

The Eidetic Imagery Training Program is for those in the helping professions, artists, poets, philosophers, scientists, and for people wishing to heal themselves. This experiential training program joins Eastern philosophy with Western scientific psychology using eidetic images. (Eidetic, pronounced eye-DET-ic, is associated with the Greek words eidos, meaning "form," and idein, meaning "to see.") Eidetic images of one's life experiences are neurologically recorded in the brain. These images access personal history and impact current emotions, mental states, and physiological health and well-being. One sees the image, feels it in all its dimensions, and knows what it means. This knowledge resides within the mind; the eidetic holds the key to who we are and opens up our greater potentials.

The eidetic image, as it is known in contemporary psychology, is intimately connected with Akhter Ahsen, Ph.D., the founder of Image Psychology, who says: "The process of seeing is also a process of deeply knowing the true fire in the psyche, which connects with the third mental eye, representing the penetrating vision of a unifying consciousness."

The training program will be a balance of lectures, demonstrations of methodology, experiential exercises, and case presentations. Participants will fully explore their own eidetic images in a step-by-step process and will learn specific applications for their professional lives. For more information, including special registration instructions, see Special Programs, page 81.

CE credit for psychologists; see page 5.
CE credit for MFTs and LCSWs; see page 5.

November 17–24

Master Class for Painters
Leigh Hyams

When the process of making art becomes an essential part of one's daily life, the need to spend time with similarly obsessed human beings becomes a necessity. These quiet seven days with painter/teacher Leigh Hyams are designed to offer new ways of thinking about art, to present new techniques and possibilities for experienced artists to consider, and to help each person see the pattern and the path of his or her work with fresh eyes.

Participants will bring their own art materials (no oil paints, please) and ideas for individual work in the studio or on-site with Esalen's mountains, forest, waterfalls, and wild coastline. Each morning there will be a critique of the previous day's work and each artist may schedule a private session with the instructor during the week. There will be time set aside for informal conversation on questions such as: "What is this open channel—the space created inside us by the act of painting—and how do we continue to deepen it?"

This workshop offers experienced artists a rare opportunity to exchange practical, imaginative, and philosophical ideas with their peers and unlimited, uninterrupted time to work, surrounded by beauty.

Weekend of November 17–19

A Tender Invitation
David Schiffman

“Our aims for this weekend are simple,” writes David Schiffman. “To join together and share the magical, timeless realities of Big Sur’s sea, sky, and mountains. To feel emotionally and physically restored, healed, and cleansed. To rediscover the lovingly creative inner resources of our own music, poetry, and prayer. To feel ready again to face whatever comes next in our lives.

“Together we will create a mood of sanctuary and a time to be met by kindred spirits. The approaches utilized will be drawn from a wide variety of practices aimed toward physical, emotional, and spiritual attunement in order to restore our gratitude and appreciation for being alive.”

Optimum Health—Healthy Aging
Dennis Gates

Everyone needs energy and zest to live a fulfilled life. We all begin to age from the moment we are born. How do we create the energy we want as we age and face the issues and concerns of life in our 20’s, 40’s and 60’s? We want Vividus: to be full of life, animated, passionate, and vigorous. To allow us Vividus, we need optimum health. This workshop is designed to show you how to have that optimum health throughout life, how to prevent the loss of energy as we age, and how to prevent the usual age-related diseases. It is for those of all ages who want to have that Vividus forever. Based on the best-selling books by Andrew Weil, M.D., this workshop is presented by Dennis Gates, an associate fellow of Dr. Weil, a former surgeon, now an integrative medicine physician.

This is a practical workshop, both didactic and interactive. Dr. Gates will guide you through the principles of optimum health, putting them into practice, so that when you leave Esalen you will already be on your positive journey. The workshop will use all of the natural facilities and lessons of Esalen to achieve this goal. For more information, visit www.optimumhealthchicago.org.

Recommended reading: Weil, Healthy Aging and Eight Weeks to Optimum Health.

CE credit for MFTs and LCSWs; see page 5.
CE credit for nurses; see page 5.
True Wealth: Fulfilling your Legacy to the Next Generation—and Yourself

Dennis Jaffe

After they have been successful, people begin to ask questions about how their wealth will be used by their children, and how they can pass on not just their wealth but their values. This workshop is for people at midlife who are asking themselves questions like “What will my wealth do for the next generation of my family—and for the world?” The course will focus on personal issues about wealth, the nonfinancial forms of wealth that are passed on (spiritual, human, and social capital), stewardship, and the future direction of one’s family and community relationships.

The workshop will begin with the personal: What is your legacy? What values do you want to pass on to the next generation? The course will examine how to pass these on through family meetings, family philanthropy and shared activities, and by developing family governance structures such as a family council. The workshop will also look at how families communicate and share values, and the ways that generational differences are handled in very successful families.

Participants will explore how to shift their role from family-wealth creator or household-er to mentor and steward for the next generation. The course will look at the challenge of raising children in a troubling environment and the ways that families work together to engage issues of the future of family wealth. And finally, the program will examine our longer life span and how successful people are creatively redefining their roles for the second half of their lives.

Healing for Healers

Maggie Phillips & Noelle Poncelet

“In our work devoted to caring for the multi-faceted needs of others,” the leaders write, “we encounter fear and anxiety, emotional and physical suffering, and desperation and urgency. Moreover, our sensitivity often makes us react strongly to daily signs that our world is in crisis. Over time, these demands take their toll in the form of unrelenting stress, compassion and empathy fatigue, and eventual burnout.”

This workshop will focus on developing skills for spiritual, emotional, and physical renewal. Experiential exercises will help to identify ways of tapping into unlimited inner resources that maximize personal growth and creativity for healers. These exercises encompass training in mindfulness meditation, access to rejuvenating playful states, and uses of self-hypnosis to transmute the tyranny of clock time into artful self-expression and ritual. The workshop will also present practices for identifying and removing obstacles that limit our attention to self-care, including voice dialogue, ego-state therapy, and energy psychology methods.

This mini-retreat/workshop weekend is designed for healers from all traditions who would like to make a deeper commitment to taking care of heart, spirit, body, and mind.

Yoga Rx: East/West Wisdom for a High-Stress World 2006

Larry Payne & David Allen

In this course, two health professionals provide an introduction to the 8-Step Wellness principles featured in the best-selling book Yoga Rx, coauthored by Larry Payne. In a balanced format of lecture and movement, they will present the leading edge of East/West wisdom for a healthier lifestyle.

This year’s lecture topics by Dr. David Allen include the latest concepts on nutrition,
mind-body medicine, and longevity. The Yoga, taught by Payne, offers a safe, gentle, breath-oriented approach, based on the needs of participants and inspired by the teachings of Indian Yoga master T.K.V. Desikachar. In addition to the emphasis on breath and movement for general conditioning, focus will be on function over form and movement of the spine, with special consideration for lower and upper back problems, as well as chronic knee and hip ailments.

The workshop will also include effective stress-reduction techniques, advanced breathing methods simplified for all levels, biomechanical reeducation, healthy lifestyle tools, and guided meditation.

Please note: This workshop is not recommended for acute back problems. It is also not recommended for those seeking a vigorous Yoga workout. For more information, please call 1-800-359-0171. Please bring your own yoga mat.

CE credit for nurses; see page 5.

Week of November 19–24

A Real Thanksgiving: Gratitude and Kindness

Howard Schechter & Barbara Lee

My religion is kindness.

—The Dalai Lama

This life we are given is a precious gift. Our natural response to this privilege, without the distractions of planning and worry, is gratitude. When we are in gratitude we are passionately present and alive to the beauty of creation. Then joy floods in, and our response is kindness. We seek to repay the gift of life with our gift of kindness—kindness to our intimate partners, friends, casual encounters, the earth and all its creatures.

Howard and Barbara write: “In this workshop we cultivate gratitude and kindness by allowing the dark side to arise, working with it, and then loosening its hold upon us, following the ancient proverb: ‘It is better to light a single candle than to curse the darkness.’ Gratitude and kindness help release old resentments and pain, and serve as a force for growth. The reason so many are transformed after a life-threatening experience is that gratefulness for life becomes predominant. Our intention is to nourish this natural inclination—without having to experience such dire circumstances.”

Discussion, interactive exercises, and facilitation for those who wish to work on specific issues will be blended with interventions that meet the needs of the group. The movement of the group from one process to the next will be determined by individual needs in the moment. The approach is grounded in the spiritual traditions of East and West and is guided by the dynamic psychological techniques of psychosynthesis, Gestalt, Process Oriented Psychology, family systems, and the expressive arts.

Writing and the Spiritual Life: Finding Your Voice Within

Patrice Vecchione

If mystery is at the foundation of being, then spiritual belief and language are two ways of responding to what can’t be explained. When we tap into our spiritual self, we’re able to release our essential voice and write in ways we’d only dreamed of before. Get acquainted with your own voice and listen to its wisdom. This workshop is designed to give you the confidence and skills to create a writing practice that is vital to your life. Through writing you’ll strengthen your relationship with the soul. Develop trust and faith in the stories of your life, the ones that only you can tell. Writing is a way to give our attention to the world, each other, and ourselves.

November 19–December 17

28-Day Massage Practitioner Certification

Vicki Topp & Tom Case

For workshop description see Special Programs, page 81.

You can now register on-line at www.esalen.org. Workshops appear on the Web before the Catalog is printed.
there is a remarkable web of interdependence and our emotions. We give thanks for wounds inward, touching and nourishing our tissue. In massage, our gratitude is focused no experience is required and all are welcome. Participants will create and craft new work daily. Topics to be covered include the writer’s calling, inspiration, the inner voice, the internal critic, the poet within, making a place for your work, writer’s block, the writer’s ritual, and more. This workshop is appropriate for beginning and experienced writers alike. Recommended reading: Vecchione, Writing and the Spiritual Life: Finding Your Voice by Looking Within.

Vessels for the Spirit: Exploratory Hand-Building with Clay

Sharon Virtue

“Clay inspires our instinct to be creative,” says Sharon Virtue. “In this five-day workshop we will recommit with the elements and explore various hand-building techniques, including coil building, slab building, pinching, and sculpting. Applying one or any combination of these techniques, we will create vessels for the spirit—altars, shrines, frames, boxes, or bottles. Using various applications to create forms and decorate surfaces, we will make simple press molds, slab impressions, and use various mark-making tools to carve surfaces and create designs. We will be using an earthware clay, which is more flexible and forgiving, and low-fire glazes to achieve bright, vivid, finished glazes. The final glaze firing will be in the electric kiln.”

Sharon will share her knowledge of the materials to enhance the decorative surfaces. Bring photos or special items that can be incorporated into your project. The size and scope of your work will depend on your ability, but no experience is required and all are welcome.

($50 materials fee paid directly to the leader)

Saturday, October 22

Massage: The Art of Gratitude

Brita Ostrom & Sylvia Guersenzvaig

Thanksgiving is the season of gratitude, as we express appreciation to people and circumstance. In massage, our gratitude is focused inward, touching and nourishing our tissue and our emotions. We give thanks for wounds that heal.

There is a remarkable web of interdependence in massage: When we receive a massage, we recognize and “come home”; when we give a massage, we ignite that same recognition in another. When we touch another, when we are lulled by the sound of the ocean, when our nervous system quiets in the calm contact with another, we feel gratitude.

Esalen Massage® seeks the interface between form and energy, physical structure and the soul. The long integrative strokes evoke a sense of presence and allow the deep release of tension patterns. Through hands-on demonstrations, one-on-one guidance, and plenty of practice time, this workshop will help you awaken your own talent and resources to give and receive. Included will be centering and grounding skills to enhance the quality of touch and provide a nurturing, fulfilling session.

The course offers new skills for the novice and, for those trained in massage, it will take you further. This will be time spent in the spirit of Thanksgiving with the background of the lovely Big Sur autumn season.

CE credit for nurses; see page 5.
CE credit for bodyworkers; see page 5.

Weekend of November 24–26

Social Entrepreneurship: From Spiritual Values to Effective Action

John Marks & Susan Collin Marks

There is a growing longing in many of us to do something that will have an impact on the state of the world—to be a change agent. We have a vision of infusing our spiritual values into the political, economic, and social life of our planet, transforming existing systems to create a kind and dignified world for all. We want to be social entrepreneurs.

This workshop will offer the accumulated experience of Search for Common Ground, which grew out of meetings at Esalen in the early 1980s into the world’s largest nongovernmental organization working in conflict transformation, with 400 staff working in sixteen offices on four continents. The keys to Search’s growth have been creativity and nimbleness, reflected in the range of their work, which includes TV and radio soap operas reaching millions of people in eleven countries, multietnic kindergartens in the Balkans, a Common Ground News Service in the Middle East, peace songs in Africa, and consensus building among polarized communities in the U.S.

Using the work of Search for Common Ground as a template, founder and president John Marks and executive vice president Susan Collin Marks will present the Principles of Social Entrepreneurship and work with you to define your own vision, develop your own toolbox, and decide on action steps for making a difference in the world. They will lead you through the possibilities that abound when you grasp your inner potential to make the difference you long to make, and the world needs, right now.

For further information, see www.sfcg.org.

Chanting: The Heart of Devotional Yoga

Jai Uttal

Embark on a vocal journey through the sacred sounds of ancient India. With call-and-response group chanting and storytelling, Jai Uttal creates a space of invocation, prayer, and heartfelt expression.

Drawing from an unbroken tradition of Indian devotional singing, Jai will introduce the ancient practice of kirtan (chanting), the heart of devotional yoga. This meditative practice of calling to the divine creates a bridge between the individual and the eternal, opening the heart and welcoming the spirit. Jai will relate stories from the spiritual epics of India as well as from his personal experiences to create a modern context in which to explore this tradition.

“These ancient chants,” writes Jai, “contain a transformative power and healing energy. By singing these prayers and expressing a full range of emotions through our voices, we join a stream of consciousness and devotion that has been flowing for centuries. The chanting begins as a faint spark and is fanned into a flame of ecstatic awareness by repetition, rhythm, and remembrance of the divine.”

Accompanying Jai will be tabla player Daniel Paul. This is an exploration of the heart, independent of vocal or musical technique. No previous experience is needed.

Radiant Heart: Yoga and the Wisdom of Our “Heart-Brain”

Shiva Rea

Shiva writes: “During this celebratory Thanksgiving weekend retreat, an ever-evolving annual ritual, we will continue to explore the ancient, universal understanding of our heart center with physiological, energetic, and spiritual intimacy, from the perspectives of tantra, hatha, and bhakti yoga integrated with the latest scientific views of our heart’s capacity for healing wisdom and love.”
Recent scientific breakthroughs have led to a new paradigm in understanding our “heart-brain,” the extraordinary rhythmic, vibratory intelligence of the heart’s energetic field that connects body, mind, emotions, and spirit. This weekend is dedicated to awakening a more embodied experience of our heart’s electromagnetic field through applying this new paradigm to the ancient heart-centered practices of yoga. The retreat will explore:

- The current transformative view of our “heart-brain,” focusing on the communication and cellular memory of our heart’s resonance and entrainment, within our body and with other beings
- Vinyasa Flow sequences that expand the opening, range of motion, and circulation of the outer house of our heart (rib cage, thoracic spine) with the inner space of anahata (heart) chakra
- Integration of tantric hatha yoga techniques of pranayama, naad (sacred sound), visualization, and bhava (feeling states) in asana
- Kirtan and movement meditation from bhakti yoga to liberate the rasa (“liquid love”) of the heart
- Symbolic wisdom, metaphor, and poetry of the heart from yogic texts to illumine the energetic qualities of the universal heart and the alchemical nectar of love


**Communication and Partnership**

Mary Goldenson

Underlying all our relationships—husband, wife, lover, friend, daughter, son, mother, father—is the need to communicate. Too often we learn to express our needs through control, power struggles, addictions, dependency, guilt, denial, and unreasonableness. This workshop is about healing the soul-wounds sustained in our attempts at partnership. The focus will be on:

- Exploring the possibilities of equal soul partnership
- Learning new ways to express our fear, sadness, grief, and love
- Defining what we need to change in our relationships
- Learning different language styles to better connect with our partners
- Learning ways to heal, forgive, and move on to a mutually beneficial relationship

Come alone or with a partner. The workshop will provide a safe, supportive environment to learn new practices of breathwork, communication skills, movement, and Gestalt, making it easier to express your truth and take responsibility for your feelings and issues.

This workshop may have up to 34 participants.

Recommended reading: Goldenson, It’s Time—No One’s Coming to Save You.

CE credit for MFTs and LCSWs; see page 5.

CE credit for nurses; see page 5.

**A Circus of the Imagination: Arts and Storytelling for Kids**

Sarajo Frieden

Have you ever wanted to mastermind your own circus? Now you can! In this workshop—
f or children age 6-11—kids will begin by dreaming up one or more characters, creating names, and figuring out what the characters do, be they sword swallowers, stilt walkers, unicyclists, jugglers, or giraffes. Utilizing a kitchen-sinkful of possibilities—paper, string, paint, wire, recycled things, papier mache, puppets, fabric, collage, etc.—participants will fashion their performers by hand. At the conclusion of the workshop, the group can decide if their characters are ready to perform together in a circus extravaganza. Join in the fun!

Please inquire about our special kids’ rates. All children must have an accompanying adult registered at Esalen.

**Week of November 26–December 1**

**Medicine Dance**

Gabrielle Roth & Jonathan Horan

“We each possess a fierce wisdom that only comes from within,” Gabrielle writes. “We need to practice getting out of its way, getting into our groove and stripping away the things that are blocking its blossoming. Take five days to get down with yourself, hook up to the divine force that moves all things, and become deeply rooted in the mysterious workings of your inner world. And of course, this is the season of all seasons to give thanks, the perfect time to sweeten your prayers and move our medicine into ten thousand offerings of gratitude and grace.”

Recommended reading: Roth, Connections: The Five Threads of Intuitive Wisdom.

**Songwriting from the Heart—Bridging Inspiration and Craft**

Johnsmith

This workshop will explore the technical “nuts and bolts” of songwriting, encouraging participants to cultivate their own unique songwriting voices. The craft of songwriting involves many technical skills—verse, chorus, and bridge writing; melody, rhythm, rhyming—and all will be covered. Participants will be met where they are in their songwriting development, enhancing their ability to translate their vision and story into well-crafted, heartfelt songs.

Through visualization exercises, writing assignments, group performances, cowriting with other group members, and personal demonstrations, each participant’s inner muse will be coaxed and cultivated. In a safe, supportive workshop climate, the group will give and receive constructive feedback, and participants will be guided in incorporating feedback back into their work. At week’s end the group will share its songs, new and old, with the Esalen community.

This workshop is for individuals who have had some experience in songwriting and are working on refining their musical voice. It is not required to play a musical instrument. If there is interest shown by the group, recording issues may be incorporated. Simple recording devices are encouraged. Feel free to bring samples of songs and poems that “inspire” you. Dress casually—there may be a need to do a little dancing. Bring an open heart and a curious mind.

For additional information, visit www.johnsmithmusic.com.

CE credit for teachers; see page 5.

**Weekend of December 1–3**

**White Lotus Poetry Workshop**

Ellen Bass

“ITS wonderful root and bud are snow-white, bright. When was it parted with the western skies?

Nobody knows how deep the mud it grows in is.

When it emerges from the water, we know it is the white lotus.”

—Joshu

“We will allow ourselves to extend our roots deeply into the mud of our experience in order to give voice to our poems,” Ellen Bass writes. “This is an opportunity to meet the poems that gestate within us and to engage our greatest resources—attention, courage,
In bringing them into being. We will strive for language that is accurate, fresh, and interesting in itself and we will work to create poems whose form, rhythm, language, and meaning work as an effective whole.

