Esalen — A convergence of mountains and sea, mind and body, East and West, meditation and action.

Esalen — A center for alternative education, a forum for transformational practices, a restorative retreat, a worldwide community of seekers.

Dedicated to exploring work in the humanities and sciences that furthers the full realization of the human potential, Esalen offers public workshops, residential work-study programs, invitational conferences, and independent projects that support our mission.

As a center designed to foster personal and social transformation, we offer those who join us the chance to explore more deeply the world and themselves.

Welcome to

Esalen®
Just as Esalen itself means so many things to so many people, so too the catalog you're holding (tangibly or virtually, online) can be read and experienced in a number of ways. First there's simply the fascinating array of practices, approaches, experiments in living. The catalog is a kind of mini-tour of the tested and the experimental at the growing edges of our evolving culture. Many people tell us they like to read the catalog cover to cover, picking up ideas and making connections as they go. The sheer variety of offerings is stimulating to the mind, the senses, the embodied spirit. Thus for many just reading the catalog reminds us of what we've explored, what we may have avoided exploring, what we may need to get back to, deepen—or confront.

Beyond the variety, the sensory riches, enticements, and the challenges of Esalen's offerings lies a deeper unity, a core idea that Esalen stands for the reality that we're never limited to the selves, societies, ideas, and histories we've inherited. Each new exploration, each new capacity gives us a new place to stand, from which we can see new horizons of possibility. After all, what we can create and have is limited only by what we can imagine. Esalen is about cultivating the imagination. And more than this—each dimensional capacity we develop promotes and enhances all the others, in an integral way. Thus the workshops and other programs at Esalen promote our capacities of heart, mind, spirit, body, and community in various dimensions and combinations, always with the idea that the neglect of any one of these may inhibit all of them, and the development of each promotes them all.

In this way an art workshop at Esalen, say (or movement, or massage, or relationships, or the life of the emotions or the spirit) is not just an experience in that subject, but can also make us more empowered agents for change in our own lives, or in the world. By the same token, a workshop in philosophy or social action can make us more effective in our relational lives, or in our spiritual practice, and vice versa. This is integral development: the parts feed the whole, and the whole enlivens the parts.

Just by reading this catalog you can be a part of our worldwide Esalen community. In the recent forest fires that destroyed over a quarter million acres of the Big Sur Wilderness and threatened the Esalen property, we found out again just how much that community and this place mean to so many people around the globe. So join us at Esalen and let yourself be fully awake, touched, stretched in some new way. And then take those changes back out into your life, and our shared world, where each of us can make a key difference.

See you soon at Esalen!

President & CEO
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/didactic 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 82.

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, 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, each you are 50 miles north of Hearst Castle. A lighted sign on the ocean side of the highway reads: Esalen Institute, By Reservation Only.

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.

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, MFTs, LCSWs, nurses, and bodyworkers. See page 5 for details.

Gazebo School Park
Gazebo School Park is Esalen’s on-site, state-licensed, outdoor educational preschool program for children ages 1–6. This nature-based program is available during the week, to children of seminarians and personal retreatants, as well as Big Sur families. The school offers the opportunity for full immersion with the natural world through Esalen’s rich outdoor environment. Activities include gardening, caring for animals, harvesting fruits and vegetables from Esalen’s Farm, exploring nature, cooking and baking, art projects, stories, and dramatic play. Your child may enroll for a half day, full day, or several days while you are here. Hours are Monday-Friday, 9:15 AM–4:30 PM. Gazebo also has a program with hours that match morning and late afternoon workshop schedules for parents attending a workshop. (In the evenings parents can make private arrangements for a babysitter. Please call the Esalen office 831-667-3000 for the evening babysitter list.) For more information, please call the Gazebo School Park at 831-667-3026. We ask for at least one month’s advance notice for enrollment.

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 best accommodate your needs. 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.

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
• Eligibility to book Personal Retreats
• 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.
On-line Reservations Available

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

Point Houses Available to Esalen Guests

The Point Houses are available as upgraded accommodations for seminarians and Personal Retreatants. Nestled behind the lush Esalen Garden and perched at the cliff’s edge, each house is a private two-room suite with a living room with wood stove, separate bedroom, a sleeping loft, full kitchen and dining area, private redwood deck overlooking the Pacific, Ethernet connections for your own laptop, and in-room telephone. They can accommodate up to 2 adults and 2 children.

For details, see Reservation Information on page 94 or call the Esalen office at 831-667-3005.

An Unofficial Website for the Global Esalen Community

In an effort to provide ongoing support for individuals who have lived, worked, and/or studied at Esalen, an informal collective of former Esalen staff, work scholars, and seminarians have joined to form the seeds of a global grassroots Esalen Alumni Group at www.ithou.org. Daily meditation, weekly weather reports, and the talking stick tradition are some of the practices available to anyone who has been touched by the spirit of Esalen.

Esalen Movement Arts Free Classes

The Esalen Movement Arts Program has evolved into a popular and varied schedule of movement and meditation classes. Every day of the week, classes are open to everyone at Esalen, guests and staff, and all levels of experience. Check the Movement Program schedule when you are here.

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 124 on a space-available basis. Smaller groups may schedule private conferences to meet in one of our several meeting rooms.

Conferences can be two, five, or seven days, and include a meeting room, meals, movement classes, hot springs, and Art Center use when available. They are the perfect solution for individuals and groups who would like to design their own program, drawing on the creative and healing energies of the Esalen land.

We schedule most conferences at least one year in advance but occasionally have last-minute availability. To schedule or for more information, please contact conference coordinator Laura Doherty at 831-667-3028.

Foundation Giving

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 sustainability initiatives, intern programs, our organic farm and garden, the Gazebo School, special projects, 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.

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Esa len is approved by the American Psychological Association to sponsor continuing education for psychologists. (Esa len maintains responsibility for this program and its content; California psychologists are required to report their hours to the MCEP Accrediting Agency; Esa len is also approved for MF Ts 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 (NCBTMB) as a continuing education provider under Category A (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, contact Brita Ostrom at 831-667-3040.

The Board of Registered Nursing has approved Esa len 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 $25 fee for each certificate of completion, payable to the office.

### Continuing Education Programs

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<td>Visionseeker I ★</td>
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<td>Somatic Awareness: Healing (with Humor) ★★</td>
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<td>Upledger's CranioSacral II ★</td>
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<td>When the Past is Present ★</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—they 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**
- Jan 4-9: Wild Abandon in Mixed Media
- Jan 23-25: Photographing the Seasons of Big Sur
- Jan 25-30: Drawing on the Right Side of the Brain
- Feb 1-6: Painting the Outer and Inner Landscape
- Feb 13-20: Vessels for the Spirit
- Feb 15-20: Cinema Alchemy
- Mar 6-8: Drawing Out Your Soul: Touch Drawing
- Mar 20-22: Mosaic Art
- Apr 5-10: Making Art
- Apr 26-May 1: Encaustic Painting
- May 3-8: Awakening The Creative: Painting
- May 10-15: Painting from the Source
- May 29-31: Postcards from Esalen
- May 31-June 5: Airplane Workshop

**Writing**
- Jan 25-30: Writing and Praying Poetry
- Feb 8-13: Writers of Passage
- Feb 20-22: The Writing Life
- Mar 8-13: Dangerous Writing
- Apr 10-12: Writing for Children with Children
- Apr 19-24: The Voice of Essence
- Apr 24-26: Writing From the Heart
- June 12-14: Your Editor is Not Your Mother!