“This an opportunity to delve deeply into our writing without distractions or interruptions. In our busy lives, many of us long for more time to write. This weekend will be a way to nurture the creative voice inside us and allow it to speak. There will be time for sharing and for response, hearing what our work touches in others, but mainly it will be a writing retreat—a time to explore and create.”

**MenShare**

Mark Stevens & Matt Englar-Carlson

Men have many stories that go untold. Shame, fear of humiliation, and a type of masculine pride often inhibit men from sharing meaningful and rich information about their inner lives. Yet these stories and experiences from boyhood across the lifespan often create crucial models and frames in which men learn about who they are or who they would like to become. Further, the unexplored and untold stories of men's lives often surfaces in their relationships with others.

This experiential workshop will offer a structured and safe environment for male participants to share their core stories that have shaped who they are as men. The workshop will give space for the participants’ stories to come to life through role play, journaling, creative expression, and sharing.

**Introduction to Gestalt Awareness Practice**

Christine Stewart Price

Gestalt Awareness Practice is a form—nonanalytic, noncoercive, nonjudgmental—derived from the work of Fritz Perls, influenced by Buddhist practice, and evolved by Richard and Christine Price. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that awareness is made primary relative to action, Gestalt Awareness Practice has a strong relationship to some forms of meditation. This form is similar to some Reichian work as well, in that emotional and energetic release and rebalancing are allowed and encouraged.

The emphasis is intrapersonal rather than interpersonal. Participants are not patients but persons actively consenting to explore in awareness. The leader functions to reflect, clarify, and respect whatever emerges in this process. The aim is unfoldment, wholeness, and growth, rather than adjustment, cure, or accomplishment. The workshop will utilize group exercises, meditations, and discussion. Open seat work may be demonstrated.

Chris Price will be leading a five-day workshop December 3-8.


**Yoga—The Anatomy of Asana**

Harvey Deutch & Sarana Miller

This workshop offers an in-depth understanding of the how and why of the physical side of yoga practice. The leaders will present
efficient biomechanical approaches to help you overcome the emerging obstacles encountered in your yoga practice.

Emphasis will be on alignment and foundation in order to establish a successful posture. The leaders write: “Many people have trouble progressing in their yoga practice and injure themselves by pushing too hard. Yoga is not about pushing, but instead about finesse and a softening into our bodies. Knowing what muscle connects to what bone and understanding the normal range of joint movement allows for safe progression. Too much flexibility in a muscle may cause stress to the joint. We will teach the major joint movements and facilitate self-adjustments in the asanas.”

Further emphasis will be on core stabilization and finding neutral spinal alignment, applicable to maintaining a healthy spine and yoga practice. Early morning chanting will be followed by midmorning meditation and conscious breathing. There will be focus on anatomy, biomechanical instruction, and an active asana practice applying the discussed material. Please have an active and ongoing yoga practice.

The workshop is designed for participants to learn about their own bodies and yoga practice, and, most importantly, to have fun and enjoy the journey of discovery.

CE credit for nurses; see page 5.

**Inner Clarity (IC)**
Debra Greene

The human being is an energy being with many layers forming our personalities and spirits. These energy layers are subject to disturbances created by stored emotions, limiting thought patterns, or outdated belief systems. When these disturbances remain in the energy system, they can cause ripple effects into other aspects including the physical, emotional, mental, and spiritual bodies.

“In this experiential workshop,” writes Debra Greene, “we use the wisdom of the body to find limiting beliefs and clear out old ways of thinking. We replace these beliefs that no longer serve us with new and supportive thought streams. Light-touch kinesiology (muscle testing) is taught and used as a sensitive feedback tool to access information from the bodymind system. Because muscle testing responds to words, questions are asked and answers given in a way that disassembles defenses and interrupts old programming or automatic reactions.

“Inner Clarity (IC) is a powerful method of self-discovery, transformation, and healing. It is grounded in the science of subtle energies, and combines principles and practices from transpersonal psychology, consciousness research, and somatic studies. Expect amazing insights and energetic help for making the major shifts your life path calls for. Come prepared to look at your stuff and come prepared to let it go!”

CE credit for nurses; see page 5.
CE credit for bodyworkers; see page 5.

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**Week of December 3–8**

**Making a Difference: Creating a Sustainable World**
Maggie Seeley, Zaida Amanal & Kat Steele

Each and every one of us—6.4 billion in all—makes a difference. We have the capacity to live in harmony with our world and all its inhabitants and to use its resources wisely. This seminar invites participants to examine their “Personal Footprint”—a sustainability audit of water, gas, energy, food, plastics, and product consumption—in their homes and
offices in order to make informed and conscious choices.

In a world characterized by the globalization of agriculture, privatization of water, soaring gas prices, global warming, electrical shortages, and an ever-widening gap between rich and poor, each of us can be empowered to make choices which are thoughtful, joyful, and give us the experience of "voting" and "making a difference." Inspired by Buckminster Fuller and borrowing concepts from Natural Capitalism, permaculture, Ecovillage, and the Triple Bottom Line (people, profit, and the planet), this exploration leads to the creation of a compelling personal (or community, or world) vision and an inspiring action plan to create sustainability.

What is sufficiency? What is sustainability? What can I do? These questions are explored in the context of the Findhorn Foundation’s Eight Levels of Sustainability. Visits to a nearby home and/or business will provide hands-on learning, enlivening the seminar experience. Yoga, meditation, art, dance, ceremony, and outdoor exercises are included to help balance the rational and experiential, a holistic approach to learning. Participants will leave with a vision, action steps, a buddy, networking contacts, inspiration, and a profound sense of making a difference.

The MAX: Stretching the Limits of Your Self-Expression
Paula Shaw

The MAX is an outrageous voyage through your own humanity—a journey to turn yourself inside out and explore the extent of your self-expressive power. It employs a variety of acting, communication, and observation methods designed to expand your limits “to the max” and move you into a new arena of personal creativity and self-expression.

The MAX is extremely challenging. Participants must commit to a rigorous exploration of the sources of their emotional limitations. Seminar hours are longer than usual early in the week (and shorter later in the week). Participants work individually in front of the room, playing to and with other group members. There are exercises that use raw emotion, role-playing, and “dress-up” assignments.

This is an opportunity to experience yourself in a way you may have dreamed about but never imagined possible. The game is risk. The premise: You’re either daring or dead. This course is not for the faint of heart, but it is full of heart, humor, and irreverence, constructed with the understanding that this kind of risk taking requires a very safe workspace. If your heart beats faster when you think of taking this workshop, then maybe it’s just the thing to do.

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

Requirement: Bring a 1-3 minute memorized piece—monologue, poem, song, etc.

Gestalt Awareness Practice
Christine Stewart Price & Guest Leader

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear—
And when used—is inexhaustible.

— LAO TZU

Gestalt Awareness Practice is a form—nonanalytic, noncoercive, nonjudgmental—derived from the work of Fritz Perls, influenced by Buddhist practice, and evolved by Richard and Christine Price. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that awareness is made primary relative to action, Gestalt Awareness Practice has a strong relationship to some forms of meditation. This form is similar to some Reichian work as well, in that emotional and energetic release and rebalancing are allowed and encouraged.

The emphasis is interpersonal rather than personal. Participants are not patients but persons actively consenting to explore in awareness. The leader functions to reflect, clarify, and respect whatever emerges in this process. The aim is unfoldment, wholeness, and growth, rather than adjustment, cure, or accomplishment. The workshop will utilize group exercises, meditations, and discussion. The format combines introductory group work with the open seat form in which each participant will have the opportunity to work with the leader in a group context.

Recommended reading: Perls, Gestalt Therapy Verbatim; Chodron, The Wisdom of No Escape.

CE credit for nurses; see page 5.

The Upledger Institute’s SomatoEmotional Release II
Susan Steiner

This course integrates SomatoEmotional Release (SER) techniques with various creative and dialoguing methods. The emphasis is on wholeness and self-healing. The goal: a comfortable holistic mind/body approach to the resolution of problems related to client progress and growth.

Clearing negative (i.e., destructive) memories and emotions related to buried experiences can be helpful but often there remains “something missing.” This might be the completion of a naturally programmed and perhaps instructive biological process that had been triggered. This interruption creates what might be thought of as a “frustration” of the biological process, serving as an etiologic agent for related dysfunctions which may be physiological, psychological, emotional, spiritual, or any combination of these.

By blending concepts of psychosynthesis, Gestalt, and Jungian psychology with SER and CST, the practitioner employs specific techniques to help clients increase awareness of the “inner self.” Class exercises are designed to strengthen the relationship between the conscious and the unconscious mind in order to increase self-awareness.

Participants must have completed The Upledger Institute’s SER I, either at Esalen or elsewhere.

Please note: Registration for this workshop is through The Upledger Institute only. Please call 1-800-233-5880.

CE credit for bodyworkers; see page 5.

Weekend of December 8–10
Introduction to Natural Capitalism and the Resource Efficiency Revolution
Amory Lovins

Industrial capitalism defies its own logic by liquidating, but not valuing, its largest stock of capital—the natural resources and ecosystem services that make possible all life. In contrast, natural capitalism behaves as if not just money and goods, but also people and nature were properly valued, but without needing to know or signal that value.

Previous industrial revolutions economized on people because the relative scarcity of people limited progress in exploiting seemingly boundless nature. Now people are abundant and nature is scarce. Applying the same logic to this new pattern of scarcity, natural capitalism makes natural resources 10–100 times more productive. It redesigns industry on biological lines, with closed loops and zero waste,
and changes the business model to reward both these shifts. Finally, as any prudent capitalist must do, it reinvests in restoring, sustaining, and expanding the natural capital that creates wealth and sustains life.

The result profitably addresses many social problems. Lack of work and hope, shortages of satisfaction and security, are not isolated pathologies, but result from the intimate links between the waste of resources, money, and people. Their solutions are equally intertwined: firing the unproductive tons, gallons, and kilowatt-hours lets us keep the people, who will have more and better work to do.

Based on the best-selling Natural Capitalism (Paul Hawken, Amory & Hunter Lovins, www.natcap.org), this workshop explores practical resource-management principles and solutions at a basic and intermediate level, mainly for firms, and includes practical applications to the profitable, business-led transition beyond oil (www.oilendgame.com).

**Advanced Yoga Practice for Perfect Beginners**

*Mark Whitwell*

“Yoga is the technology of love,” says Mark Whitwell. “It is the means to develop intimacy with self, others, and all of life. This course will bring clarity to the ancient system of asana, pranayama, meditation, and life as a seamless process adapted to every person’s needs. According to Yoga master Krishnamacharya, Yoga was not meant to be a struggle to attain some future goal, but a direct participation in the nurturing force of Life.

This course is designed to provide advanced Yoga understanding and practice for those new to Yoga. The program will also be helpful for Yoga students of any level who wish to understand the principles of Krishnamacharya, “the teacher of our teachers.” Participants will study how to apply these principles to the Yoga they already know (and love) in order to make it efficient, powerful, and safe. Emphasis will be given to developing a personalized practice, which students can take away from Esalen and continue to effectively practice for “peace and power in your daily Life” (Krishnamacharya).

Please bring your own yoga mat. For more information visit www.heartofyoga.com.

**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.

CE credit for nurses; see page 5.

**Improv Alchemy: Brewing Something from Nothing**

*Paula Shaw*

The spontaneity of theater games can open you up to extraordinary surprises, to
unknown abilities, even to brilliance—a brilliance born of generating from a blank slate, from the nothing and nowhere of beginner’s mind. This workshop is an exploration of letting go of your programmed patterns and discovering the joy of spontaneous creation.

The first premise of improvisational theater games (which Robin Williams claims unleashed him) is to “go in blank.” Within the game structures, participants are coached to be receptive: stop, look, and listen; deny nothing; release control; let go of planning ahead. This process can help you to trust your own intuition, sense of humor, eloquence, and physical grace, and it allows you get out of your own way to convert the raw material of spontaneous impulse into glittering nuggets of creative gold.

The workshop is also just a lot of fun. Beginners and shy people are welcome; no experience is necessary. Prior improv experience will be forgiven.

**Week of December 10–15**

**The Transformational Enneagram: Mindfulness, Insight, and Experience**

Russ Hudson

A growing number of people are aware of the Enneagram as an accurate and profound map of personality. The nine Enneagram types are based on the three primary centers of intelligence: thinking, emotion, and instinct. However, in almost all human beings, distortions or blockages in these centers have led to a loss of connection with our essential nature and to the arising of ego structures to compensate for this loss. Thus, while our Enneagram type usually obscures our true nature with a characteristic web of defenses, it can also serve as an opening to the deeper reality of spirit.

This workshop will emphasize recognizing the ways that each of the nine types plays out in our own personalities. It will combine psychological insight into the inner workings of the types with meditation practices and exercises to lead participants toward a more direct experience of qualities of essence such as presence, clarity, compassion, and joy.

Conversational instruction will be combined with group meditations, small-group work, physical movements, and music so that participants can more fully integrate the richness of the Enneagram material into their daily work and relationships.


This workshop is approved for CE credit for MFTs and LCSWs through the Enneagram Institute.

CE credit for nurses; see page 5.

**Spiritual Massage: Lightbody Infusion**

Maria Lucia Bittencourt Sauer

Spiritual Massage is a hands-on healing practice that works directly on the energy body, balancing the chakras, cleansing old thought forms, and gently facilitating release of emotional, physical, and spiritual blockages, allowing for infusion by the Lightbody.

Born into a family of healers with a generations-old tradition, Maria Lucia studied with healers in her native Brazil, where Spiritism—receiving healing knowledge from the spirit world—is familiar to much of the population. In 1979 she came to Esalen and was sponsored by Esalen cofounder Dick Price while she learned Spiritual Massage from Brazilian healer Luiz Gasparetto.

This workshop presents practical methods for using the hands as instruments of physical and spiritual healing. Incorporating both hands-on and energetic work, it emphasizes intentionality as the fundamental tool of any healing art for moving energy. The course includes exercises for grounding and attuning to energy as well as Afro-Brazilian shamanic practices for self-protection. Special exercises will help prepare the group energy field for channeling sessions done by Maria Lucia (please bring questions). Emotional release work and group process will be integrated as they emerge.

This work is accessible to anyone—nurses, bodyworkers, businessmen, therapists, and all those interested in working with energy and people’s bodies.

CE credit for nurses; see page 5.

**The Endless Path—Freedom from Addiction, Freedom to Live**

Julie Bowden & Chris Chouteau

The leaders write: “In meditation, a boundless experience may start with the simple act of counting each breath, from one to ten, over and over and over again. So it is in recovery from addiction, ours or another’s, as we travel undreamed-of distances to lands we never imagined, taking the journey twelve steps at a time.

“Many of us have found a new way of living as a result of working the twelve steps. Numerous programs follow these steps, first set out by Alcoholics Anonymous; though the focus of early recovery may be quite different in each program, eventually the various paths lead us to the same questions of living. This search often takes us to a new sense of ourselves and the possibilities life offers.

“Sobriety is the necessary first step toward learning how to live in a healthy, spiritual way. Common ground arises as the initial addictions or dysfunctions fall away and deeper issues and truths rise to our attention. The steps we initially applied to a troubling area of our lives become an open exploration of the possibilities of every aspect of living. And, as we progress, we find our trials and discoveries are shared by an ever-widening circle of those we meet.”

**Your Own Yoga from the Source**

Mark Whitwell

If you can breathe, you can do yoga. — Krishnamacharya

“Asana is Hatha Yoga, the union of all opposites and Hatha Yoga is Tantra,” writes Mark Whitwell. This course will bring clarity to this statement and carefully teach the tantric practice and understanding of Yoga. Mark’s mission is to ensure that each student take from Esalen a powerful personalized practice.

This workshop offers a detailed study of the technology of asana, pranayama, bandha, meditation, and life as a seamless process. Krishnamacharya gave precise instructions so that an authentic and efficient Yoga practice could be custom-built for each person, taking into account individual differences—age, health, body type, and cultural background.

The ancients perceived that the breath is the most critical function of a living organism. The purpose of an asana (Yoga pose) is to participate in and enhance the breath. It is the careful selection of asana movements for each person that ensures that the breath is strengthened without struggle.

This workshop is suitable for beginners or
advanced students and teachers seeking to incorporate the principles of powerful Yoga adapted to individual needs into daily life.

Please bring your own mat. For more information visit www.heartofyoga.com.

Weekend of December 15–17

Stronger at the Broken Places: Relationship Challenges as Initiatory Experiences

Charlie & Linda Bloom

The mind seeks an easy relationship. The heart seeks a spiritual partner.

Many factors draw us into relationships: physical attraction, a desire for intimacy, financial concerns, to name a few. Then there are our deeper, often unconscious agendas, matters of the heart that are usually less apparent, although no less compelling. A soulmate is someone with whom we can learn the lessons required for our deeper purposes to be fulfilled. These lessons have to do with freeing ourselves from limiting patterns of behavior and beliefs that interfere with our ability to be free, whole, and loving.

This process of liberation often pits us against challenges that stretch our capacities, that confront us with unhealed wounds and incompletions. This is the deeper purpose of relationships: to compel us to go beyond the edges of our familiar reality and into the terrain of the unknown. Each time we successfully move into and through these painful ordeals of the heart we claim increasingly larger aspects of ourselves, bringing us to progressively higher levels of consciousness.

In this workshop, participants will learn how to embrace and take full advantage of the teachings that relationships provide for us as we strengthen the capacity to stand more firmly and openly in the face of the fire. Singles as well as couples are welcome.


CE credit for MFTs and LCSWs; see page 5
CE credit for nurses; see page 5

Love Yourself—For Everyone Else’s Sake

Mark Abramson

This workshop offers an experience of two trainings taught at Stanford University Medical Center. As director of Stanford’s Mindfulness Based Stress Reduction Program, Dr. Mark Abramson has modeled his work after Jon Kabat-Zinn’s program (featured on Bill Moyers’ PBS series “Healing and the Mind”).

He has also established a new program at Stanford called “Love Yourself—For Everyone Else’s Sake.” This course directly challenges the confusion surrounding the issue of self-love. Self-love is the most altruistic of all practices. When you are free to be kind and loving to yourself, the world and all the people in your life are touched.

Incorporating the latest research on mind/body medicine, this workshop introduces practices that create a profound physiological well-being, plus the heartfulness to transform emotional states and unleash the great potential for deep healing of the body. The goal is to learn how to use the awareness and mindfulness practices to experience your own love in a peaceful, healthy body.

“This work,” Dr. Abramson writes, “has been shown to create an increasing experience of gentleness, kindness, and respect for oneself and others.” While the practices are especially helpful for people experiencing emotional or physical concerns, the universality of the experience makes this program valuable for all.

CE credit for psychologists; see page 5
CE credit for MFTs and LCSWs; see page 5
CE credit for nurses; see page 5

Women and Aging: An Ageless Conversation

Paula Shaw

We are never truly prepared for the reality of aging. Even though we witness others going through it, typically there is a high degree of personal denial that we ourselves will grow old—maybe we won’t live that long, maybe it won’t happen that way for us, maybe we even delude ourselves that old age will be conquered by the time we get there. And inevitably we get there. The free ride of youth is over. We see the effects of aging in the mirror, feel it in our bodies, notice it in our minds. What, if anything, lies beyond this deterioration? How will all of our raised consciousness help us navigate this passage? Where is the growth in “growing old?”

“This workshop,” writes Paula Shaw, “is an irreverent exploration of the issues inherent in this journey. We will examine our concerns around aging so as to actualize the wisdom we’ve gathered along the way—to experience that which is ageless in each of us. The course consists of personal processes and group interaction that explore different aspects of our lives as we age. Themes include completion, connection, compassion, creativity, and comedy (a high manifestation of the ageless perspective). We will aim to transform the experience of aging into the context of agelessness—a way to hold it all as a fascinating and potentially inspiring adventure into the essential truth of life, with its ultimately mysterious ending.”

Bring along a story, poem, or anecdote that exemplifies your aging experience.

Week of December 17–22

Staff Retreat

Esalen will be closed to the public during these five days.

Weekend of December 22–24

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see August 4-6.

The Long Conversation between Writing and Drawing

Phil Cousineau & Gregg Chadwick

Genius is the power for lighting our own flame.
— Ralph Waldo Emerson

For thousands of years, one of the profound mysteries of the human adventure has been the creative impulse. The irrepressible urge to
leave our mark, to express ourselves, is an essential part of what makes us human. But while creativity is as natural as breathing, it is also notoriously elusive, challenging, and riddled with ordeals—like any grand adventure. This workshop will use the three-stage model of the Creative Journey—Inspiration, Perspiration, and Realization—to explore what it means harness our imagination and tend our creative fire over the course of a lifetime. To explore this possibility, the course will use innovative exercises to encourage fresh ways of seeing, hearing, and feeling. These include: listening for the color of music while drawing; sketching word colors while working on a poem; using photographs, movies, and music to help break through creative blocks.

The leaders will also share the secrets which have allowed them to break their own creative blocks, such as Phil Cousineau’s use of sketching to help rekindle his powers of observation, and Gregg Chadwick’s use of writing and reading poetry and working with music to help him constellate new work. There will be slide shows, film-clips, music, and discussion to help crystallize where students are on their own unique journey—and what they need to make their vision a reality. This passion-filled workshop will appeal to artists, musicians, dancers, filmmakers, as well as teachers, parents, psychologists, and business leaders—all who are fascinated with the creative adventure.

CE credit for teachers; see page 5.

**Healing (with Humor): Feldenkrais and Energy Work for Spinal Awareness**

Patrick Douce

Spinal Awareness is a blend of movement, touch, and group interaction, based on the work of Moshe Feldenkrais, Chinese-Indonesian martial art, and the Esalen Experience. It continues to evolve.

The movements of Spinal Awareness are quite different from normal exercises. They emphasize learning how to move in ways that stimulate your awareness of your body. They involve learning to use the floor to organize and integrate your own spinal column. Standing lessons lead to a new awareness of ways to move with better balance and fluidity. Spinal Awareness also improves flexibility, posture, and most chronic and acute conditions of the body. Special emphasis will be placed on any difficulties participants may have, such as lower back pain, hip trouble, tension in the neck and shoulders, and knee injuries.

Lessons inspired by Indonesian Silat will be used to stimulate the energy body, effecting internal health and increasing energy. These movements, originating from the monasteries of China and Tibet, further increase healing possibilities. Safe and noninvasive hands-on lessons will be presented that greatly speed up improvements.

This workshop will evolve with humor and playfulness. Fun partner lessons will help bring about not only freedom in the body but the return to the childlike energy essential to us all.

This is a program designed both for the beginner and the professional. For more information visit [www.spinalawareness.com](http://www.spinalawareness.com).

CE credit for nurses; see page 5.

CE credit for bodyworkers; see page 5.

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See pages 94-95 for reservations, fees, accommodations, scholarship information, and discounts.
A Holiday Gift for Your Partner and You: Esalen Massage® for Couples
Carl Chase (CC) & Deborah Anne Medow

The holiday season is the perfect time to give you and your significant other the gift of loving touch. During this weekend, CC and Deborah will share with you the basics of Esalen Massage, including exercises designed to help you feel grounded and centered while touching a loved one, the long, flowing strokes of Esalen Massage, learning how to pay more attention to both breath and body, and touching/massaging with a full-hearted presence. Sessions will include demonstrations and hands-on instruction, with plenty of assisted practice time. There will also be quiet time to enjoy the beauty, spirit, and peacefulness of the Esalen grounds.

If you are looking for a way to enliven your relationship or share something special with your partner, give yourselves the gift of loving touch during this holiday season. This workshop is both for beginners and those with previous massage experience. Please come with an open heart and mind—and a good sense of humor.

CE credit for nurses; see page 5.
CE credit for bodyworkers; see page 5.

Straw into Gold: The Alchemy of First-Person Writing
Katy Butler

Wrote Katy Butler: “When we notice things without judging or hiding, we often blossom and change. First-person writing, like meditation, can be a gateway to this blossoming.”

“This is an invitation to enter a creative sanctuary at the turning of the year, to explore openhearted curiosity and playfulness on paper, and to write your way into deeper truths. Our time together will include free writing, walking in moonlight, the past and the present, conversation, rewriting, and reading aloud together in a spirit of celebration. There will be plenty of pen-to-paper time and careful attention to questions of craft and structure.”

Although this workshop is not a process group, unleashing your creativity can be joyful and, almost by accident, therapeutic. Notice what you notice. Spin straw into gold by transforming “first takes” into polished scenes that can electrify other readers, even strangers. Tell that story you’ve been longing to tell, or begin a surprising new chapter.

Please bring 250 pages of lined paper, a pass-sage of first-person writing that you love, and plenty of smooth-flowing pens.

Week of December 24–29

Building Bridges: A Multicultural Celebration of Art, Spirit, and Transformation
Chief Sonne Reyna, Jayson Fann & Abbey Onikoyi

We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly.
— Martin Luther King, Jr.

The energy of the creative impulse comes from love in all its manifestations...admiration, compassion, glowing respect, gratitude, praise, tenderness, enthusiasm...and remember the word enthusiasm means divine inspiration.
— Brenda Euland

In the language of image, poetry, movement, and sound, participants will explore how the arts can serve as a healing bridge between people. Sonne, Jayson, and Abbey will weave together an extraordinary multicultural celebration of art, music, poetry, ritual, and storytelling. Using a variety of artistic mediums, participants will be creating individual and collective works of art that explore an emerging vision of a shared humanity.

The central focus of this workshop will be to honor our unique voices, deepen our understanding and appreciation of one another, and welcome the New Year with our visions, prayers, and dreams.

($65 materials fee paid directly to the leaders)

A Big, New, Free, Happy, Unusual Life: Self-Expression and Spiritual Practice
Nina Wise

It is our nature to be free—and it is our nature to express that freedom spontaneously and without hesitation through song and dance, poetry and play. Moreover, we each have the ability to wake up to who we already know ourselves to be: people dedicated to a sane and just world made up of individuals who celebrate their common humanity and this planet of indescribable beauty through singing, dancing, playing, and caring for all sentient beings.

This improvisation workshop allows the creativity that resides within us to have a voice. “Everyone has a story to tell,” says Nina, “and stories reside as much in the body as in the mind. So we begin with movement—slow stretches to open the body. We open the voice with playful classical- and jazz-based exercises. We meditate to calm the heart, dance to free the spirit, find a way to effortlessly compose with language. This journey leads to giving voice and physicality to the private characters and inner realities that live in the subconscious mind and the cells of our bodies.”

This workshop is like dreaming on your feet. Expect to surprise yourself and to become more playful and at ease before an audience. You might even find that the sense of well-being achieved during the workshop not only expands your creative abilities but also enhances your experience of daily life. And while it is not therapy, Nina’s work can be surprisingly, delightfully, holistically healing.

Recommended reading: Wise, A Big, New, Free, Happy, Unusual Life.

Transition: Having What It Takes
David Schiffman

“Are you a passionate, romantic, spiritually independent type facing a period of transition in your life?” asks David Schiffman. “Would you like to be inspired by your own dreams and blessed with practical support that you can depend on? Our mission for this week will be to face the emotional challenges of life changes, risk, and transition. Together, we will forge an ongoing community based in honest mutual interest, genuine support, and authentic personal presence. It will be a soulful exploration using a uniquely proven blend of natural powers, native intelligence, and wisdom teachings, both traditional and modern.

“Emphasis will be on developing a keen, mature sense of self-appreciation and personal timing, and the life skills necessary for moving forward on your own terms. Communications skills—both energetic and expressive—will be investigated with potent, simple emotional clarity as our shared aim. This workshop is especially useful for the self-made, mystically inclined wisdom seekers who are guided by their own hard-won reckoning.”

SoulMotion*: Tenderness at the Heart of the Dance
Zuza Engler

“Soul is flow, an ever-changing cloudscape of textures, hues, sensations, scents, and feelings,” Zuza writes. “Soul is how the deathless
Presence meets and moves a finite human body. In this workshop, we will reclaim the body in motion as one doorway to the soul’s flow, to the life unfolding just under the surface of our everyday forgetting.

“The practice of SoulMotion is a meeting with self and other in a dance that is nourishing, creative, intelligent, emotionally savvy, heart-breaking, soulmaking, spirited, and transformative. It is a movement toward the dynamic stillness at the center of all things, the place of rest at the heart of sound and motion. This week, we will gather to listen deeply and hover on the threshold between doing and being, solitude and togetherness, awkwardness and grace. Dancing at the edge of the continent, the edge of another beginning, the edge of Love despite all odds, we will move with our delight and our sorrow, inspired in our devotion by the promise of light returning into the heart of darkness.

“This formless dance form allows space for passionate full-bodied movement as well as mindful inner explorations, art making, ritual, and luscious lounging. To follow the divine choreography, we learn to fall and flounder. Going deeply into contact with self, we awake enveloped in communion. The permission to relax, restore, and rejoice in community invites a shift from alone to All One—from ‘my dance’ to the One Dance.”

Bring an object, a poem, or an image for the altar to be created together as a symbol for the simultaneous possibility of self-expression and belonging.

**A Seasonal Celebration: Massage and Meditation**

Char Pias & Vicki Topp

Vicki and Char write: "Join us in the spirit of the season, the winter holy-days; let’s celebrate together the return of the light with touch, movement, and quietude—what better time to rekindle your light and experience the power and clarity of Esalen Massage®, a form of interpersonal meditation, a dyad between giver and receiver."

This workshop will present the fundamental elements of Esalen Massage—breath awareness, quality of touch, long integrative body strokes, and creative table movements—as a spiraling dance, an embryonic journey of breath and presence. Supported by the group interaction and nourished by a deepened connection to self, participants will develop skills to integrate touch and energetic healing, replenish the spirit, awaken the senses, and listen to the body’s wisdom: the fluid continuum of movement from within.

Blending brief lectures, demonstrations, and hands-on practice, this workshop is for individuals and partners interested in learning the meditative approach that is Esalen Massage and Bodywork. Come prepared to move and to be moved, to touch and be touched, to support and be supported, both in the workshop and by the beauty, grace, and spirit of Esalen and the Big Sur coast. All levels of experience, from beginner to professional, are welcome.

CE credit for nurses; see page 5.
CE credit for bodyworkers; see page 5.
Weekend of December 29–31

Humor and Other Martial Arts: The Rubenfeld Synergy Method®
Ilana Rubenfeld

What is this precious love and laughter
Budding in our hearts?
It is the glorious sound
Of a soul waking up!
— Hafiz

Many of us find ourselves in a state of tension, feeling emotionally drained and physically unconnected due to everyday professional and personal stress. In this experiential workshop, participants will learn how to become aware of the tensions locked in their bodies, decode their messages, and learn practical techniques for returning to a state of relaxation, vitality, and connectedness.

Utilizing the Rubenfeld Synergy Method, a system integrating bodywork, intuition, and psychological approaches, Ilana will:
• Use humor to interrupt the suffering trance
• Conduct a variety of exercises
• Demonstrate how tensions are “truth signals”
• Share her “Self Care Toolbox”

Ilana Rubenfeld, author of The Listening Hand, directs body-mind-emotional energies as if conducting a symphony, and well she should. The creator of the Rubenfeld Synergy Method graduated from the Juilliard School of Music and enjoyed a career in conducting until a debilitating back spasm reorchestrated her life journey. Ilana will share stories, humor, and music, all in an atmosphere of safety, trust, and learning.

This workshop fulfills one of the requirements for acceptance into the Rubenfeld Synergy Training Program.


CE credit for nurses; see page 5.
CE credit for bodyworkers; see page 5.

Constructive Living
David Reynolds

Constructive Living (CL) is an educational method based on two psychotherapies and their associated lifeways, with its origins in Japan. The action aspect of Constructive Living (Morita therapy) recommends the sensible life strategy of accepting uncontrollable aspects of life (feelings, other people,
weather, outcomes of actions, and the like) while using energy and effort to affect the single element of life which we control directly: our own behavior. This action element of Constructive Living prompts a minimum of talk during instruction and a puts a premium on the student’s homework assignments, which provide experiential understanding of the effectiveness of constructive action in maintaining a realistic lifestyle. Students learn that it is unnecessary to “fix” feelings or become “comfortable” with an activity before undertaking it.

The reflection aspect of CL (Naikan Therapy) prompts a more authentic perspective on the reality of our past and present life. Students examine critically these commonly held views: that we have continuously struggled to overcome the obstacles others have placed in our paths; that we have succeeded thanks only to our own efforts; that we are only givers and not takers from the world; that we rarely get the rewards we deserve. Participants are invited to look at their lives from others’ points of view, not merely from their own self-centered perspectives, to discover that, imperfect though we are, people and things have continued to support us.

CE credit for psychologists; see page 5.
CE credit for MFTs and LCSWs; see page 5.
CE credit for nurses; see page 5.

Yoga Weekend: A Time For Renewal
Deborah Anne Medow

As the year draws to a close, now is the perfect time to develop or renew your yoga practice. If in the past you avoided yoga classes because you were “of a certain age,” you were just too stiff, or you didn’t have a “yoga body,” this yoga workshop is designed with you in mind. In this program—for people who ordinarily wouldn’t be caught dead doing the “corpse pose”—participants will be gently guided through breathing exercises (purifications), meditation, asanas (yogic body postures), and the coordination of breath and movement within the asanas. Additional emphasis will be on yogic philosophy and theory.

With regular practice, yoga can strengthen, rejuvenate, and help heal the body. It can also calm the emotions, focus the mind, and uplift the spirit. This workshop will lay the foundation for a yoga practice that can be continued at home. Although the workshop is intended primarily for the “yogically challenged,” everyone is welcome. With Big Sur’s coastal beauty, and the power and spirit of the Esalen land, it is easy to fall into the natural rhythm of practicing yoga. What better way to end the old year and begin the new one—by programming something positive into your life: a yoga practice.

Please bring a yoga mat (available in the Esalen bookstore) and a sense of humor (sometimes available in the bookstore).

Music and Creativity, Sound and Rhythm
Adam Rudolph

“Each of us is naturally gifted with the desire and capacity to create,” says Adam Rudolph. “In this workshop we will seek to reconnect with our creativity and nourish it in an environment of playful experimentation, non-judgment, and support. Our practices will move us toward developing our creative potential through sound and rhythm, as well visual art, poetry, and dreamwork. We’ll explore a variety of creative music practices, including:

- Overtone singing—that which creates emotional color and feeling in music. We’ll explore overtone singing techniques and create collective singing meditations.
- Body rhythms—using simple movements and drum-rhythm vocalizations we’ll rediscover inner rhythms of breath, heartbeat, walking, even thought.
- Drumming—we’ll learn basic hand-drum techniques and international drum languages to create a drum circle of power and self-expression.
- Improvisation and intuition—using guided melodic themes, we’ll tap into the freedom that musical spontaneity offers.
- Creating personal songs—we’ll apply the methods we have learned, our imaginative spirit, and inner reflections to create our own songs.
- Sound and the word—we’ll write poetry to weave into the creative fabric of our music.
- Dream sounds—our dreams will become a springboard for experimental musical compositions.
- Vibration as music and color—we’ll make visual art inspired by our music experiences and experiments.

No musical or artistic experience is required. Simply bring an open mind and open heart. Any musical instruments are welcome; instruments will also be provided.

CE credit for teachers; see page 5.

Esalen Massage® Intensive
Tom Case & Rachel Fann

This weekend workshop will provide the basic techniques and principles of Esalen Massage blended with the detail that creates a balanced full-body massage. Each session will contain a brief lecture and demonstration followed by hands-on practice with plenty of personal instruction and assistance. Fundamental elements of bodywork such as breath awareness, grounding, movement, and quality of touch will be introduced. The goals will be to create a firm foundation of massage upon which to build and to have fun during the process of learning.

Welcome in the New Year by bringing the gift of touch into your life. Please wear loose, comfortable clothing.

CE credit for nurses; see page 5.
CE credit for bodyworkers; see page 5.

Week of December 31–January 5

Revealing, Reinventing, and Renewing: A New Year’s Resolution for Singles
Constance Jones Maas

This workshop is about you and your relationships—with exes, family, friends, and, most of all, with your unique place in this limitless universe. Whether you are divorced, in transition, widowed, or a lifelong single, whether your hope for the New Year is to find the person of your dreams, to remain single, or something in between, this workshop is for you. You need only a desire to know more about yourself and a willingness to explore. In a safe yet challenging environment, you will have the opportunity to contrast your history with the future you want to create.

Connie Maas writes: “Together we will explore the wonder of the opposite sex, commitment, community, and sexuality, along with the regrets, fears, and triumphs of who we are as people intimately connected to other people. We will utilize everything Esalen has to offer for revealing, renewing, and reinventing who we are and what our personal vision is. Using art, meditation, self-awareness games, Gestalt, group interaction, and the natural environment of Esalen, we will create a foundation for new ways of looking at ourselves and the world. Our group will be a circle of support for tears, fears, laughter, and love, as well as a springboard to create the future we truly want.”

CE credit for MFTs and LCSWs; see page 5.

See pages 94-95 for reservations, fees, accommodations, scholarship information, and discounts.
The Tao and the Art of Everything

David Streeter

Life is shallow indeed without the mystic.

“In this workshop,” writes David Streeter, “we draw upon the wealth of wisdom contained in the Taoist teachings. Mindfulness, poetry, Sumi brush painting, gratefulness, and the movement arts (Chi Gung) will be our tools of discovery. Meditation practice and instruction will take place at the Round House, Esalen’s meditation center nestled in the woods by Hot Springs Creek. Sumi brush painting will take place at the Art Barn.”

“This workshop will not be about big words or abstract theories. It will be about deep insights and enormous visions that we all can have. Our time together will not be theoretical—it will be about what once came naturally to the heart of man. It is about our journey back and into the mystic.”


The Duet of Talk and Touch:
An Approach for the 21st Century—The Rubenfeld Synergy Method

Ilana Rubenfeld

Ilana Rubenfeld has been called the “Grande Dame of body-oriented psychotherapy,” a stand-up comic, a pioneer integrating psychotherapy, intuition, and bodywork. Ilana directs body-mind-emotional energies as if conducting a symphony—and well she should. The creator of the Rubenfeld Synergy Method graduated from the Juilliard School of Music and enjoyed a career in conducting until a debilitating back spasm reorchestrated her life journey to become an inspirational teacher and workshop leader.

What we communicate verbally is not always congruent with our body’s story. By involving listening touch and body movement we can accelerate the process of change. Utilizing the Rubenfeld Synergy Method and drawing on her book The Listening Hand, Ilana will guide participants through:

- A seven-step change process
- A variety of body/mind exercises
- Her “Self Care Toolbox”
- Using humor and laughter to interrupt life trances

Ilana will conduct demonstrations, and lead hands-on practices for developing a compassionate listening touch that opens gateways for contacting and expressing feelings. She will also demonstrate how tensions are “truth signals” for personal and work-related life situations. In addition, a New Year’s celebration and ritual will be designed especially for the group. Be ready to laugh, cry, move, and have a great time, in an environment of safety, trust, and learning.