**Music / Rhythm / Dance**
- Jan 9-11: The Brazilian Soul
- Jan 16-18: Being Danced: 4Rhythms™ Essentials
- Jan 25-30: SoulMotion™: Begin Again
- Jan 30-Feb 1: Singing Gestalt
- Jan 30-Feb 1: SoulMotion™: Alone, Together
- Feb 6-8: Finding Your Long-Lost Musician
- Feb 8-13: Finding Your Long-Lost Musician
- Mar 13-15: Biodanza: The Dance of Life
- Mar 20-22: Find Your Inner Rhythm
- Mar 22-27: Dancing with the Spirits
- Apr 10-12: SoulMotion™: Body Prayer
- Apr 12-17: SoulMotion™: From Alone to All One
- Apr 26-May 1: Spiritweavers: Sanctuary of Self
- May 17-22: Waves: Light and Shadow
- May 31-June 5: Moving Meditation Practice
- June 5-7: The Song of the Drum
- June 14-19: SoulMotion™: Sanctuary
- June 26-28: The Nine Ways of Zhikr

**Creative Expression / Theater**
- Jan 4-9: Storytelling from the Heart
- Jan 16-18: Essence and Alchemy: Natural Perfumes

### THE BODY

**Massage / Bodywork**
- Jan 24: Esalen® Massage Retreat for Couples
- Jan 9-11: Weekend Massage Intensive
- Jan 16-22: Deep Bodywork Mastery
- Jan 18-23: Intro. to Rolf Structural Integration
- Jan 25-30: The Upledger Institute’s CranioSacral I
- Feb 8-13: LaStone’s DeepStone Therapy
- Feb 15-20: Bowenwork
- Feb 22-27: Esalen® Massage: Poetry and Dideridoo
- Mar 20-22: Rosen Method Bodywork
- Mar 27-29: Esalen® Massage
- Apr 3-5: Trends in Esalen® Massage and Bodywork
- Apr 12-17: Esalen® Massage and Reflexology
- Apr 24-26: Dance of Shiatsu I
- May 1-3: Esalen® Massage for Couples
- May 3-8: Espalan® Massage and Reiki
- May 8-June 5: 28-Day Esalen® Massage Certification
- May 10-15: Zero Balancing II
- May 31-June 5: Deep Bodywork for Practitioners
- June 12-14: Advanced Esalen® Massage
- June 21-26: The Upledger Institute’s CranioSacral II

**Somatic Practices / Movement**
- Jan 24: Humor and Other Martial Arts
- Jan 4-9: The Listening Hands
- Jan 4-9: Spinal Awareness (with Humor)
- Jan 11-16: Relational Somatic Psychology
- Jan 11-26: Your Body’s Natural Ability to Find Comfort
- Jan 23-25: The Mind/Body Connection
- Jan 30-Feb 1: Spinal Awareness: Healing (with Humor)
- Feb 1-6: Radical Aliveness: Core Energetics
- Mar 1-6: Wild Serenity
- Mar 8-13: Biosynthesis
- Mar 13-15: Working Toward Aliveness, Pleasure, Joy
- Mar 29-Apr 5: Cortical Field Reeducation®
- Apr 19-24: Gyrokinesis®
- May 22-24: Beyond Jogging
- May 24-29: Resting in the Arms of Love
- June 5-7: Cortical Field Reeducation®
- June 19-21: Spinal Awareness: Healing (with Humor)
- June 21-26: Body and Self in Relationship
- June 28-July 3: Ferrocious Heart