This workshop fulfills one of the requirements for acceptance into the Rubenfeld Synergy Training Program.


Strategies for Life Balancing—Art, Dreams, and Creative Problem-Solving

Ann Sayre Wiseman

This workshop will introduce you to the “Paper Stage,” an innovative short-cut method for balancing your life. The “Paper Stage” provides you with an overview of a problem or a dream, tests your options, allows you to experience new feelings, and teaches negotiation skills and workable resolutions. The power of the image, the wisdom of the dream metaphor can take you deeper into new understandings. These are dynamic tools for rebalancing and redirecting your true path.

The “stage” is a large sheet of paper. Using colored papers and various objects, you will set your issue or dream on stage and become your own director. Provocative questions will move you forward. You will explore alternatives, reframe problems, reverse roles, and clarify your feelings. This method allows you to step outside of the issue, the dream, or the problem. You are in charge. Restaging a problem is the fastest way to understand your options.

This is a hands-on, experiential, action workshop where you can transform and reframe an issue, dialogue with it, negotiate change, and test resolutions.

Reclaiming the Man in the Mirror: Sex, Love, and Commitment for Gay Men

Joe Kort

This workshop focuses on sex, love, and intimacy among gay men. Joe Kort writes: “Most people, gay and straight alike, do not know if their sexual fantasies and/or sexual acts are healthy versus unhealthy. The secret logic of sexual fantasies and desires can help unlock information stored away in a gay man’s history that can help him enjoy his sexuality even more. There is an erotic intelligence that can teach a person how to know and understand himself in a deeper way.”

This workshop starts out with the sexual aspects of relationships and moves to love and commitment. Gay men will learn the mystery of why they are drawn to Mr. Right and how to stay connected and partnered with the man of their dreams. This workshop will focus on how to incorporate sex, love, and intimacy, and how to keep and maintain a relationship.

Recommended reading: Kort, Reclaiming the Man in the Mirror: Sex, Love, and Commitment for Gay Men.

The programs listed below are scheduled for the next catalog period. This is not an invitation to register, but information to assist you in your long-range plans to participate. Please call the Esalen office, visit www.esalen.org, or see the next catalog for more updated information.

Spring, 2007

28-Day Massage Practitioner Certification Program

The Esalen monthlong massage program provides comprehensive instruction in basic massage skills. The training provides a minimum of 350 hours. After the monthlong program, students wishing to fulfill certification requirements have six months to complete and document 30 massage sessions. Upon payment of a $100 processing fee, a California state-approved Certificate of Completion will be issued. To request an application, contact the Esalen office at 831-667-3000.
The programs listed below are either part of an ongoing series, formatted unusually, or longer than the standard Esalen workshop.

**November 19–December 17**

**28-Day Massage Practitioner Certification Training: An Embodied Philosophy**

Vicki Topp & Tom Case

This monthlong training in Esalen Massage® and Bodywork provides a minimum of 150 hours of comprehensive instruction in fundamental massage skills. Esalen Massage will be presented as a form of somatic learning and as a meditation for both the giver and receiver. Classes will include lectures and demonstrations, supervised hands-on practice sessions, movement, and experiential exercises in anatomy, grounding, centering, breath awareness, body process, pathology, self-care, ethics, and business practices. Special attention will be given to creating a supportive environment where learning can occur easily and a synergy between intuition, creativity, and technique can be achieved. This training is for those new to bodywork as well as practitioners wanting to add the Esalen approach to their work.

Following the successful completion of this program, students wishing to complete the certification process will have 6 months to document 30 massage sessions. There is a $100 processing fee and a California state-approved certificate will be issued. This is a professional training with limited admission. Applications will be reviewed in the order received and preference given to those who have previously completed a workshop in Esalen Massage. Early application does not guarantee acceptance. Please request an application from our office (831-667-3000).

CE credit for nurses; see page 5.
CE credit for bodyworkers; see page 5.

Friends rate: Standard accommodations: $4860
   Bunk bed room: $3650

Regular rate: Standard accommodations: $4910
   Bunk bed room: $3700

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**The Santa Barbara Graduate Institute Embodied Psychotherapy Certificate Program in Relational Somatic Psychology**

The Certificate Program gives participants a foundation in the leading-edge field of somatic psychology. It is designed to meet the needs of professionals and practitioners (educators, healthcare professionals, therapists, psychologists) as well as individuals interested in learning an in-depth somatic/psychological perspective. SBGI faculty or affiliates teach all courses. An approved application is required. Complete the application on the Internet at www.esalen.sbgigroup.edu and allow one week for processing and for you and Esalen to be informed of your status.

The Embodied Psychotherapy Certificate Program is composed of six five-day courses at Esalen. The program is derived from the graduate-level classes and provides experiential learning, current theory, and practical applications. Each of the six segments may be taken individually for a certificate of attendance. The Embodied Psychotherapy Certificate is awarded to participants who have satisfactorily completed all six segments. The segments are offered approximately every four months with the entire program presented in approximately two years. Graduate course credit is also available (see below).

**Embodyed Psychotherapy: Relational Somatic Psychotherapy Certificate Program Segments with SBGI**

The following segments can be taken in any order. They can be taken as individual courses or as an entire program.

- **Working with Character, Trauma, and Developmental Issues: The Somatic Experience in Psychotherapy**: Participants will experience how character strategies, trauma, and core beliefs are revealed and transformed through the body.
  
  **Faculty**: Michael Sieck, Ph.D. and Dyrian Benz, Psy.D.; July 9-14, 2006

- **The Embodiment of Being: Body, Soul, and Presence in Somatic Psychology**: Recognize the connection between mind-body-being in order to experience the spiritual dimension of the body in clinical practice.
  
  **Faculty**: Dyrian Benz, Psy.D. and JoAnna Chartrand; Sept 17-22, 2006

- **Essentials for an Embodied Psychotherapy Practice**: An integrative study and overview of the practice of body-oriented psychotherapy.
  
  **Faculty**: Susan Aposhyan and Dyrian Benz; March 6-11, 2007

- **Integrating Somatic Awareness, Breath, and Touch Effectively into Clinical Practice**: Learn fundamental skills for the somatic-infused clinical practice.
  
  **Faculty**: Dyrian Benz and JoAnna Chartrand; Dates: July 8-13, 2007
• **Practical Interpersonal Neurobiology**, **Attachment Theory, and Somatic Interventions**: Recognize how the neuroscience and attachment patterns are formed and transformed. Faculty: Martti Glenn, Ph.D., Fall, 2007

• **Relational Somatic Psychotherapy—Contemporary Practices**: The integration of psychodynamic theory and somatic psychotherapy practice are explored from a developmental and relational perspective. Faculty: Christine Caldwell, Ph.D., and Dyrian Benz; Spring, 2008

All courses are taught by SBGI faculty or associates. The use of touch is always optional in each of these segments. For a more extensive description of each of the segments see [www.sbg.edu](http://www.sbg.edu).

**Graduate Ph.D. Course Credit in Relational Somatic Psychology**

This program can also be taken as a more scholarly course of study which includes additional reading and writing for students who would like to earn graduate credit toward a doctoral degree program at Santa Barbara Graduate Institute. To use this training as credit toward a Ph.D. degree, students must first apply and be accepted in the Professional Specialty Ph.D. program at SBGI. Information on the Somatic Psychology Foundations Certificate and Ph.D. Professional Specialty Program is available on the SBGI website: [www.sbg.edu](http://www.sbg.edu). For information or to register, call 805-963-6896 or email lfranklin@sbgi.edu.

**Please note:** An approved application is required; contact Esalen for registration only after your application has been accepted by SBGI.

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The Eidetic Imagery Training Program is comprised of four five-day courses at Esalen. The curriculum is the comprehensive program used in National and International Eidetic Centers and in graduate schools that leads to certification. The program, both didactic and experiential, provides a solid foundation in Eidetic methodology and practice and encourages individual applications for specialized research projects. Each of the four segments may be taken individually. The Eidetic Imagery Training Certificate, sponsored by the International Imagination Association, is awarded to participants who have completed all four segments and a special project either concurrent with or following the training program. There will be reading assignments from books and articles, which will entail an additional fee (about $250 over the course of the entire program). The segments are offered approximately every six months during two years. Graduate course credit is also available (see below).

**The Four Required Segments for the Certificate in Eidetic Training Program**

1. Eidetic Imagery: A consciousness psychology; The Essential Eidetic (ISM) and discriminating other imagery processes; How to use this image in mind/body healing practice; Eidetic empathy; Hemispheric images; Test to targeting developmental themes; Marital, family, relationship counseling; Expanded principles and techniques of Eidetic Therapy. Dates to be announced.

2. The mythological dimensions in Imagery of Healing; Age Projection Test 1; Eidetic targeting and resolution of hysterias, phobias, and traumatic themes; Brief Treatment therapy models; Principles and practice of group work; Eidetic empathy groups. November 12-17.

3. Comprehensive overview of Ahsen’s Image Psychology; Accident trauma and post-traumatic stress syndrome; consciousness and the traumatic image. Dates to be announced.

4. Imagery and altered states of consciousness; Imagery treatment of alcohol and drug abuse; Hot and cold imagery and neuropsychology; Heart images; sexuality, self, and society. Dates to be announced.

**Graduate MA & Ph.D. Courses in Eidetic Image Psychology**

This program can also be taken as a graduate program, on Masters and Ph.D. level, with added readings and writing assignments, case presentations, supervision, and research projects supervised by Ph.D.s in psychology. Each student must apply to her/his educational program for approval of the course of study. For information please contact katysauffordphd@sbglobal.net.

**To Register:** An approved application is required: contact Esalen for registration only after your application has been accepted by the Eidetic Training Institute. For application information and fees, please contact Jackie@ol.com or LJDag@ol.com. The application form can be found on [www.jaquelinesussman.com](http://www.jaquelinesussman.com) or [www.eidetictraining.com](http://www.eidetictraining.com).

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**The Harvard Medical School Continuing Education Series**

Esalen has been selected to host Continuing Education courses offered by Harvard Medical School (HMS). To reserve a space in any of these courses, you must first contact HMS at 617-998-5028. Only after you have reserved your place in the course through Harvard will you be able to reserve your accommodations through Esalen at 831-667-3005 (course fees and accommodations are separate). The courses, dates, and instructors, offered during this catalog period are:

- **Understanding and Treating Eating Disorders: An Integrative Approach**, September 24-29, Judy Ruskay Rabinor, Ph.D., & Ann Kearney-Cooke, Ph.D.
- **Treating Complex Forms of Posttraumatic Stress Disorder: An Overview and Update**, October 13-15, Christine Courtois, Ph.D.
- **The Diagnosis, Treatment, and Prevention of Alcohol Abuse and Other Substance-Related Disorders**, October 20-22, Bert Pepper, MD
- **Psychopharmacology and the Health Food Store: Integrating Complementary and Conventional Therapies in the Treatment of Psychiatric Disorders**, October 22-27, Andrew Stoll, MD
- **Practical Applications of Action Methods of Psychotherapy**, October 22-27, Robert Siroka, Ph.D., & Jacqueline Dubbs Siroka, ACSW
- **The Practice of Grief Counseling**, October 27-29, John Jordan, Ph.D.
- **Schema Focus Cognitive-Behavioral Strategies with Couples and Families**, November 10-12, Frank Dattilio, Ph.D.
The Work Study Program is a 28-day program (beginning January 7, 2007, the Work Study Program will be 35 days; see below) for those interested in an intense involvement with the Esalen environment. A work- and service-oriented program, it is emotionally and physically challenging, and only rarely is it restful. Participants work 32 hours per week in one of Esalen’s departments and participate in that department’s program.

During four to five evenings a week and one weekend intensive, work scholars are together in one of two groups (see below). Each group emphasizes one type of growth practice, such as Gestalt, meditation, creative arts, massage, or somatics work, and has a specifically assigned leader(s) who is with the group throughout the month, coordinating the study schedule and facilitating many of the evening sessions. Applicants must state their preferred group and be prepared to stay at Esalen for the entire month.

In addition to the evening program, work scholars may participate in regularly scheduled movement classes, use the Art Barn (if available), attend the weekly Wednesday night programs, and enjoy round-the-clock access to the Esalen baths.

Selection of work students is done by Student Services Coordinator Mary Anne Will. Since this is a work and service program, preference is given to applicants who are open and willing to learn about themselves within the work context as well as within the study/process groups. Because the work can be physically challenging (lifting, bending, etc.), it may not be suitable for all who wish to apply. First-month work students, in particular, are assigned to departments largely on the basis of community need (usually the kitchen or housekeeping).

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.” It is also a drug- and alcohol-free program.

Work Study Programs scheduled for this catalog period are as follows:

June 25–July 23

A month with Peter Meyers will be a dynamic exploration of theater as a playground and a springboard to personal discovery. The group will develop ensemble skills in movement, voice, and improvisation while promoting individual self-assurance, physical presence, and communication skills. The program is designed to create a safe and supportive environment for experiencing heightened awareness within the group and developing a form to communicate a collective vision. Emphasis will be on listening to the creative impulse, trusting the intuitive response, expanding expressive skills, and, finally, preparing an original theater performance for the Esalen community.

Patrick Douce will lead a month of healing (with humor), an in-depth experience of Spinal Awareness. Spinal Awareness is a way of learning that improves body awareness, flexibility, posture, and most chronic and acute conditions of the body. Taught with movement, touch, and group interaction, it is based on the work of Moshe Feldenkrais, Chinese-Indonesian martial art, and the Esalen Experience. Spinal Awareness emphasizes learning how to move in ways that stimulate your awareness of your own body. The month will include hands-on lessons, safe and noninvasive, to greatly speed improvements. The program will evolve with humor and playfulness. Fun partner lessons will be intermixed to help bring about not only freedom in the body but a return to the childlike energy essential to us all.

CE credit for nurses and bodyworkers.
**July 23–August 20**

Many of us live suspended between the yearning for self-expression and the fear of exposure, the tendency to hide and the desire to offer ourselves to the world, the oneness of spiritual unity and the complexity of human interactions. These paradoxes are the focus of a month led by Zuza Engler. Exploring movement from the inside out and the practice of presence—through SoulMotion™ and Gestalt Awareness Practice—students will be guided in discovering the unfolding of their own dance and supported in opening to life's constant pulsation between contraction and expansion, between dropping into oneself and extending toward another. Participants will practice skills for moving fluidly with the challenges of relationship, attuning to the generosity of an undefended heart, and accessing the larger Presence that breathes us into Being. These paradoxes are the focus of a monthlong program designed to open students to their own being. 

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**September 17–October 15**

Gabrielle Roth’s 5Rhythms™ is a movement practice designed to awaken you to the many qualities of energy that move within and around us. Although the practice is on the dance floor, like any spiritual practice it applies to life beyond dancing. This program with Andrea Juhan provides a balance of regular study and on-the-spot practice that can help you move from being a dancer of the rhythms to being a practitioner. Living, working, and dancing together for an uninterrupted stretch of time, in a community that both supports you and reflects the gaps in your practice, offers an intensified environment. Andrea uses Gestalt Awareness Practice in an intimate group setting to support participants in accessing the rhythms in every life circumstance, making the 5 Rhythms a valuable resource we can apply to the ups and downs of daily life.

(Permission: Due to the popularity of this program, early application does not guarantee acceptance. Notification of acceptance will be made by May 1.)

A month with David Schiffman is intended for people in transition who would like to cultivate the life skills necessary for dealing effectively with change and uncertainty. The program will focus on individual and community reflection using movement, ceremony, and guided group exercises. A unique blend of ancient and modern practices, the curriculum will emphasize developing resourcefulness, imagination, and honest self-assessment. The goal is to study what can be used to call up native intelligence and spirituality to maximize our physical, emotional, and soulful realization in dealing with life changes. In addition to the evening sessions, there will be weekly time for counsel and problem solving in smaller groups.

**October 15–November 12**

The promises of relationships are compelling and seductive: intense sense pleasure, emotional fulfillment, an end to loneliness, ego gratification, companionship, even a source of healing old wounds. Our attractions are at times irresistible, yet the flame of infatuation inevitably dims as we come to see each other with more awareness. Becoming “dis-illusioned” is a natural, healthy aspect of most relationships, and can help us to see ourselves and each other with more clarity, compassion, and appreciation. This program, led by Charlie Bloom, focuses on how we can use relationships to know, accept, and trust ourselves more completely. The program will utilize group process, experiential exercises, guided meditation, and conscious dialogue in working to free ourselves from undesired roles, patterns, and beliefs that limit our ability to be more fully present and loving.

CE credit for MFIs, LCSWs, and nurses.

The human body is an amazing, beautifully crafted instrument: It is the house of spirit. How we maintain and take care of our bodies, “polish and tune the instrument,” affects our overall quality of life and the vibrancy of our creative spirit. This program with Dean Marson & Ginger Holladay focuses on massage, movement, and the muse—developing practices to tune your instrument so you may “play” with more aliveness. The program presents basic Esalen Massage to de-stress and nurture the physical self, along with a gentle yoga flow to tone the body, deepen awareness, and initiate an ongoing practice of self-care. Healing sounds for the chakras and chants for the soul will bring the subtle body into balance. From this balanced and aligned state of being, the group will invoke the muse, expressing their creative selves and “playing their instruments” in an environment of curiosity and discovery.

CE credit for nurses and bodyworkers.

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**August 20–September 17**

Jim Gallas leads “Streams Of Energy,” a program of Eastern bodywork and movement, including Reiki I Certification, a thorough overview of Shiatsu Massage, an introduction to meridian theory, and an easy-to-learn, powerful Chi Kung form. Various meditations, self-massage, and improv games will be used to encourage awareness and expression. The program is designed to open students to their own innate healing potentials, to the power of safe, therapeutic touch, and to being more fully present in their ongoing unfolding. Participants will also receive valuable tools to facilitate the healing of others. In a spirit of compassion, laughter, and expanding awareness, students will be nurtured and nourished by the group interaction and by a deeper connection to Self.

CE credit for bodyworkers.

“We spend most of our lives building an identity, thinking that is who we really are,” says Oliver Bailey. “At some point, we begin to question what we have created and ask ourselves, ‘Who am I?” This program explores that question using meditation to still the mind and self-inquiry to probe the identity that the ego and mind have created. Combined, these methods can create a deep transformation and assist in our journey from the perimeter of identity to the still center of Being. This exploration requires a sense of fun and adventure and a willingness to explore using art, guided imagery, movement, Gestalt awareness, individual and group process, and a sweat lodge. The process will enhance your ability to see, moment to moment, how psychological habit and personal “stories” block our connection to essence.

Patrick Douce. See June 25–July 23 for program description.

Maria Lucia Bittencourt Sauer will lead a monthlong program teaching spiritual massage and healing—the laying on of hands. This practice integrates both hands-on and energetic healing. Beginning Silat (Balinese martial art) movements, dance, and shamanic practices will be incorporated to complement...
this energy work and to help bring participants in tune with their bodies. The program will integrate emotional release work as it organically emerges.

CE credit for nurses and bodyworkers.

**December 10–January 7**

The path of yoga is an ancient practice which involves exercise of the physical body and the evolution of human consciousness. **Thomas Michael Fortel, Debra Simpson, & Bruce Blake** lead this month focusing on yoga and the expressive arts. In addition to the regular evening sessions, the program will provide two daily optional yoga classes led by Thomas and his team. The evening sessions will begin with movement and focus variously on singing, art work, theater games, yoga, and play. As the yoga practice stimulates the movement of inner energy, the group will use this energy to create, move, and flow.

Please note: There will be a $20 materials fee paid directly to the leader.