### PSYCHOLOGY & RELATIONSHIP

**Psychological / Transpersonal Process**
- Jan 2-4: Humor and Other Martial Arts
- Jan 4-9: What’s Next? The Path of Self-Renewal
- Jan 11-16: Relational Somatic Psychology
- Jan 11-16: The 1 in the Storm: Self Leadership
- Jan 18-23: The Journey from Abandonment to Healing
- Jan 23-25: Overcoming Self-Deception
- Jan 23-25: Sweet Mischief
- Jan 25-30: Overcoming Isolation and Mistrust
- Jan 30-Feb 1: Singing Gestalt
- Feb 1-6: Live, Love, Move: Embodied Relationship
- Feb 6-10: Radical Aliveness: Core Energetics
- Feb 13-15: Reviewing and Revising Our Lives
- Feb 15-20: Gestalt and the Invention of Self
- Feb 22-27: Trauma and the Restoration of Self
- Feb 22-27: Not for the Feint of Heart
- Feb 22-27: Passion and Wisdom
- Feb 27-Mar 1: Relationships at Work 2.0
- Feb 27-Mar 1: The Sustainable Self
- Mar 1-6: The Ordinary Miracle of Healing
- Mar 13-15: Working Toward Aliveness, Pleasure, Joy
- Mar 20-22: Awakening The Heart
- Mar 22-27: Rest, Rejuvenation and Renewal
- Mar 29-Apr 3: Who Am I, Really?
- Apr 3-5: A Tender Invitation
- Apr 10-12: Intro to Gestalt Awareness Practice
- Apr 19-24: The Transforming Power of Emotion
- Apr 24-26: Claiming Your Voice
- Apr 26-May 1: The Gifts of Grief
- May 3-8: Gestalt Awareness Practice
- May 3-8: Personal Leadership: Making a Difference
- May 8-10: The Power of Emotional Connection
- May 10-15: The Transformation of Everyday Life
- May 17-22: Transition: Having What It Takes
- May 24-29: Reclaiming Your Authentic Self
- May 24-29: Resting in the Arms of Love
- May 29-31: Integral Experiential Learning
- May 29-31: Loving Yourself
- June 5-7: Getting Unblocked
- June 12-14: Intro to Gestalt Awareness Practice
- June 21-26: Healing the Heart of Conflict
- June 26-28: When the Past is Present
- June 28-July 3: Beyond Self-Limiting Behavior

**Relationship / Communication**
- Jan 9-11: The Core Evolution® Approach
- Jan 30-Feb 1: Sex, Love, and Relationships
- Feb 1-6: Integrative Body Psychotherapy
- Feb 6-8: Gay Men Thriving!
- Feb 13-15: The Couple’s Journey to Wholeness
- Feb 13-15: Finding True Love
- Feb 20-22: The Art of Happiness
- Feb 20-22: Conflict Transformation
- Feb 27-Mar 1: Living a Passionate Life
- Mar 6-8: Getting the Love You Want
- Mar 8-13: Sharing the Path: A Retreat for Couples
- Mar 29-Apr 3: Tantra: The Art of Conscious Loving
- Apr 5-10: Pleasure, Intimacy, Connectedness
- May 10-15: Not Just Another Communication Workshop
- May 29-31: Close Yet Free
- May 31-June 5: Holistic Sexuality
- June 12-14: Building Collaborative Relationships
- June 12-14: Couples’ Communication Retreat

**Neuropsychology / Neuroscience / Parapsychology**
- Feb 8-13: The High-Performance Mind
- Feb 20-22: Limitless Mind and the End of Suffering
- Feb 27-Mar 1: Transformation of Trauma
- Mar 29-31: Opening to the Infinite
- June 12-14: Spark: Exercise and the Brain
- June 28-July 3: Awakening the Mind

### SOCIAL / POLITICAL ISSUES
- Mar 20-22: Human Rights Activism
- June 14-19: Inclusive Vision of Community
June 26 - July 3 • Permaculture Design Teacher Training
June 21-26 • Mountains and Waves
June 12-14 • Spark: Exercise and the Brain
May 24-29 • Walk on the Wild Side
Apr 12-17 • Big Sur Wilderness Experience
June 5-7 • Attachment in Psychotherapy
Mar 8-13 • Creating a Sustainable World
Feb 15-20 • Seduced by Earth
Mar 8-13 • Biofeedback and Mind Body Healing
May 1-3 • Psychodynamic Psychotherapy
May 1-3 • Personal Leadership: Making a Difference
June 5/7 • Attachment in Psychotherapy
June 12-14 • Spark: Exercise and the Brain
June 21-26 • Body and Self in Relationship

C NATURE / ECOLOGY / SUSTAINABILITY
Jan 30-Feb 1 • ECOpreneuring
Feb 15-20 • Creating a Sustainable World
Apr 12-17 • Big Sur Wilderness Experience
May 24-29 • Walk on the Wild Side
June 21-26 • Mountains and Waves
June 26-July 3 • Permaculture Design Teacher Training

C SPIRITUALITY
Contemplative / Spiritual Studies
Jan 2-4 • The Islamic Jesus
Jan 4-9 • Living at the Heart of Zen
Jan 11-16 • Meditation, Consciousness, and the Brain
Jan 16-18 • Realization Process: Essence of Being
Jan 30-Feb 1 • TAO Meditation Methods of Lao Tse
Feb 6-8 • Deeksha: A Oneness Blessing Retreat
Feb 20-22 • Limitless Mind and the End of Suffering
Mar 1-6 • Wild Serenity
Mar 13-15 • Being Present for Your Life
Mar 15-20 • Retreat with Gangaji
Mar 20-22 • An Investigation of Tai Ji Practice
Apr 17-19 • Passion and Grace: Devotional Singing
Apr 19-26 • Tibetan Buddhist Meditation
May 8-10 • The Song of the Body
May 10-15 • The Joy of Being
May 22-24 • Meditation and MindBody Healing
May 22-24 • Sex of the Spirit Toolbox
June 5-7 • Opening to Silence
June 5-7 • Money and Spirituality
June 26-28 • The Nine Ways of Zhikr

Yoga
Jan 2-4 • Reclaiming the Sacred Within
Jan 4-9 • Practice in Presence: Moving Onto Center
Jan 18-23 • Bloodstream Yoga
Jan 23-25 • Strengthen the Legs, Extend the Spine
Feb 22-25 • Pieces of the Yoga Puzzle
Mar 6-8 • The Yoga of Regeneration
Mar 8-13 • Yoga: On the Way Home
Mar 27-29 • Yoga for the “Logically Challenged”
Apr 5-10 • The Fire of Love: A Yoga Retreat
May 1-3 • Instinct, Intuition, Insight: Anusara Yoga
May 3-8 • Gravity and Grace
May 24-29 • Hatha and Raja Yoga Practicum
June 7-12 • The Fire of Yoga: Tantric Alchemy

June 19-21 • Yoga Ecstasy Summer Solstice Retreat
June 21-26 • Yoga, Health, and Happiness

C CHILDREN / FAMILIES / EDUCATION
Jan 16-18 • Family Arts Program
Jan 23-25 • Parenting from the Inside Out
Mar 6-8 • Trauma Proofing Your Child
Mar 27-29 • Mother-Daughter Relationships
Apr 12-17 • Family Arts Program
May 8-10 • A Mother-Daughter Journey
May 15-17 • Treating the Unique Child
May 22-24 • Family Arts Program
June 19-21 • Fathers and Sons

C ECONOMICS / BUSINESS / WORKPLACE
Feb 6-8 • Spiritual Ecology of Business
Mar 27-29 • How Companies Get Mojo from Maslow
Apr 17-19 • Callings: An Authentic Life
Apr 17-19 • Business and Human Potential
Apr 24-26 • The Leadership Challenge
May 8-10 • Financing Social Enterprises
May 15-17 • Women, Money, and Realizing Dreams
June 26-28 • The Cure for Money Madness
June 28-July 3 • Leadership for Execs and Entrepreneurs

C HEALTH / HEALING
Jan 9-11 • Mindfulness and Heartfulness
Jan 18-23 • Good Practice, Good Living, Good World
Jan 23-25 • The Mind/Body Connection
Feb 1-6 • Recovering Eros: Bring Your Life Back to Life
Feb 6-8 • Intro to Living Foods and the Raw Food Diet
Feb 8-13 • Triumph in the Face of Chronic Illness
Feb 8-13 • Embodiment and Essence
Feb 15-20 • Qigong and Bodymind Healing
Feb 20-22 • Qigong and Inner Alchemy
Mar 6-8 • Vividus! The Art of Healthy Aging
Mar 13-15 • Healing of Heart and Mind
Mar 22-27 • Foundations of Nervous System Energy
Apr 10-12 • Mindfulness-Based Stress Reduction
Apr 12-17 • Free Your Breath, Free Your Life
May 15-17 • Mindfulness in Deep Relationship
May 15-17 • Treating the Unique Child
June 7-12 • Eat It Raw
June 19-21 • Love Yourself