(2) Beginning January 7, the Work Study Program will be a 35-day program with a new fee schedule. Please see below.

**January 7–February 11**

A program with **Paula Shaw** focuses on play, presence, process, and self-expression. Applying theater games, group and individual process, improvisation, and irreverent humor—sometimes all at once—the program is designed to help participants interrupt habitual patterns of expression, examine core beliefs, experience themselves in ways they haven't experienced themselves previously, and discover what stands between them and “being here.” Throughout the month, the program's structure will follow the dynamics of the group.

In SpiritDance, a month with **Ellen Watson**, participants explore the dynamic practice of ecstatic dance. This expressive form is a workout for body and soul, a moving meditation, a spiritual practice where we dance our prayers and our dreams. In so doing, we embark on a pilgrimage of self-revelation rooted in action and movement. Our only goals are moving until we are moved, finding the still point within, and becoming free spirits once again.

**February 11–March 18**

Shamanism is the oldest spiritual system in the world. **David Corbin & Nan Moss** offer a monthlong exploration of the shaman’s ancient and universal methods to enter nonordinary reality for problem solving, well-being, and healing. Participants will be guided to enter the shamanic state of consciousness and be initiated into the shamanic journey to experience the same sources of profound wisdom and compassion known to our ancestors. The group will seek to restore spiritual power and to apply shamanism in contemporary daily life to help heal oneself, others, and the planet.

Each of us is born with an inherent drive for self-expression. As we grow up, our sense of self and our ability to be spontaneous often become blocked. Knowing who we are, and what we feel and want, can be difficult when our self-knowledge is distorted by family experiences and cultural expectations. The focus of a month with **Dorothy Charles** will be Gestalt Practice, using group process to enhance communication and conflict resolution skills and to develop empathy for self and others. Expressive arts will be part of the curriculum.

($20 materials fee paid directly to the leader)

**Commitment to the Work Study Program is from 4 PM of the first Sunday to 7:30 PM of the final Sunday.** Inasmuch as the Work Study Program is a complete program in itself, please do not plan to take regularly scheduled catalog workshops during your stay.

**Fees:**

A deposit of $400 in U.S. currency is required with your application. You may pay in full at the time you apply. The work scholar fee schedule is $895 for the first month, $845 for the second month, and $795 for the third month. Beginning January 7, work scholar fees will be $1095 for the first month, $1045 for the second month, and $995 for the third month. Work students may be invited to remain for a second or third month depending on space available and community needs (foreign nationals should contact the Work Study office for information on staying longer than one month). There are no scholarships available for the first month of the Work Study Program.

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, usually at South Coast Center, a staff complex located 1.5 miles north of Esalen. Housing and meals, often with home-grown organic produce, are included in your tuition.

**Transportation:** When making travel plans, note that the closest airport to Esalen is Monterey. With at least 48-hour advance reservations, van service to Esalen is available from the following locations on the Sunday of your arrival:

- Monterey Airport: Departs 2 PM. Cost: $40
- Monterey Transit Center: Departs 2:20 PM. Cost: $40
- San Francisco Airport: Departs 11:45 AM. Cost: $80

For van reservations call 831-667-3010 or e-mail workstudy@esalen.org.

Please note: Application is not registration in the program. Registration is made only after approval of application. If you do not pay in full at the time of application, the balance of the fee is due on arrival and is nonrefundable thereafter.

**Cancellation policy:** If you choose to cancel, you will be charged the following amount: 15+ days prior to start, $100; 8-14 days, $200; 3-7 days, $300; 0-2 days, $400.

Please mail the application form (see next page) with your personal statement and deposit to:

- Work Study Program
- Esalen Institute
- 55000 Hwy 1
- Big Sur, CA 93920

or fax to:

- Work Study Program
- 831-667-3069

We will contact you regarding your status within 14 days of receipt of your application. For more information contact the Work Study Office at the above address or phone: 831-667-3010; fax: 831-667-3069; e-mail: workstudy@esalen.org
WORK STUDY PROGRAM APPLICATION

PLEASE PRINT LEGIBLY.

Name ___________________________________________ o Male o Female Today’s Date __________________________

Phone: Evening (______) ___________________________ Day (______) ___________________________ Cell (______) ___________________________

Home Address ___________________________________ City/State/Zip ___________________________

Country ___________________________ E-mail Address ___________________________ Date of Birth ___________________________ Age ___________________________

Occupation (previous, if retired) ______________________________________________________________

Do you have any limiting physical/emotional conditions (e.g., bad back, severe depression) which might affect your full participation in this program? o Yes o No Are you currently taking any medication? o Yes o No

If yes to either of these questions, please include details in your personal statement.

If a former Work Scholar, list where you worked and approximate dates ___________________________

The Work Study Program is for 28 days (35 days, starting January 7), beginning at 4 PM on Sunday and ending at 7:30 PM on the final Sunday. Sometimes particular dates and/or leaders are not available. List below, in order of preference, the dates/leaders for which you are available.

Please note: Space may become available up until the program start date. You must let us know if you wish to be removed from a wait list; if you're on a wait list and space becomes available, you will be automatically placed and then notified. If you cancel after placement, you will be charged a cancellation fee.

START DATE

Choice 1 ________________ Preferred Leader ________________ If full, wait list? o Yes o No

Choice 2 ________________ Preferred Leader ________________ If full, wait list? o Yes o No

Choice 3 ________________ Preferred Leader ________________ If full, wait list? o Yes o No

Choice 4 ________________ Preferred Leader ________________ If full, wait list? o Yes o No

If your application is approved and we cannot give you your first choice, we will place you in your next available choice.

Work students may be invited to remain for a second or third month, depending on space availability and the needs of the Esalen community. Please indicate your availability for such an invitation (no obligation): o No extension o One-month extension o Two-month extension

We encourage ridesharing. Are you bringing a vehicle? o Yes o No; Are you willing to give a ride? o Yes o No; Receive a ride? o Yes o No; I wish to ride share from (if different from above address) ___________________________

Assignments to departments are made according to community labor needs (usually kitchen or housekeeping). However, if you have preferences in housekeeping, kitchen, maintenance, gardening, or groundskeeping, please list them below (skills not always necessary).

o Place me wherever I’m most needed – or – note my preferences below.

Choice 1 ___________________ Skills/Experience ___________________________

Choice 2 ___________________ Skills/Experience ___________________________

Choice 3 ___________________ Skills/Experience ___________________________

Please attach a personal statement about your interest in the Work Study Program, telling us why you’d like to participate and what you hope to take with you when you leave.

All applicants are required to sign a standard release-from-liability and assumption-of-risk form as a condition of participation in the Work Study Program. This form will be mailed to you upon acceptance to the program.

Do you want van service? From o Monterey Airport, 2 PM ($40 fee); o Monterey Transit, 2:20 PM ($40); o San Francisco Airport, 11:45 AM ($80).

Payment o $400 deposit o $895 Card No. ___________________________

o Check (U.S. banks only), attached and payable to Esalen Institute Credit Card Expiration Date ___________________________

o MasterCard o VISA o American Express Name and phone number (if different from above) ___________________________

If you are making a credit card deposit, the balance will be automatically charged to your card five days before your arrival.

Authorizing signature ___________________________

Please Note: No pets, drugs, or violence allowed. We cannot accommodate children of work scholars. Applications cannot be considered without a deposit and a personal statement included.
Chris Aanstoots, professor of humanistic psychology at the University of West Georgia, has served as past president of the Division of Humanistic Psychology (APA) and as editor of its journal The Humanistic Psychologist. He studies the phenomenology of consciousness and human development. p. 30

Rachel Carlton Abrams is a physician specializing in women’s health and complementary medicine. She and her husband have published three books on Taoist sexuality, the most recent being The Multi-Orgasmic Woman: Discover Your Full Desire, Pleasure, and Vitality. p. 26

Mark Abramson is a part of the Stanford Center for Integrative Medicine and leads the Mindfulness Based Stress Reduction Program at Stanford Hospital and Stanford University. He teaches at Stanford’s School of Medicine and is on staff at Stanford Hospital. p. 74

Kim Addonizio is a nationally acclaimed poet and recipient of many honors, including a Guggenheim Fellowship and two NEA Fellowships. She has published four books of poetry; a textbook, The Poet’s Companion; and most recently a novel, Little Beauties. p. 62

Ronald Alexander has explored Buddhist meditation and healing disciplines since 1971. He conducts trainings in the U.S., Europe, and Australia in MindBody Healing Therapies. A psychotherapist and consultant to the entertainment industry, he focuses on leadership coaching, creativity, and communication. His website is www.ronaldalexander.com. p. 62

David Allen, a graduate of UCLA School of Medicine, has 25 years of experience in anti-aging and preventative medicine, as well as in alternative treatment of acute and chronic diseases. He is board-certified in emergency medicine, Chinese medicine, acupuncture, homeopathy, and body-mind medicine. p. 65

Zaida Amara, an environmental architect from Israel, is a Institute of Eovilogg training at Findhorn Foundation in Scotland. Zaida is facilitating the formation of an Urban Eovilogg in Albuquerque and Shambulla Eovilogg in Corv Adul, Brazil, in the Atlantic Rainforest. p. 70

Denise Ames is a lifelong educator who teaches global issues and history for universities to community groups, author of Waves of Global Change: A Holistic World History, she directs the Center for Global Awareness, dedicated to promoting greater global wisdom as past president of Wave of Global Change. p. 40

Katherine Anderson was one of Oscar Ichazo’s first U.S. students, joining him in Arica, Chile in 1970 from Esalen and Big Sur. She’s been a 5-Element Acupuncture practitioner and a veteran teacher of Arica trainings. p. 52

Susan Anderson is a psychotherapist who specializes in helping people overcome heartbreak, loss, and abandonment. She is the founder of Abandonment Recovery, a worldwide program of techniques and support groups that help people overcome their abandonment wounds past and present. p. 39

Aangeles Arrien is a cultural anthropologist, award-winning author, educator, and consultant to many organizations and businesses. She lectures and conducts workshops worldwide, bridging cultural anthropology, psychology, and comparative religions. p. 35

Oliver Bailey is a practitioner and instructor of Esalen Massage. His background includes training in Gestalt Practice, neurolinguistic programming, intuitive work, and meditation. p. 84

Richard Balaban, a licensed clinical psychologist and certified group psychotherapist, has taught at Indiana University and SUNY at Buffalo. His passion is for his family, his work, and his life’s journey. p. 42

James Baraz has taught vipasana insight meditation retreats and classes since 1977. Co-founder of Spirit Rock Meditation Center in Marin County, Calif., he holds an MA in psychology and has a counseling practice in Berkeley. p. 72

Flora Bardet trained with S. Raharudy, founder of the White Crane Silat martial-art school of Indonesia. She has been teaching and teaching Silat for over 25 years. Flora’s Western trainings emphasize Silat as a path of health, expansion, and empowerment. Her website is www.quieltareness.com. p. 39

Ysaye Barnwell has since 1975 performed, composed, and recorded with the internationally renowned a cappella quintet Sweet Honey in the Rock. She leads workshops throughout the U.S., in Great Britain, and Australia. p. 10, 31

José Francisco Barroso, a native of Havana, Cuba, began his study of Afro-Cuban dance under the direction of Juan de Dios Ramos while dancing in Cuba’s renowned folkloric company Raizes Profundas. Now living in the U.S., he is regarded as a foremost specialist of African-Cuban dance. p. 15

Ellen Bass has supported and inspired writers for more than 30 years. Her books include No More Masks!, The Courage to Heal, and Mules of Love. She’s received the Pablo Neruda Prize, Larry Levin Prize, and a Pushcart Prize. p. 33, 68

Tandy Beal, dancer, choreographer, actress, comedienne, and dreamer, has performed as a solo artist and with her own ensemble in major cities and festivals throughout the world. She was artistic director of the Pickle Family Circus from 1991-2000. p. 16

Sunshine Becker, has, since the age of 5, experienced the positive, healing effect that music has on folks from all walks of life. She toured with Vocal Motion, the professional ensemble of the Oakland Youth Chorus for 4 years before becoming a member of SVA SoVo 11 years ago. p. 16

Dyran Benz is the chairperson for MA and PhD Somatic Psychology and Professional Specialty programs at the Santa Barbara Institute for Ongoing Education. He is director of the GroupField Approach to group process and co-director of Hellinger Constellation Institute California. p. 18, 43

Jennifer Berezan is a singer/songwriter, teacher, and activist. Her groundbreaking work as a recording artist and teacher has established her as a leading voice in the field of music, ritual, and healing. She has released 8 albums and produces large-scale multicultural, ecstatic ritual events. p. 35

Richard Blasband, past-president of the American College of Orgonomy, is codirector of the Northern California Institute for Orgonomic Therapy. Dr. Blasband was trained as an ergonomic physician by Elseworth Baker, who was appointed by Reich to train psychiatrists. p. 63

Charlie Bloom is an educator, therapist, and seminar leader. He and his wife Linda are cofounders of Bloomwork and coauthors of the widely acclaimed book, 101 Things I Wish I Knew When I Got Married. He has facilitated workshops throughout the world since 1982. p. 36, 74, 84

Linda Bloom is a licensed clinical social worker, educator, and seminar leader. She and her husband Charlie are cofounders of Bloomwork and coauthors of the widely acclaimed book, 101 Things I Wish I Knew When I Got Married. She has facilitated workshops throughout the world since 1982. p. 36, 74

Scott Blossom is a certified yoga therapist as well as a Doctor of Oriental Medicine and an Ayurvedic consultant. He co-teaches and studies closely with Dr. Robert Svoboda. p. 60

Julie Bowden, psychotherapist and author, specializes in childhood trauma, substance abuse, and forgiveness. Co-author of Recovery: A Guide for Children of Alcoholics and Genes: Spirituality in Recovery from Childhood Traumas, she has been teaching at Esalen for 19 years. p. 42, 73

Ann Bradney was a senior faculty member of Core Energies East for many years. She teaches and leads workshops on Core Energies internationally and is co-director of the Community Healing and Leadership program in El Cerrito, Calif. She has a private practice in New York City. p. 44, 84

Jillian Chelson Briscoe has worked as a family-practice physician assistant and a yoga instructor since 1998. She was the yoga teacher for an NIH yoga pilot study for people living with lung disease. Her website is www.yogamedicineproject.com. p. 60

Daniel Brown is an assistant clinical professor of psychology at Harvard Medical School. He is author of 12 books, including Transformations of Consciousness (with Ken Wilber) and Engaged Hypnotherapy and Hypnopoanalysis (with Erika Fromm). p. 25

Rick Brown is executive director of the Institute for Relationship Therapy in Winter Park, Fla., with over 29 years of clinical experience working with couples. He is the author of Imago Relationship Therapy: Theory and Practice, and has been married for 30 years. p. 22

Susan Browne’s poems have appeared in numerous journals. She was selected as the winner of the Four Way Books Prize by Edward Hirsch. Her first book, Buddha’s Dogs, was published in 2004. She teaches private workshops, and at Diablo Valley College in Pleasant Hill, Calif. p. 62

Katy Butler was a 2005 finalist for a National Magazine Award, the highest award in magazine journalism. Her first-person writing has appeared in The New Yorker, Tricycle, Vogue, Mother Jones, Utne, Mother Jones, Yoga Journal, and other national publications. Her website is katybutler.com. p. 76

Gregory Ramon Byrne is a well known Big Sur artist and sculptor, a descendant of three generations of stone masons and artisans. His primitive, stylized, and abstract designs are visions inspired by the mythology and ethos of Big Sur, where he has lived for over 30 years. p. 53

Susan Campbell has been helping people show up real for over 30 years. A trained Gestalt Therapist, an internationally-known speaker and seminar leader, and author of 9 books on relationships, Susan is a recognized expert in the field of interpersonal communication. p. 63

Jon Carlson is distinguished professor at Governors State University (Ill.) and a psychologist at the Wellness Clinic in Lake Geneva, Wisc. He has been named one of the five Living Legends in Counseling by the American Counseling Association and has published 40 books. p. 35, 57

Lisa Carlton is a life coach, art therapist, and educator. She is experienced in Compassionate Communication, dance, improvisation, and diversity awareness. Lisa is single mother with two boys and lives down the street from her sister, Rachel. p. 26
Seymour Carter, Gestalt and Sensory Awareness teacher at Esalen for more than three decades, is a lifelong student of the ever-evolving models of personal identity. He combines studies in family systems theory with Buddhism and other body/mind practices. p. 40

Tom Case has been practicing massage for the past 14 years. He has been on the Esalen massage staff since 1983. p. 66, 79, 81

Michele Cassou, internationally recognized passionate artist and teacher, founded The Painting Experience Method, which she developed into the Point Zero Painting Method, using painting for self-discovery and exploring the spiritual dimensions of the creative process. p. 20

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 30 years. p. 48

Gregg Chadwick is a painter based in San Francisco and Santa Monica. His paintings have been exhibited at the San Francisco Art Institute, the Sonoma Museum of Visual Art, and the Monterey Art Museum, as well as in New York, Italy, and Japan. p. 74

Dorothy Charles is a teacher of Gestalt Awareness Practice. She leads workshops in the U.S. and Asia. p. 85

JoAnna Chartrand has been a European-trained practitioner for 25 years. Her specialty is in somatically based transpersonal psychology and trauma. She is co-director of Hellingers Constellation Institute and an affiliate at Santa Barbara Graduate Institute. p. 43

Carl Chase (CC), developer of the CC Flow, is a renowned teacher of massage, the gift of touch, and its life-enhancing power. He has worked and taught at some of the world’s leading spas and healing centers, and is currently on the Esalen massage staff. p. 76

Chris Chouteau is a biologist and professional manager with a thirty-year career transforming organizations and their environmental policies. He has been a student of the twelve steps, awareness practice, and professional film and theater productions. p. 3

Christine Courtis, a psychologist in private practice in Washington, D.C., is cofounder and clinical and training director of The Center: Posttraumatic Disorders Program at the Psychiatric Institute of Washington. Dr. Courtis has received a number of professional awards for her work. p. 52

Phil Cousineau is a writer, filmmaker, photographer, and adventure travel leader. He has published 20 books, including The Olympic Odyssey: Rekindling the Spirit of the Great Games and The Art of Pilgrimage. His documentary film credits include The Hero’s Journey: The Life and Work of Joseph Campbell. p. 74

Stewart Culeby’s work has carried him throughout the world in facilitating groups to access the potential within the human heart and imagination. Originally a scientist, he has led seminars in creativity for more than 25 years. p. 50

Leslie Dagnall, past president of the Humanist Society of New York, is Director of Training for the International Transactional Association and has presented programs across the U.S. and abroad on the use of eidetic imagery applications. She has trained extensively with Dr. Akhter Ahsen. p. 64

Frank Dattilio is a clinical instructor of psychiatry at Harvard Medical School and is on faculty at the University of Pennsylvania School of Medicine. He has more than 180 publications, has presented workshops around the world, and his works have been translated into more than a dozen languages. p. 62

Laura Day is an internationally known healer, instructor, and teacher. Author of The Circle: How the Power of a Single Wish Can Change Your Life, Practical Intuition, and the forthcoming Welcome to Your Crisis, Laura specializes in training the mainstream world to use intuition in everyday life. p. 20, 21

Rosa De Anda, a Mexican artist with 13 years of experience producing Day of the Dead images, helped transform the Mexican holiday into a multicultural San Francisco celebration. p. 59

Annee Delaware is a psychiatric nurse, counselor, and a Life Purpose Process Coach. She is also a visual and performance artist and has facilitated workshops for 15 years, with a focus on creativity, healing, and life purpose. p. 53