C INTEGRAL PRACTICES
Jan 2-4 • Experiencing Esalen
Jan 18-23 • Good Practice, Good Living, Good World
Feb 20-22 • Experiencing Esalen
Feb 27-Mar 1 • Integral Transformative Practice
Mar 13-15 • Experiencing Esalen
Apr 3-5 • Experiencing Esalen
May 1-3 • Experiencing Esalen
May 24-29 • Resting in the Arms of Love
May 29-31 • Integral Experiential Learning
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. In this section we highlight a few of these offerings by providing a bit more information than you'll find in the Seminars section.

**Vernon Bush**

“If you can speak, you can sing” is a proverb that Vernon Bush often shares with people. “Regardless of what others (including the voices in your head) have told you, I don’t believe people are tone deaf, and there is no such thing as someone who cannot sing. If you listen closely, there is a distinctive melody and rhythm even in plain speaking. Each of us has a voice, which is truly a unique instrument, and we should approach it as such. I’m here to encourage my students to learn to joyfully discover and explore their own distinctive instrument, just as babies revel in making their first sounds.”

Vernon Bush has been singing gospel from the time he could walk. He grew up in the Baptist church community as the son of a prominent minister in New York City, and directed his first choir at the age of sixteen. He now teaches aspiring singers of all ages from around the world. He lives in San Francisco where he is musical director at Glide Memorial Church. He teaches at elementary schools and high schools, as well as at the innovative Jazz School in Berkeley. He spent 2008 in Europe, touring and promoting his CD, Go For The Ride, and writing and finishing music for his upcoming recording, Wake Up Singing.

His workshop at Esalen will focus on unblocking the voice and freeing it from judgmental censors. His goal is to foster a sense of inner connection, well-being, and self-expression through music. “Singing is truly an expression of happiness. Just notice when you catch yourself humming a tune under your breath without thinking: nine times out of ten you’re probably in a good mood and space.”

See *Spirit Songs: Freeing Your Voice through the Power of Gospel, January 16-18.*

**Jay Ogilvy & Sam Yau**

How does the human potential movement point to greater potential for business and a deeper meaning of success for ourselves and for our companies? Jay Ogilvy and Sam Yau will join forces in April to lead a workshop on business and human potential. Jay and Sam, who met in 2007 at the Esalen Center for Theory and Research’s Global Potentials Program, bring an extraordinarily broad range of expertise that spans two areas not always considered connected: executive-level business strategy and personal growth.

“I refuse to believe that we’ve exhausted our opportunities for progress,” writes Jay in his book, *Creating Better Futures: Scenario Planning as a Tool for a Better Tomorrow* (Oxford University Press, 2002). “We have what it takes to make better choices about some of the vast systems that shape our lives. Certain tools, when placed in the hands of relatively small groups of individuals, can bend the course of very large organizations.” Jay is a philosopher, author, and former researcher at the Stanford Research Institute. Co-founder of Global Business Network, he also has taught at the University of Texas, Williams College, and Yale University.

Sam Yau is a business strategist known for delivering rapid value creation and strategic repositioning in turnaround situations. His career has spanned many industries, from semiconductor and computer hardware to education. When Sam embarked on a journey of self-discovery for personal and spiritual growth, he frequently attended Esalen workshops and in June 2008, Sam was elected board chairman at Esalen.

“Leadership is authentic expression of one’s inner life that creates value through collective efforts,” says Sam. “The traditional leadership view focuses on the external attributes of leadership, but the qualities of the person are the single most important determining factor in the creation of the unique culture of an organization. Leadership and culture determine the performance of the company.”

Jay and Sam’s workshop will explore how self-realization can be a model for new meanings of business success.

See *Business and Human Potential, April 17-19.*

**Robert Hartman & Shirley Ward**

A kitchen garden is a way to eat locally, connect with the land, and enjoy the freshest food possible. At Esalen, the bountiful five acres that comprise the Farm and Garden produce vegetables and fruit for the Esalen kitchen. In addition to food, the Farm provides a beautiful space for reflection and community building.

During Shirley Ward and Robert Hartman’s workshop, the Farm and Garden will become a teacher that invites you to explore the practical and spiritual dimensions of gardening as a means of personal growth.

Robert Hartman, an organic gardening advocate, and Shirley Ward, the Esalen Farm and Garden Manager, met in the Garden. “With her experience as a landscape designer, organic gardener, and consultant, I would have been intimidated if she had not been so very nice,” says Robert. “She immediately asked me what I thought about the condition of the soil on the Farm and was genuinely interested in my perspective.”

“We both knew that plants rely on microorganisms in the soil to release the nutrients they need, and that if soil conditions can sustain a vibrant microbial culture, plants will thrive. Her simple question was both the most basic and the most profound that a gardener can ask.”

“We shared the same vision of the Esalen Farm and Garden as an unforgettable place where seminarians could receive hands-on, high-quality training. Whether someone plans to transform her or his yard into an edible landscape, become more self-reliant as energy costs increase, or cultivate a new awareness of gardening within the com-
A ccess to that mirror in the eyes of adults is not easy for children who and so fully become myself. The blindness goes in both directions and becomes one of the many vicious cycles that abound in the landscape of autism. Teachers, therapists, and family members who do see the person inside can—with reciprocal vision—leverage nature's strong impulse toward healing. Being wholly seen and thus imagining oneself whole is a step toward re-membering individuals who have been dismembered biochemically, immunologically, and perceptually.

“The key word is individual, with its double meaning of indivisible and unique. Each creature that has ever or will ever live is a unique being. The way toward healing that I have found rejects the lingo that depicts diseases as entities that attack people whose defense is managed by naming and blaming the disease and taming it with pharmaceuticals. I have learned the value of approaching the chronically ill individual with a simple question: Does this person have a special unmet need for something beneficial (nutrient, love, light, rhythmic integration) or to avoid something toxic or allergic? That question has been my way of helping individuals achieve balance and participation and control over a therapeutic journey in which nature does the healing. That path has led to an understanding of the key options for those individuals caught in the current epidemic of developmental problems. Those options illuminate not only the choices of parents and practitioners but also those charged with the formation of an adaptive public policy in a changing world.”

Sidney M. Baker

Marc Gopin

Marc Gopin’s reconciliation work has tremendous breadth, taking him across the globe and deep into the human heart. As an international peacemaker, he works with religious, political, and military figures on both sides of conflicts, especially in the Arab/Israeli conflict. In his most recent book, Healing the Heart of Conflict, Marc explores a different kind of reconciliation: how self-examination can free people from harmful struggles that go on within themselves and between community groups.

In Marc’s words: “What I have learned—working for peace in difficult world trouble spots such as the Middle East, training people who experienced genocide in Africa and Europe, or helping my congregants through serious personal conflicts—is that many conflicts, rooted in the deepest, most primal emotions, cannot be solved by rational discussion and negotiation alone. Instead the answer lies along a path of self-examination, as well as emotional and spiritual growth, which set the stage for lasting change in relationships.”

Healing The Heart of Conflict forms the basis for his workshop at Esalen. In both, Marc turns his attention to self transformation, interpersonal healing, and community conflict resolution. This process, writes Marc, “will help people free themselves from the soul-poisoning effects of destructive conflict and teach us how to examine our inner lives so that our character becomes a true ally of healing and we can take powerful action that completely transforms hopeless situations.” Workshop participants will explore Marc’s eight steps toward healing that lead from the inner life to one’s actions in the world.