Drew Delling is a spoken-word poet, teacher, and activist. He is founder of Poets for Global Justice and author of the collection of poems, love letter to the milky way. Delling has presented and performed at hundreds of conferences across the country. p. 32

Russell Delman studied with Moshe Feldenkrais for many years. One of the first Feldenkrais trainers, he has been teaching the method since 1975. He has also maintained a Zen meditation practice for over 50 years, and conducts workshops and training programs internationally. p. 12

Harvey Deutch has been both a physical therapist and yogi for the past 25 years. His life path has blended the intricate knowledge of movement with the practice of yoga. He is the owner and one of many physical therapists at Red Hawk Physical Therapy in San Francisco. p. 69

Patrick Douce, one of Moshe Feldenkrais’s first American students, has been associated with Esalen since 1972. Since 1986 he lives half of each year in Bali, developing programs with Indonesian Siulat martial-arts-for-health schools. p. 27, 34, 47, 78, 83, 84

Jim Dreaver was on a spiritual journey for 20 years before finally awakening to the liberating truth of consciousness. His book, The Way of Harmony, is a guide to dealing with relationships, work, and daily life in a conscious way. p. 39

Steve Dufier is a contemporary blacksmith who draws upon the rich history of metal and craft, using traditional techniques to forge a connection with the ancient masters. His work reflects the blending of symbol, spirit, and substance that marked iron’s early history. p. 45

Matt Englar-Carlson is an assistant professor of counseling at California State University, Fullerton, Coeditor of The Room with Men: A Casebook of Therapeutic Change, his interest is in understanding how masculinity influences well-being, interpersonal relationships, and self-identity. p. 69

Zuza Engler has been passionate about movement and awareness practice as a path of healing and self-discovery for over 25 years. She has taught Tibetan energy work, yoga, and dance since 1982. Her website is www.transformativedance.com. p. 76, 84

Fariba Enteshari founded Rumi Educational Center, an interfaith educational center in Santa Barbara. She has taught courses on Rumi at the University of Southern California, Santa Barbara City College, and other institutions. She has studied Rumi’s masterpiece in the original text, Farsi. p. 36

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. Her website is www.firewithin.ws. p. 36

Mark Fairfield is on faculty at the Pacific Gestalt Institute in West Los Angeles and served as president of the Gestalt Therapy Institute of Los Angeles for two years. Clinical director at Common Ground–The Westside HIV Community Center in Santa Monica, he is also a gay man. p. 51

Jayson Fann, Esalen Arts Center coordinator, has 17 years of experience as a musician, performer, visual artist, costume designer, composer, and musical director. He studied music in Africa and the Caribbean, and has taught at Cal State University, Monterey Bay. p. 25, 33, 35, 76

Rachel Fann joined the Esalen massage staff in 1993. Her work integrates Esalen Massage with approaches from CranioSacral Therapy, astrology, Chinese medicine, and meditation. p. 79

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 Upledge Institute trainings. p. 13, 20

Warren Farrell, author of Why Men Are the Way They Are, Why Men Earn More; Father and Child Reunion; The Myth of Male Power; and Women Can’t Hear What Men Don’t Say, has been a pioneer in both the women’s and men’s movements, and has appeared on over 1,000 television shows. p. 13

Thomas Michael Fortel is a long-time 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. His website is www.yogawiththom.com. p. 18, 45, 50, 86

Sacred Frieden is an artist and illustrator based in Los Angeles. She has exhibited in a variety of group shows throughout Los Angeles San Diego, and New York. In addition to her fine art, she has illustrated children’s books, cookbooks, CD covers, and television commercials. p. 68

Patricia Frisch, a licensed psychologist, Reclaim therapist, family therapist, and experienced group leader, is a co-founder of the Northern California Institute for Orgonmic Therapy. She has decades of experience in private practice and group therapy. p. 63

Jim Gallas, a Shiatsu teacher for over 10 years, has led workshops in California and internationally. Creator of the video Table Shiatsu: Deep and Effective Body Work With Ease, Jim also teaches Reiki, yoga, and Chi Kung, and is a member of a atheta improvement group. p. 43, 86

Nigel Garion-Hutchings is a Kiliian facilitator, author, and homeopathetic practitioner who has been investigating Kiliian pharmacy, human energy fields, and homeopathy for over 20 years. In that time he has presented Kiliian photography all over the U.S. p. 17

Judith Ansara Gass is an internationally known teacher who synthesizes a rich background in spirituality, psychology, social action, and the arts. Cofounder (with husband Robert) of Opening the Heart workshops, her work is forged in the living laboratory of her 36-year marriage. p. 55
Robert Gass, cofounded (with Judith, his wife of 36 years) Opening The Heart workshops. He has taught passionate aliveness and service for over 30 years at centers such as Omega and organizations ranging from General Motors to MoveOn.org. p. 55

Dennis Gates is an integrative medicine physician in Chicago, after practicing orthopedic surgery for 27 years. He teaches holistic and standard medical care. A graduate fellow of Andrew Weil, he has conducted workshops for patients as well as medical staffs. p. 64

Shakti Gawain is a pioneer in the field of personal growth and consciousness. Her many best-selling books, including Creative Visualization, Living In The Light, and The Path of Transformation, have sold more than six million copies in thirty languages worldwide. p. 43

Mariah Fenton Gladis, founder/director of the Pennsylvania Gestalt Center for Psychotherapy and Training for nearly three decades, leads workshops and trainings around the U.S. and in Europe. She is recognized for the sensitive and creative way she practices the art of Gestalt. p. 18, 20

Ron Gladis, a reformed electrical engineer, is a fine arts photographer, television commercial producer, corporate video producer, and executive director of the Pennsylvania Gestalt Center in Malvern, PA. He recently published a book, Faster, Smarter Digital Photography. p. 20

Mary Goldenson is a clinical psychologist, chiropractor, and certified Radix teacher in Los Angeles. She has a private practice specializing in relationship therapy and transitions, and leads mediation trainings and workshops around the country. p. 21, 38, 55, 56, 68

Ursula Goodenough is professor of biology at Washington University in St. Louis, Mo. She studies molecular evolution in the lab, teaches cell biology to undergraduates, and has 5 children, 3 cats, and a dog. p. 74

Nitsan Gordon is the founder/director of Beyond Words, an organization that empowers Jews and Arabs to become advocates for coexistence and peace. She has expertise in multilevel listening techniques, healing touch, dance therapy, and deep emotional work, and has led workshops in Israel and the U.S. p. 42

Lynda Greenberg is an exhibiting sculptor who has taught drawing nationwide since 1981. She has been a colleague of the center for the Educational Applications of Brain Hemisphere Research since its founding in 1983. p. 29

Debra Greene is a teacher, researcher, and practitioner of Inner Clarity (IC). She has a dual doctorate in Communication and Somatic Studies and a private practice in IC on Maui and in the Bay Area. p. 70

Pierre Grimes is one of the founders of the Philosophical Counseling movement. He was called a Jnana yogi by Alan Watts, with whom he studied. The Zen master Myo Bong S’nim of the Chogye Buddhist order of Korea sealed him as his Dharma Successor. p. 16

Sylvia Guersenzvaig is a student of intuitive pathways to healing with over 20 years of experience in the fields of somatic and visionary practices. She has been a massage practitioner and an astrologer at Esalen since 1982. p. 67

Jimi Gureje, born in Ilesha, Nigeria, has been an artist since birth. In 1990, at the age of 20, he opened his first fashion boutique in Lagos, and in 2003 he opened Gureje, a New York City boutique that serves as an African cultural and artistic development center. p. 16

Anna Halprin is a seminal figure in the world of dance, recognized with numerous honors and awards. Author of several books and videos, she believes that everyone has the innate gift to dance. She recently traveled to Paris for sold-out performances at the Centre Pompidou. p. 23

Steven Harper is a wilderness guide, author, artist, and Big Sur resident. He has led both traditional and experimental wilderness expeditions internationally for over 25 years. He has an MA in psychology and his work focuses on wild nature as a vehicle for awakening. p. 17, 29, 32, 41, 56

Ardell Hill is a licensed massage therapist and reflexologist experienced in a variety of modalities. Author of Spiritual Reflexology, she also offers integrations using quantum physics theories. p. 29

Ginger Holladay’s first calling was as a professional singer, recording with Elvis Presley, Linda Ronstadt, and Joan Baez. Her personal journey led her to the healing arts, and she now works as a massage practitioner, yoga instructor, and voice coach for individuals and groups. p. 84

Johanna Holloman is a German-born clinical psychologist, Gestalt and deep bodywork practitioner, and teacher. Now living in Big Sur, she is a certified Esalen Massage teacher and a professional yoga teacher on the Esalen Movement staff. p. 18, 46

Perry Holloman has taught at Esalen and in Europe for over 20 years, focusing on the physical, energetic, and emotional causes of chronic pain. He is on Esalen’s bodywork staff and teaches somatic approaches to Gestalt Therapy at the Gestalt Institute in Dortmund, Germany. p. 18, 40

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. p. 68
Cheri Huber has been a student and teacher of Zen for 30 years. Her books include There Is Nothing Wrong with You and When You’re Falling, Dive. Cheri founded the Zen Monterey Practice Center and Living Compassion, a nonprofit dedicated to peace. p. 38

Russ Hudson is executive director of the Enneagram Institute in New York. He is the coauthor with Don Richard Riso of several books, including The Wisdom of the Enneagram and Personality Types (Revised Edition). p. 73

Terry Hunt is a licensed psychologist and certified Bioenergetic Therapist based in Boston, Mass., with specialties in issues of adult children of alcoholics and abusive homes, addictive disorders, and older adolescents. p. 58

Leigh Hyams is an internationally exhibiting artist/teacher whose drawing, painting, and artists’ books, workshops, and critiques are held in Mexico, South America, Africa, and Europe. p. 62, 64

David Hykes, composer, singer, meditation guide, founder of the Harmonic Presence and the Harmonic Chant, and pioneer in harmonic sound and related meditative practices, has released 10 CDs, co-hosted evenings with the Dalar Lama and the Gyuto and Gyume monasteries, and teaches and performs worldwide. p. 52

Johnsmith has been writing heartfelt songs for 30 years. He’s won national awards and contests, was a staff songwriter in Nashville, and has recorded 5 CDs. He’s taught songwriting workshops nationwide, and has been featured on NPR’s New Dimensions. p. 68

John R. Jordan is the director of the Family Loss Project (FLP), a research and clinical group providing bereavement services in the Boston area. He trains therapists, hospital professionals, and clergy. Dr. Jordan is developing an innovative support program for suicide survivors. p. 58

Ronald W. Jue, international lecturer, consultant, and executive coach, is a psychotherapist in Newport Beach, Calif., and coauthor of The Inner Edge, a book on intuition and spirituality in the business world. For more information, visit www.rwjue.com. p. 31

Andrea Juhan is an enthusiastic student, scholar, and teacher of the 5Rhythms movement work of Gabrielle Roth. She is on the teaching faculty for the Institute for Integrative Body Psychotherapy (IBP) and a long-term practitioner of Gestalt Awareness Practice. p. 84

Jon Kabat-Zinn is founding director of the Center for Mindfulness in Medicine, Health Care, and Society, and the Mindfulness-Based Stress Reduction Clinic at the Mass Medical School. He is the author of Full Catastrophe Living: Wherever You Go, There You Are; and Coming to Our Senses. p. 51

Naushob Kabat-Zinn has been teaching yoga for over 5 years. She has studied with numerous teachers including Baba Hari Dass, Baron Baptiste, Shiva Rea, Anna Forrest, and Angela Farmer. Her exploration of yoga is also greatly influenced by the teachings of Vipassana (Insight) Meditation. p. 51

Byron Katie, author of Loving What Is and I Need Your Love—Is That True?, is the founder of The Work, a simple yet revolutionary process of inquiry that has helped people around the world. Time magazine called her a “spiritual innovator for the new millennium.” p. 40

Anne Kearney-Cooke is the director of the Cincinnati Psychotherapy Institute and the author of numerous publications on the treatment of eating disorders, body-image disturbances, and self-regulation deficits. Her work has been featured on television programs including The Today Show and Oprah. p. 43

Sam Keen is the author of numerous books, including The Passionate Life, Faces of the Enemy, Hymns to an Unknown God, and, most recently, Learning to Fly. p. 62

Georgia Kelly is the founder/director of Praxis Peace Institute (www.praxispeace.org). She produced two international peace conferences in Croatia and has organized cross-cultural dialogues in the Balkans. She has a certificate in conflict resolution from Sonoma State and is an experienced mediator. p. 65

Gillian Kendall is a manuscript reader and frequent contributor to The Sun magazine. She has published many short stories, travel features, and essays as well as two books, How I Became a Human Being and Mr. Ding’s Chicken Feet. p. 43, 44

Deborah King, a successful attorney and hotel developer, left the corporate world after experiencing a remarkable healing of her own. She has spent over 20 years exploring healing from around the world, sharing healing secrets, and healing and initiating those who are ready into the Mysteries. p. 52

Joe Kort is a psychotherapist and author of 10 Smart Things Gay Men Can Do to Improve Their Lives. He works with gay men individually, in couples, and in group therapy, and leads workshops as well. His website is www.joekort.com. p. 80

Behice Kuyat has taught Lympth Drainage Therapy in the U.S., Canada, and Singapore since 2000. Her training includes Advanced CranioSacral Therapy, Advanced Visceral Manipulation, and Advanced Lymph Drainage Therapy. She has a private practice in Austin, Tex. p. 53

Jill Kuykendall is a physical therapist and transpersonal medical practitioner who has worked in the standard Western medical paradigm for 25 years. She is now in private practice specializing in soul retrieval, and is the author (with Hank Wasselmann) of Spirit Medicine. p. 46

K

Jon Kabat-Zinn is founding director of the Center for Mindfulness in Medicine, Health Care, and Society, and the Mindfulness-Based Stress Reduction Clinic at the Mass Medical School. He is the author of Full Catastrophe Living: Wherever You Go, There You Are; and Coming to Our Senses. p. 51

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L

Judith Hanson Lasater has taught yoga since 1971. A physical therapist, she is president of the California Yoga Teachers Association and serves on the advisory boards of Yoga Journal and the Yoga Research and Education Center. She is the author of five books. p. 60

Dorianne Laux is the author of four collections of poetry, Awake, What We Call the Q (National Book Critics Award), Smoke, and Facts About the Moon. She has received a Pushcart Prize for poetry, two NEA fellowships, and a Guggenheim Fellowship. p. 33

Barbara Lee has been a circlemaker for more than 25 years. Her primary focus is on the heart-centered remembrance of the Divine. She is the author of Loving Yourself. p. 50, 66

Robert G. Lee, a psychologist in private practice in Boston, teaches and trains nationally and internationally. He is coeditor of The Voice of Silence: Silence and Connection in Psychotherapy and editor of The Values of Connection: A Relational Approach to Ethics. p. 59

Annie Styron Leonard is executive director of the Energy Training Institute in Mill Valley, Calif., the certifying organization for Leonard Energy Training (LET). She holds a black belt in the martial art of aikido and is one of the founding leaders of Integral Transformative Practice. p. 30, 54

George Leonard is the author of 12 books, including Mastery, The Ultimate Athlete, and The Way of Aikido. He is a fifth-degree black belt in aikido, founder of Leonard Energy Training (LET), and cofounder (with Michael Murphy) of Integral Transformative Practice (ITP). p. 30, 54

Jaquelin Levoy qualified from the Rolando Toro School of Biodanza in South Africa and is a tutor for the RT Schools in the UK, Paris, Holland, and Japan. She has worked in education, the arts, and healing and conducts workshops in South Africa, Mozambique, London, and the U.S. p. 36

Carol Lewow, a passionate painter and teacher trained by Michele Cassou, has taught with Cassou for the past 10 years in addition to facilitating her own workshops in Mill Valley, Calif. p. 20

Gregg Levoy, author of Callings: Finding and Following an Authentic Life and This Business of Writing, is a former adjunct professor of journalism at the University of New Mexico who teaches widely on the subject of callings. p. 53

Master Share K. Lew, a youthful 88, is a healer and Tanist priest from Wong Lang monastery in Southern China with over half a century’s experience teaching Tanist healing practices such as Chi Kung. p. 45, 46

Matt Lou has worked creatively with materials from wood and metal to ceramic and glass. He has been on staff at the Esalen Art Barn, assisting in mosaic, stained glass, and creativity workshops. He likes to think, feel, and create “outside of the box.” p. 53

Pat Love is a family therapist in Austin, Texas. She is an author, consultant, and frequent keynote speaker. Her books include Hot Monogamy, The Truth About Love, and The Emotional Eclips Syndrome. She is co-creator (with Jon Carlson) of over 40 video presentations. p. 57

Amory Lovins has been a resource-policy consultant to leaders worldwide for three decades, briefed 18 heads of state, and written 29 books and hundreds of papers. The Wall Street Journal named him among 39 people in the world most likely to change the course of business in the 1990s. p. 71

Francis G. Lu is a professor of clinical psychiatry at the University of California, San Francisco. Since 1987 he has co-led 19 seminars at Esalen exploring film and the transpersonal. p. 57

Alison Luterman is a poet, essayist, playwright, and theatrical impresario. She teaches creative writing at her home in Oakland and through California Poets in the Schools. She also performs with Wing It!, an improvisational theater troupe. p. 43

Constance Jones Maas, an MFT for over 10 years, developed the human sexuality course material at ML San Jacinto College. She currently teaches at Chapman University in San Diego, and practices and provides facilitation in Gestalt and family systems training. p. 79

M
Patricia Ryan Madson, a senior lecturer at Stanford, is the founder of the Stanford Improvisers and a certified Constructive Living instructor. She received the 1998 Distinguished Award for innovation in undergraduate education. p. 25

John Marks is founder and president of Search for Common Ground and Common Ground Productions. He was a Foreign Service Officer, executive assistant to a U.S. senator, Fellow at Harvard’s Institute of Politics, and is a best-selling, award-winning author. p. 67

Susan Collin Marks, executive vice president of Search for Common Ground, is a South African peacemaker who works internationally to transform conflicts. She speaks, teaches, writes, facilitates, and supports peace processes worldwide. p. 69

Miriam Maron is a spiritual healer in private practice and teaches intensives on Jewish Kabbalistic healing. She facilitates workshops and retreats across the U.S., Canada, Europe, and Israel. Also a concert artist, she has six CDs to her credit. p. 37

Dean Marson teaches in Esalen’s Massage Program and Movement Arts Program, incorporating meditation and self-care practices to assist people in awakening and de-stressing their bodies. He has led workshops at Esalen, in Europe, and in Asia for over 20 years. p. 13, 36, 84

Vinn Marti is a movement artist, teacher, and spiritual friend, living in Portland, Ore. He teaches Soul Motion internationally, and is a certified Chaplain and Prayer Practitioner through the New Thought Alliance of Churches. p. 46

Camille Maurino is the coauthor of Meditation 24/7 and Meditation Secrets for Women. A dancer and performing artist who has been teaching since 1975, she is the creator of kinaesthetics and the transformational Moving Theater process. p. 44

Michael Mayer is a licensed psychologist and Cigong teacher. Award-winning author of 10 publications, he pioneered the integration of Cigong with Western bodymind healing, and was the first person in the U.S. to train doctoral students in these methods. p. 23, 55

Rebecca McLean is a national trainer and author of The Circle of Life who has worked in mind/body healthcare and life coaching for over 25 years. She has facilitated support groups for hospitals, schools, parishes, agencies, and businesses, and coached hundreds of individuals. p. 52

Lynne McTaggart is the award-winning author of the best-selling book The Field. She is founder and editor (with publisher husband Bryan Hubbard) of the leading publisher of newsletters—including What Doctors Don’t Tell You—and books on alternative health and spirituality in the U.S. and U.K. p. 56

Deborah Anne Medow, Esalen workshop leader and bodywork practitioner since 1969, teaches yoga, massage, creative movement, awareness practices, and related healing disciplines throughout the U.S. and Europe. She is also a certified nutrition educator. p. 45, 76, 79

Anisa Mehdi, an Emmy Award-winning journalist and filmmaker, has enjoyed unprecedented access to people and places around the world, including the holy city of Mecca. She is a commentator for NPR’s “All Things Considered” and teaches at Seton Hall University. Her website is www.anisamehdi.com. p. 27

Peter Meyers, founder and director of the Yecor Theater Conservatory in San Rafael, Calif., received the Golden Bell Award for outstanding achievement in educational planning. He has directed numerous theater shows and performed on television and film. p. 83

Joseph Millar’s volume of poetry, Overtyme, was a finalist for the Oregon Book Award. He is the recipient of many awards, including an NEA fellowship. He teaches at Oregon State University. p. 33

Elise Browning Miller is a certified tyagikar and a founding director of the California Yoga Center in Palo Alto, Calif. A faculty member of the Iyengar Institute of San Francisco who studies with the Iyengars in India, she has been teaching yoga throughout the world since 1976. p. 60

Sarana Miller is a faculty instructor at Yoga Journal and at The Claremont Hotel and her own studio. Trained in the Iyengar and Forrest Yoga traditions, her love of yoga was born at Esalen, where she continues to assist and teach with friend and mentor ThomasFarley. p. 69

Miten, originally from England, began as a singer-songwriter-guitarist in the ‘70s, opening for such groups as Fleetwood Mac and Ry Cooder. He then discovered the power of meditation and left the world of rock ’n’ roll behind. p. 45

Beverly Kitaen Morse is a marriage and family therapist in private practice in Santa Monica, Calif., and executive director of the Rosenberg-Kitaen Integrative Body Psychotherapy Central Institute and the 12 IBF International Institutes. She is coauthor of The Intimate Couple. p. 52

Nan Moss is a faculty member of the Foundation for Shamanic Studies. As a shamanic practitioner she teaches workshops on shamanism, and has a shamanic counseling and healing practice in Maine. p. 85

Caroline Muir has been a yoga practitioner for over 25 years. She is a tantric sex expert who specializes in sexual healing and the Goddess energy in women. p. 40

Charles Muir, a professional yoga instructor for 35 years, is director of the Source School of Tantra Yoga in Hawaii and California. He is coauthor (with his wife) of Tantra: The Art of Conscious Loving. His work was featured in the Hollywood movies Bliss and The Best Ever. p. 40

Arthur Munyer is an Esalen-certified bodywork therapist, certified Yoga instructor, and Trigger Point specialist with over 30 years’ experience as a practitioner and teacher of various bodywork, spiritual, and emotional release disciplines. His website is www.themunyermethod.com. p. 46

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Wes “Scoop” Nisker is a Buddhist meditation teacher, author, radio commentator, and performer. His best-selling books include Essential Crazy Wisdom, The Big Bud, The Buddha and the Baby Boom, and Buddha’s Nature. He is the founder and coeditor of the Buddhist journal Inquiring Mind. p. 57

Georgina O’Farrell is currently the program director for the yoga program at TASS (The Accelerated School). The combination of her passion for teaching and her passion for yoga has made her an informed and creative teacher. p. 17

T O’Grady is a builder/metal worker who lives in Big Sur along with a growing collection of scrap metal. p. 45

Abbey Onikoyi, a native of Nigeria, grew up in one of the founding royal families of Lagos, with a tradition rooted in arts and culture. His calling as a painter has emerged from his deep connection to his heritage. He resides in San Luis Obispo, Calif., where he owns Spirits of Africa Gallery. p. 16, 76

Judith Orloff is a psychiatrist in private practice in Los Angeles. She is assistant clinical professor of psychiatry at UCLA and author of Positive Energy: Transforming Fatigue, Stress, and Fear Into Vibrance, Strength, and Love. She also wrote Guide to Intuitive Healing and Second Sight. p. 49

Brita Ostrom, a licensed MFT, has led massage and other workshops at Esalen for over 20 years. She is trained in Gestalt awareness work and participated in Esalen’s two-year somatics education project. p. 67

Ken Otter has been involved in transformative education toward human and organizational development for over 25 years. He is faculty at Saint Mary’s College and at the Tamalpa Institute, an international expressive arts training program co-founded by Anna Halprin. p. 22

Laurie Lioness Parizek graduated from the Montreal General Hospital School of Nursing, McGill University. She studied and teaches hands-on interactive and energetic healing and is a longtime teacher of Esalen bodywork. p. 36

Laurel Parcell is a clinical psychologist and author of Transforming Trauma: EMDR and EMDR in the Treatment of Adults Abused as Children. She is currently writing her latest book A Therapist’s Guide to EMDR: Tools and Techniques for Successful Treatment. p. 17

Ramanand Patel is a valued senior yoga teacher. He has been a student of Yogacarya Shri B.K.S. Iyengar since 1968 and of H.H. Swami Dayanananda Saraswati since 1991. p. 60

Larry Payne was named one of America’s most respected Yoga teachers by The L.A. Times. Coauthor of Yoga Rx and Yoga For Dummies, he is the cofounder of the Yoga curriculum at the UCLA School of Medicine and director of the International Association of Yoga Therapists. p. 65

Bert Pepper is a clinical professor of psychiatry at NYU School of Medicine. He is past president of the American Orthopsychiatric Association and has published extensively in the field of substance abuse, coauthoring Lives at Risk and The Social Setting of Mental Health. p. 55

Sondra Perl has been leading writing workshops in North America and Europe for over 20 years. A writer and a professor at the City University of New York, Perl recently published Writing True: The Art and Craft of Creative Nonfiction. p. 18

Magie Phillips is an expert in the field of shamanism and trauma, and in the treatment of posttraumatic and dissociative disorders. Coauthor of Healing the Divided Self and author of Finding the Energy to Heal, Dr. Phillips is director of the California Institute of Clinical Hypnosis. p. 65

Char Pias, a member of the Esalen Massage Staff since 1968, teaches internationally, focusing on the energetic, emotional, and spiritual aspects of bodywork. She is a Reiki Master/Teacher, a Circle of Life facilitator, and a licensed graduate of The Center for Spiritual Healing. p. 77

Ayala Pines is a professor of psychology at Ben-Gurion University in Israel. She is the author of 10 books, among them Career Burnout, Couple Burnout, Romantic Jealousy, and Falling in Love. p. 28, 33

Noelle Poncelet is a psychologist and trainer in hypnotherapy in the U.S. and Europe. She is also on the international faculty of the Foundation for Shamanic Studies. p. 45

Lyle Poncher has been a practitioner and teacher of meditation and contemplative practice for more than 30 years. For the past decade he has been a student of Rabbi Jonathan Omer-Man, and has taught workshops and led retreats within the Jewish contemplative tradition. p. 27

Deva Premal is a German-born classically trained musician and gifted singer who grew up in an atmosphere of mantras and Eastern spirituality. p. 45

Christine Stewart Price is a teacher and ongoing student of Gestalt Awareness Practice and other approaches to developing awareness. p. 23, 69, 71

Jill Purce, international pioneer of the sound-healing movement, rediscovered ancient vocal techniques, the power of group chant, and spiritual potential of the voice as a magical instrument for healing and meditation. She is the author of The Mystic Spiral and Overtone Chanting Meditations. p. 19
Judy Ruskay Rabinor is the founder and director of the American Eating Disorders Center of Long Island. She has led workshops internationally and trained professionals on eating and body image problems and related women’s issues for over 25 years. p. 45

Anina Raheem is a transpersonal psychologist, the originator of Process and Basic Acupuncture, an international teacher of body psychology, and the author of Soul Return: Integrating Body, Psyche and Spirit, and Soul Lightning: Awakening Soul Consciousness. p. 63

Ann Randolph has been described as “revolutionary,” a “tour de force,” “Whitmanesque,” and “hilarious” for her award-winning solo performances. Direct from an Off-Broadway hit (produced by the late Anne Bancroft), Randolph tours and tours extensively throughout the U.S. p. 58

Virginia Ray is a visual/conceptual artist. She is known for her effective, transformative art work shown in art galleries and healing institutions around the Bay Area. She is currently a resident artist at Willard Hot Springs in Northern California. p. 46

Shiva Rea has been living yoga for 18 years. She is known for bringing the roots of yoga alive for modern practitioners through the integration of movement meditation, yogic philosophy and art, nature’s vitality, spontaneous humor, and joy. p. 67

Layne Redmond is an award-winning percussionist, a student of yoga since 1970, the author of When the Drummers Were Women and Chakra Meditation, and has produced award-winning recordings, including Chanting the Chakras; Invoking the Muse; and Trance Union. p. 22

Taira Restar is an artist who combines visual art, dance, ritual, and performance. Currently she is exploring the overlaps between God, the natural world, and the body. She has been an arts educator and has led community events for over 20 years. p. 22

Chief Sonne Reyna is a Naval Eagle Chief, a traditional sun dancer, and a peace chief. p. 76

David K. Reynolds is recognized as the leading Western authority on Japanese psychotherapies. Former faculty of UCLA and the USC School of Medicine, his books include The Quiet Therapies, Constructive Living: A Handbook for Constructive Living, and Playing Ball on Running Water. p. 78

Anita Ribeiro is a body psychotherapist and workshop facilitator, and lives in Florida. She specializes in the treatment of families and children utilizing Subtle Touch, an integration of Jungian theory and bodywork. p. 29

Ana Rios is a clinical psychologist and supervisor for Calatonia and Subtle Touch, in São Paulo, Brazil. Ana specializes in psychosomatic disorders, particularly in children, treated within the Subtle Touch method. p. 29

Barry Robbins is the cofounder of Community ITP and a certified Leonard Energy Training (LET) trainer. He has a 25-year background in yoga and is a nation-ally-ranked athlete who has led numerous ITP workshops at Esalen. p. 30

William Roll has explored the evidence and meaning of psychic experiences first at Oxford, then Duke, and now at the University of West Georgia. He has written four books, more than 200 scientific papers, and has appeared in Unsolved Mysteries, the Discovery Channel, and other documentaries. p. 30

Jack Lee Rosenberg is in private practice in Venice, Calif. Founder and clinical director of the Rosenberg-Kilman Integrative Body Psychotherapy Central Institute and the 12 ITP International Institutes, he authored Total Orgasm, and coauthored Body, Self, and Soul and The Intimate Couple. p. 51

Lee Rossi is the author of two books of poetry, Ghost Diary and Beyond Rescue. His poetry, reviews, and essays have appeared in The Sun, Poetry East, Chelsea, the Womando, Nimrod, and the Beloit Poetry Journal. He has led poetry workshops for the past five years. p. 43

Gabrielle Roth, world-renowned the-ater director, movement innovator, and recording artist, is the best-selling author of Maps to ecstasy, Sweat Your Prayers, and Connections. Her award-winning recordings are on the cutting edge of shamanic trance-dance music. p. 68

Ilana Rubenfeld, author of The Listening Hand, 40-year pioneer in the integration of body-mind-spirit, and creator of the Rubenfeld Synergy Method, is a certi-fied teacher of Alexander Technique, Feldenkrais Method, and trained with Fritz and Laura Perls in Gestalt Practice. p. 22, 24, 78, 80

Adam Rudolph is a composer, percus-sionist, and educator who has released 20 CDs of his compositions and performed extensively worldwide for the past 30 years. His book Pure Rhythm was published by Advance Music in early 2006. p. 79

Joanne Beaule Ruggles had a 30-plus-year career as a studio arts professor in the California State University system. Her exploration of the human figure and development of a wide array of sandtechno-techniques earned her the highest creative research award granted annually by her university. p. 41


John Santos, a three-time Grammy-nominated percussionist, is a major expen-diture of Afro-Latin music through innova-tive use of traditional forms and instru-mental and modern music. A percussion-composer, and teacher for over 30 years, he has worked with such masters as Dizzy Gillespie and Tito Puente. p. 15

Maria Lucia Bittencourt Sauer has practiced spiritual healing in Brazil and the U.S. since 1982. She has been a resident student and teacher at Esalen and conducts trainings and seminars internationally. p. 73, 84

Bill Say cdirects the Community Healing & Leadership Training, is a faculty member of JFK and Naropa universities, and has had a private practice in body/mind/relationship therapy in Berkeley, Calif., since 1989. His website is www.CoreCommunity.com. p. 44

Howard Joel Schechter is interest-ed in learning and teaching about emotional and spiritual liberation. He is the author of Rekindling the Spirit in Work and Jupiter’s Rings: Balance from the Inside Out. p. 50, 66

David Schiffman is a longterm group leader at Esalen. His primary interest is in facilitating people in transition toward a more heartfelt, unstrained existence. p. 27, 34, 64, 76, 84

Jon Schreiber has been teaching Breema worldwide since 1980. He directs the Breema Center and the Breema Clinic in Oakland, California. The author of several books, he is also a licensed chiropractor. p. 33

Suzanne Scurluck-Durana has been teaching in the area of conscious awareness and its relationship to the heal-ing process for over 20 years. Since 1986, she has been a certified instructor of Cranio-Sacral Therapy and Somato-Emotional Release training with The Upledger Institute. p. 24, 26

Maggie Seeley is a business consul-tant to Fortune 500 companies, U.N. agen-cies, and international businesses. She teaches International Business at the University of New Mexico and is cofounder of The Sustain Ability Trust. p. 70

Leda Perillo Seixas is a clinical psy-chologist and teacher of the Calatonia and Subtle Touch, in São Paulo, Brazil. She has been the editor of the Subtle Touch Journal “Hermes” for the past 12 years. p. 29

Catherine Shanberg is an imagery psychologist, healer, teacher, and visionary. In 1982 she founded the School of Images, which teaches the revelatory dream and kavanah (intention) techniques of an ancient Sephardic Kabbalalah tradition. She is the author of Kabbalah and the Power of Dreaming: Awakening the Visionary Life. p. 45

Paula Shaw, a professional actress and acting teacher for over 25 years, conducts workshops in expanding self-expression, well-being, and creativity for non-actors across the United States and Canada. p. 71, 72, 74, 85

Rupert Sheldrake is a biologist and author of several books, including the award-winning bestseller, Dogs that Know When Their Owners Are Coming Home. He is currently the Perrott-Warrick Research Scholar at Trinity College, Cambridge. His web site is www.sheldrake.org. p. 19

Michael Shemer is the founding publisher of Spective magazine, director of the Specta Society, and a monthly columnist for Scientific American. Shemer is the author of many books, including From Science: Where the Known Meets the Unknown. p. 30

Leonard Shlain is the chief of laparo-scopic surgery at California Pacific Medical Center in San Francisco. He is also the author of the national best-selling books: Art and Physics, The Alphabet Versus the Goddess, and Sex, Time, and Power. p. 47

Faheem Shuaib is an author and award-winning speaker on religion, world politics, human relationships, and social evolution. He travels globally on educational, interfaith, and peace missions. Imam Shuaib studied Arabic in Egypt. He is Imam and CEO of Masjid-ul-Warithain in Oakland, Calif. p. 48

Michael Sieck is director of Redlands Therapy Group, a certified Bioenergetic Analyst and a supervisor for the Southern California Bioenergetic Institute. He com-bines elements of relational, gentle, Bioenergetics, Gestalt approaches, Jungian ideas, Object Relations and Psychodrama in his practice. p. 18

Jamyong Singye, a former monk for 27 years and renowned master of the ancient art of Karma Gardri style Thangka painting, has been painting Thangkas and teaching in the San Francisco Bay Area for the past 20 years. p. 35

Jacqueline Dubbs Siros is the director of clinical services at The Sociometric Institute in New York City. She was formerly on the faculty of Rutgers University and Stony Brook University School of Social Work and SUNY at Stony Brook School of Social Welfare. p. 56

Robert W. Siroka has practiced psychotherapy for over 40 years. He had been the executive director of The Sociometric Institute in New York since 1968 and the founder of its Psychodrama Training Institute. He has taught at NYU, SUNY at Stony Brook, Rutgers, and Harvard Medical School. p. 56

Fritz Smith is a physician, osteopath, cranial osteopath, certified acupuncture, and founder of Zero Balancing. He is the author of Inner Bridges: A Guide to Energy Movement and Body Structure, and Zero Balancing. p. 61, 63

Gerald Smith is a licensed psychologist in private practice in San Mateo, Calif. He has written two books about relationships, Couple Therapy and Hidden Meanings. He has been leading couples groups at Esalen since 1966. p. 47
Julie Sorichetti, a certified instructor of Kripalu Yoga, DanceKinetics, and Yoga Ed., combines her love of Yoga, dance, and working with youth into a passion for integrating Yoga into the elementary school curriculum. She has taught Yoga and dance to all age groups in private and group settings. p. 17

Sparrow’s poems have appeared in The Sun, the New Yorker, and the New York Times, and Soft Skull Press has published three of his books. He lives with his wife and daughter in a trailer in the Catskill Mountains of New York. p. 43

Kat Steele is the founder and principal of the Urban Permaculture Guild in Oakland, Calif. A graduate of the Fohnhill Foundation (Scotland) Ecovillage program, she is a designer, facilitator, and educator of the principles of permaculture in daily living. p. 70

Brother David Steinl-Rast, Benedictine monk, psychologist, and author, has lectured on five continents. He was Spiritual Teacher in Residence at Esalen, and is concerned with the unique challenges and opportunities of our time. p. 25, 27

Susan Steiner, trained as an occupational therapist, has been affiliated with The Upstate Program since 1984, and has been an instructor for Craniosacral Therapy and SomatoEmotional Release II since 1994. She maintains a private practice in Providence, R.I. p. 71

Leigh Stevens, former Esalen Resident Fellow, is a senior teacher of the Anste School, founded by Oscar Ichazo, creator of the Enneagrammatic analysis and theory. He’s a published author, former stock market analyst, and marketing manager. p. 52

Mark Stevens is a licensed psychologist and director of the university counseling services at California State University, Northridge. President-elect of APA Division 51 (Society for the Psychological Study of Men and Masculinity), he has been facilitating men’s groups since 1981. p. 69

Andrew L. Stoll is an associate professor of psychiatry, Harvard Medical School, and director of the Psychopharmacology Research Laboratory, McLean Hospital. Dr. Stoll is a past recipient of the Teacher of the Year Award at the Harvard Longwood Psychiatry Residency Training Program. p. 55

Cheryl Strayed writes fiction and personal essays in Portland, Ore. Her work has been published in The Sun, Self, the New York Times Magazine, and elsewhere. Her essays have been selected for inclusion in Best American Essays, and her first novel, Torch, was published earlier this year. p. 43

David Streeter is a longtime resident teacher at Esalen. He instructs and practices Esalen Massage, Chi Gong, and meditation, and has recently published a book on the Tao Te Ching. p. 39, 80

Thorton Streeter, director of the Centre for Biofield Sciences, is a scientist teaching Energy Medicine at the Holistic Health Department of the Zoroastrian College in India. Dr. Streeter lectures worldwide on the subject of the human aura at international health conferences. p. 37

Jaqueline Lapa Sussman, psychotherapist and seminar leader, is the Director of Projects for the International Imagery Association, one of the foremost practitioners of Eddic Imagery, and a collaborator with Dr. Akhter Ahsen. She is the author of Images of Desire and Freedom From Failure. p. 64

Jim Tamm is a former judge who has mediated over 1,500 disputes. He is vice president of Business Consultants Network (formerly Will Schutz Associates) and author of Radical Collaboration: Five Essential Skills to Overcome Defensiveness and Build Successful Relationships. p. 29

Richard Tarnas is professor of philosophy and depth psychology at the California Institute of Integral Studies in San Francisco, where he founded the graduate program in Philosophy, Cosmology, and Consciousness. He is also on the faculty of Pacifica Graduate Institute in Santa Barbara. p. 22

Vicki Topp is a senior practitioner and instructor of Esalen Massage and somatic bodywork. She teaches workshops and training groups internationally and is a Registered Movement Therapist and practitioner of Body-Mind Centering. p. 66, 77, 81

Daniela Urschek is a long-time member of the Esalen massage staff. Her work is strongly influenced by her studies in craniosacral work, movement, yoga, and dance. p. 36, 49

Jai Uttal, a sacred music composer, recording artist, multi-instrumentalist, and ecstatic vocalist, combines influences from India with influences from rock, folk, hip-hop, and jazz, creating a multicultural world spirit music. p. 67

Arnie J. Vargas is a psychoanalytically trained psychotherapist who has incorporated Eastern and Western spiritual principles, shamanistic techniques, and traditionally psychoanalytic theories in his practice with clients from diverse backgrounds for the past 17 years. p. 35

Patrice Vecchione is the author of Writing and the Spiritual Life and a book of poems, Territory of Wind. Editor of many anthologies, her forthcoming collection is Faith and Doubt. A collage artist as well, she’s exhibited her work in California galleries and museums, and has taught for 30 years. p. 17, 66

Cida Vieira, born at the heart of the dance circles of Brazil, has choreographed and performed in the U.S., South America, and Europe, with dance groups and artists including Xuxa, Ray Charles, Daniela Mercury, and Ayrto. Currently, Cida is on the Movement Project staff at Esalen. p. 35

Sharon Virtue has been working with clay for over 20 years and painting for over 25 years, both as an artist and teacher. She has worked internationally on community development projects which have as their basis the idea of reconnecting with creative imagination and putting art into action. p. 49, 67

Ellen Watson is a teacher/student of transformational practices including Gabrielle Roth’s 6Rhythms, Dance Trance, yoga, and Esalen Massage. She has been at Esalen since 1984, practicing and teaching on the massage and movement arts staff. Her web site is www.movingventures.org. p. 20, 39, 85

Kimberly Weichel, a social pioneer and educator who specializes in global communications, conflict resolution, and cross-cultural work, has directed projects in South Africa, Europe, the former Soviet Union, and the U.S. Kim is cofounder of the Institute for Peacebuilding. See www.kimweichel.org. p. 63

Hank Wessellman is an anthropologist who conducts research in Ethiopia and teaches in two colleges in Northern California. He is author of The Spiritwalker Trilogy; The Journey to the Sacred Garden and (with Jill Kupersoll) Spirit Medicine. p. 16

Mark Whitwell has enjoyed a lifelong relationship with the teachings of Krishnamacharya through his students T.K.V. Desikachar and Srisuata Ramaswami. He travels the world teaching Yoga and is the author of Yoga of Heart: The Healing Power of Intimate Connection. p. 72, 73

Cathy Williams loves the adventure and exploration of painting. She has been painting and teaching creative process workshops since 1989. She currently teaches her “Art and Soul” workshops in Santa Cruz, Calif. p. 20

Andy Abrahams Wilson is an award-winning, Emmy-nominated filmmaker who teaches digital filmmaking workshops worldwide. His films have been broadcast on HBO, PBS, CBC, and Showtime, and his recent Returning Home, about dance legend Anna Halprin, won first prize at the Dance on Camera Festival. p. 16

Rabbi Gershon Winkler is the author of 12 books, including Magic of the Ordinary: Recovering the Shamanic in Judaism. “Gershon Winkler’s brilliance,” writes Sandra Ingerman, author of Soul Retrieval, “shines a light on the buried shamanic practices of Judaism.” p. 37

Robert Wisdom is a highly acclaimed and versatile stage, screen, and television actor, published writer, and international performing arts entrepreneur. He recently made a personal documentary on Gnawa music in Morocco, and plays the guembri, a Moroccan lute. p. 19

Anna Wise is an internationally recognized authority on EEG and consciousness. She is the author of The High-Performance Mind: Mastering Brainwaves for Insight, Healing, and Creativity and Awakening the Mind: A Guide to Mastering the Power of Your Brainwaves. p. 47, 48

Nina Wise is a performance artist and founder of Motion Theater, a form of autobiographical performance. Her provocative and original works have been honored with seven Bay Area Critics’ Circle awards and three National Endowment for the Arts fellowships. p. 76


David Worm began his singing career in 1958 in the Bay Area. In 1989 he became a founding member of Bobby McFerrin’s Voicestra ensemble and has remained a regular performer with McFerrin. He is also a founding member of SoVoSo, and has over 50 record credits as a session singer. p. 16

Jeffrey K. Zeig, director and founder of the Milton H. Erickson Foundation, has taught psychotherapy in 40 countries. He has numerous books to his credit, and has organized some of the most important conferences in the history of psychotherapy. He was trained by Milton Erickson, among others. p. 12

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Making Contact with Us
General information on Esalen workshops, massages, Personal Retreats, FAQs, and other information is available via our website, by e-mail, or by phone. Phone messages for guests can be left through the general information voicemail.

Website: http://www.esalen.org
Reservations can now be made on-line.
E-mail: info@esalen.org
General Information: 831-667-3000
Mailing address: Esalen Institute, 55000 Highway 1, Big Sur, CA 93920
Workshop Reservation Fax: 831-667-2724
Workshop Registration & Reservations
Preregistration for workshops is required prior to arrival. The most effective way to register is on-line. You may also mail or fax your reservation, making sure to include a completed reservation form (available online).

Phone Reservations: 831-667-3005
Our phone lines can be busy at peak times. For those who have previously taken a workshop at Esalen, reservation information can be left on our Express Reservations voicemail.
Express Workshop Reservations:
831-667-3000 ext 7321
Phone Reservation Hours (Esalen can be extremely difficult to reach by phone. The most opportune hours to call are after 2pm.
Web registration is also available at www.esalen.org.): Monday–Thursday: 9am to 7pm
Friday–Sunday: 9am to 5pm
Other Reservations (besides workshops):
Preregistration is also necessary for Personal Retreats, massage, transportation, and night bathing. Reservations for these can be made through the general information voicemail: 831-667-3000.
Messages: 831-667-3000 ext 7402

Fees and Accommodations
All workshop fees include:
- Workshop tuition
- Food: Esalen serves a wide variety of food. Whenever meat is served, a vegetarian and a vegan option are available. Much of Esalen’s produce is organically grown on our farm and picked fresh just hours before mealtimes.
- Lodging: Friday and Saturday night accommodations for weekend workshops; Sunday through Thursday night accommodations for 5-day workshops; Sunday through Saturday night accommodations for 7-day workshops
- 24-hour use of hot mineral-spring bath facilities, the Arts Center (except when a workshop is scheduled), meditation Round House, and the entire Esalen grounds
- Participation in movement classes scheduled during time on property
- One-year subscription to the Esalen Catalog

Accommodations at Esalen are almost always shared. Couples will be housed privately.
A variety of accommodation options is possible with workshop registration. Since some of these fill more quickly than others, it is advisable to sign up as early as possible. Please indicate your second choice for accommodations and workshop in case your initial choice is unavailable.
We cannot guarantee specific room requests.

Mid-Point House: Esalen’s Mid-Point House is available as an upgraded accommodation alternative. Nestled behind the Esalen Garden at the cliff edge, the Mid-Point House is a self-contained suite with a furnished living room, full kitchen, and redwood deck overlooking the Pacific. It can house up to 2 adults and 2 children. The Mid-Point House is available for workshops or Personal Retreat at $500 per day (in addition to Own Accommodation fees).

Standard Accommodations: This is shared housing, two or three persons per room. In some cases, bathrooms are shared.

Friends Rate $605 $1070 $1665
Regular Rate $655 $1120 $1715

Bunk Bed Accommodations: This is shared housing, four or more persons per room.

Friends Rate $465 $795 $1260
Regular Rate $515 $855 $1310

Sleeping Bag Accommodations: Esalen meeting rooms are sometimes used as shared sleeping bag space. Storage space outside the meeting rooms is available for those using sleeping bag space when the rooms are being used for meetings (9am–11pm).

Friends Rate $320 $535 $845
Regular Rate $370 $585 $895

Reduced Rate Options
Various rate reduction options are available. Please request the discount at the time of registration.

Scholarship: Esalen is able to provide some scholarship assistance to workshop participants in exchange for a work commitment (housekeeping/kitchen). Scholarship is limited to one scholarship per person, per year, to allow as many guests as possible to benefit.
Approved scholarship recipients will receive their work schedules upon arrival at Esalen.

Thursday: $50, 4 hrs 5–7 days: $100, 8 hrs
Prepayment: A $10 per workshop discount is available if payment in full is received at the time of registration. Prepayment also allows for express check-in upon arrival. This discount does not apply to scholarship recipients, sleeping bag or own accommodations, or the Ongoing Residence Program.

Senior Citizen Discount: A discount is available for workshops only to guests over 65 years of age. Please note, this discount is available for workshops only.

Discounts: Weekend: $25; 5 days or longer: $50

Workshop Deposit
In order to reserve a space in any workshop, we require full payment of the following deposits:

Weekend: $150 12-14 day: $400
5-7 day: $300 More than 14 days: $600

Deposits paid by credit card will automatically have the workshop balance drawn from your credit card five days before arrival.
Deposits are payable in U.S. currency only; overseas residents must pay by checks drawn on U.S. banks or credit cards and are non-refundable.

Workshop Cancellation Policy: Workshop cancellations must be made by phone with one of our reservations staff. If you cancel or change any part of your registration at least 5 full days before the start of the workshop(s), your nonrefundable deposit, less a $50-per-workshop processing fee, will be transferred to a credit account in your name to be used within 12 months and the balance returned to you.
If you cancel with less than 5 days’ notice, the entire deposit will be forfeited. If the entire fee was paid in advance, Esalen will retain the deposit and return the balance to you. Donations to the Friends of Esalen are nonrefundable.
Ongoing Residence Program
Offered beginning mid-September and ending mid-June, the Ongoing Residence Program is designed for those who would like an intensive workshop program over a long term. A Residence Program stay is 26 days (four “weeks” and three weekends). Participants may select any of the five-day workshops offered during their stay, with weekends open to enjoy room and board. Occasionally workshops are cancelled, so second choices are advised.

The specially discounted cost is $4750 per 26-day period for standard accommodations and $3960 for bunk-bed rooms. No other discounts apply.

If you cancel or change any part of your Residence Program reservation at least five full days before its start, there will be a $150 cancellation fee. If you cancel with less than five days’ notice, the cancellation fee is $330.

Personal Retreat Fees
Available on a limited basis, a Personal Retreat at Esalen offers an opportunity for individual education and personal growth. Resources available to Personal Retreatants are drawn from movement, yoga, somatics, dance, and improv classes, as well as Art Barn facilities, meditation center, contemplative baths, and community presentations. To book a Personal Retreat you must be a current Friend of Esalen by making a tax-deductible donation of $50 or more. Additional benefits of becoming a Friend are listed on page 3.

Rates (including meals) are per person, per day:

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<thead>
<tr>
<th></th>
<th>Fri/Sat</th>
<th>Sun-Thurs</th>
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</thead>
<tbody>
<tr>
<td>Standard</td>
<td>$180</td>
<td>$150</td>
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<tr>
<td>Accommodations</td>
<td></td>
<td></td>
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<tr>
<td>(2-3 persons per room)</td>
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<tr>
<td>Bunk Bed</td>
<td>$110</td>
<td>$105</td>
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<tr>
<td>(4 or more persons per room)</td>
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Personal Retreat Cancellation Policy:
Personal Retreat cancellations must be made by phone with one of our reservations staff. If you cancel or change any part of your reservation at least 5 full days before the start of your personal retreat, you will be charged a $50 processing fee, per reservation.

If you cancel with less than 5 days’ notice, 50% of your fee will be forfeited and the balance will be returned to you.

Massage
Many Esalen guests choose to enhance their experience by receiving a luxurious Esalen Massage or other bodywork during their stay, usually provided at our new baths. In addition, other types of sessions may also be available to outside guests. Reservations must be made and paid for in advance by credit card through our reservation line: 831-667-3005.

Public Bathing in the Hot Springs
In addition to round-the-clock availability for Esalen guests, the hot springs are open to the general public, by reservation only, between 1 AM and 3 AM, for a cost of $20 per person, payable by credit card only upon reservation. Reservations can be made at 831-667-3047.

Transportation to Esalen
Ridesharing: We encourage ridesharing to reduce the number of cars on the road and at Esalen. See the reservation form for ridesharing options.

Van Service: A van service is available between Monterey Airport/Monterey Transit Plaza and Esalen on Fridays and Sundays. The incoming service departs Monterey Airport at approximately 4 PM, and arrives at Monterey Transit Plaza approximately 4:20 PM. Return service departs Esalen at approximately 5:30 PM. The drive is approximately 1 1/4 hours to Monterey Airport, so please plan plane flights accordingly. Van service reservations must be made with Esalen at least 24 hours prior to arrival. The $60 one-way fee (subject to change) is payable to Esalen upon arrival.

Gazebo School Reservations
Reservations for Gazebo School should be made at least a month in advance. Call the Gazebo Farmhouse, 831-667-3026, for more information and reservations.

Weekend: $250  Week: $450

Internship Program: This is a three-month program for those who wish to have intense exposure to life at the Gazebo School Park and its unique educational resources. The Internship Program offers experience with children, the Gazebo environment, and its teaching philosophy. Applicants must have completed at least three work scholar months at Esalen before being considered for this program.

Call the Gazebo Farmhouse, 831-667-3026, for more information or reservations.

1st month: $450; 2nd: $460; 3rd: $350

Schedules
Check-in/Check-out: Guests are welcome to arrive at Esalen any time after 2 PM; rooms become available after 4 PM. Check-out time is 12 NOON on departure day.

Workshops: Workshop schedules normally begin on 8:30 PM on the first evening and end at 11:30 AM on the final day.

For Your Information
Esalen is located approximately 45 miles from “civilization.” This isolation and tranquility can deepen your experience at Esalen yet for many guests it can be a significant change in environment. We have minimal electronic communications available (there are some pay phones and terminals available for Internet connection, though speed is slow and availability limited). There is no cell phone service at Esalen.

Health Services: Esalen has no medical services or pharmacy on site. If you will require medical attention or supplies during your stay, please come prepared to administer to your own needs.

Money: Esalen is able to accept cash, checks, and credit cards. Please bring sufficient funds for incidentals as Esalen does not have an ATM, nor are we able to cash checks.

Smoking: Esalen is a non-smoking community. Smoking is not permitted in any accommodations, meeting rooms, or other indoor spaces.

Snoring: All of our accommodations are shared. You or your roommate may snore. Please come prepared (nose guards, ear plugs, etc.) for this possibility.

Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

Camping: To limit the impact on our land, camping is not available at Esalen. A variety of campgrounds is available in the Big Sur area.

Pets: Other than animals in service, pets are not allowed on the property.

Guests as Volunteers: Esalen is a learning community/organization made up of guests, students, staff, and volunteers. A variety of contributions goes toward enhancing this community. Guests contribute to this in many ways, including making their beds and bussing their dishes. Guests are also welcome to contribute a couple of hours to work with the Esalen staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out.

Recommended Reading and Mail Order Merchandise: All recommended reading is available online through our website www.esalen.org. All other bookstore merchandise is available via mail order. For ordering information, please call 831-667-3049.
ESALEN INSTITUTE RESERVATION FORM

This form is for your convenience in reserving a space in Esalen workshops. If you wish to make reservations for more than one person, please photocopy this form so that each registrant has his/her own form, unless you are registering as a couple with the same address and phone number. A nonrefundable deposit for each person registering and each workshop applied for must accompany this form. (Please see Reservation Information, page 94, under Fees and Accommodations, Making Contact with Us, and Cancellation Policy.) Reservations can now be made on-line at www.esalen.org.

Name of Registrant ____________________________ Sex: M o F o Couple o

Address ________________________________________________________________ E-mail ____________________________

City __________________________________________ State ________________ Zip ________________

Home Phone (_____) ________________ Work Phone (_____) ________________

☐ Check if you have previously been to Esalen and this is a new address.

Ridesharing: We support ridesharing and hope you will too. If you are driving to Esalen and willing to give a ride to someone from your area, check here ☐

Occasionally there are unexpected situations that require us to contact you immediately before your stay here. If you will not be at the above numbers during the two weeks prior to the workshop, where may we reach you?

Please mark your first and second choices for housing after referring to page 94 for accommodation descriptions and rates. Total cost includes workshop fees, lodging, and meals.

☐ Check for standard accommodations, if available.

☐ Check for bunk bed room, if available.

☐ Check for sleeping bag space, if available.

☐ Check if you wish to room as a couple.

Write here the name(s) of any person(s) with whom you wish to room.

All workshop reservations require a nonrefundable deposit. The balance will be automatically drawn from your credit card five days before your arrival.

Your signature below authorizes Esalen to charge your credit card for the balance.

Workshop Date ____________ Leader’s Name ____________ Fee __________________________

Workshop Deposits Enclosed __________________________

Tax-deductible contribution to Friends of Esalen (Optional, see page 4)

$5 Catalog Contribution (Optional) __________________________

Subtotal __________________________

Total Amount Enclosed __________________________

☐ Check here for $10 prepay discount (see page 94).

☐ Check here if this is your first visit to Esalen.

☐ Check here if you need directions to Esalen.

☐ Check here if you are a senior.

Passenger Van Service:

I want transportation from (check one):

☐ Monterey Airport at approximately 4:00 PM on ________ (date of arrival, Fridays and Sundays only).

☐ Monterey Transit Plaza at approximately 4:20 PM (corner of Pearl and Alvarado, next to Ordwyn Drug)

The $60-per-person charge (subject to change) is payable on arrival at Esalen. Please prepare to arrive at the airport well before 4:00 PM so you do not miss our van. Esalen cannot be responsible for taxi fare or other transportation costs. If your plans for use of the passenger van service change after you have made your reservation, please notify us. The only departing van service from Esalen is on Fridays and Sundays at approximately 5:30 PM. If you plan on taking this van please make sure that your plane reservations are after 8:00 PM. Passenger van service is not available at any other time.

Other Notes:

All of our rooms are non-smoking. If you smoke, please plan to do so outside.

No pets allowed.

Snoring: All of our accommodations are shared. Please come prepared for the possibility of rooming with a snorer.

☐ Check here if you do not want your phone number given out for ridesharing.

Please make checks payable to Esalen Institute, in U.S. currency only. (There will be a $15 fee for returned checks.) Overseas residents must pay by checks drawn on U.S. banks or with one of the charge cards below. Checks or credit card information must accompany the reservations form. Or, you may fax this form to us at 831-667-2724. If you do so, you must include payment via one of the credit cards below.

Your reservation can be charged to:

☐ MasterCard ☐ Visa ☐ American Express

Name on Card __________________________

Card No. __________________________

Expiration Date __________________________

Authorizing Signature __________________________

Thank you for your reservation. As soon as it is processed you will receive by return mail a receipt for your deposit and a notice of confirmation. Please review your confirmation for accuracy.
Esalen Institute is a center to encourage work in the humanities and sciences that promotes human values and potentials. Its activities consist of public seminars, residential work-study programs, invitational conferences, research, and semi-autonomous projects.

If you move, please let us know your new address. It helps us save trees and money.