See Healing the Heart of Conflict, June 21-26.
Weekend of January 2–4

The Islamic Jesus: Prophet of Human Compassion
David Bossman

This workshop will explore the meanings of Jesus in the teachings of the Qur’an and Hadith of Islam. Muhammad revered Jesus as the greatest of God’s messengers. The Qur’an recounts Jesus’ birth of a virgin, miracles, messianic identity, and the expectation of his judgment over humanity at the end of time. The Arabic Islamic literary tradition contains several hundred sayings and stories ascribed to Jesus, comprising what Tarif Khalidi terms the Muslim gospel. This is scattered in works of ethics and popular devotion, wisdom literature, and in the works of Sufism, or Muslim mysticism. Surprisingly little attention has been paid to these sayings and stories, and little account is made of the place which Jesus occupies in the Muslim literary and spiritual tradition. A distinctive characterization of Jesus emerges, one quite spiritual and benevolent, infused with a new set of religious language and beliefs. The spiritual depths and continuous growth of the Jesus teachings within Islam have no parallels among other prophets in the Muslim tradition. This workshop will be conducted as a colloquium to promote active involvement in the texts and their meanings for inter-religious dialogue and personal spiritual growth.

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.

What’s Next?
The Path of Self-Renewal
Gustavo Rabin & Mark Nicolson

Transitions and change happen again and again over the course of our lives, but we rarely allow ourselves the time to stop, pause, and focus on what is changing and how to better navigate through the process. In this
workshop, we will learn how we can better identify the values that are important to us as we sustain our intentions. With the conviction that life is not a mountain with a summit but an unfolding landscape of change, we will first review the process of adult development and the issues we face during key life transitions. Then we will introduce tools for discovering the emerging values and vision for the next phase of our lives.

While the path of self-reinvention is not clearly laid before us, we do already possess the talent, life experience, and passion necessary for the journey. Participants will identify their strengths and resources (reevaluation), and discover the steps to launch a new path (renewal).

There will be one-on-one interactions and group discussions that will help to deepen understanding of our current lives and emerging choices.

Participants will begin the all-important planning process to integrate this new understanding with their own life and goals.

CE credit for MFTs and LCSWs; see page 5.

Reclaiming the Sacred Within: A Yoga Practice and Meditation
Charu Rachlis

The practice of yoga is a wonderful way to simultaneously challenge your physicality and to tone, nourish, and invigorate your mind and spirit. Yoga offers a unique way to deepen your relationship to yourself through awareness of the breath and observation of the state of the mind and emotions. This retreat will give you an opportunity to slow down and listen to the inner callings of your whole being and see how the emotions, the mind, and the body are connected. These practices of meditation (observation of the constant flow of thoughts), pranayama (the expansion and restraint of life energy), and Asanas (physical postures) are the tools for the essential opening to the sacredness that lies within. Freeing the body's tensions and quieting the mind can open channels that connect to the spirit.

This process is called reclaiming the sacred within, through which we come to a state of inner balance, inner peace, self-acceptance, and clarity. During this weekend, you will move mindfully through the practices, learning to feel, relax, and appreciate where you are, be present in every moment of every movement, inner and outer.

All levels are invited.

Humor and Other Martial Arts: The Body Tells the Truth!
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.

An Esalen® Massage Retreat for Couples
Perry Holloman & Johanna Holloman

In any relationship, the art of Esalen Massage can be a powerful tool to enhance the skill of touch. In this weekend retreat, surrounded by Big Sur’s natural beauty and the healing waters at the Esalen Institute, Perry and Johanna will teach couples how to use massage as a source of nurturing support. The long, flowing strokes characteristic of this approach radiate the sense of loving intimacy that is so important in a loving relationship. With Perry and Johanna’s guidance, couples will learn to give each other a full body massage that all can take home as a new tool for exploring how to nurture your partner and your relationship. Some of the benefits of this healing art are pain relief, deep relaxation, and an enhanced capacity to experience pleasure.

This retreat is ideal for beginners, as well as seasoned practitioners looking to share a loving, relaxed space with their partners. Perry and Johanna will share their knowledge of this work, and the enrichment it has brought to them in their togetherness. There will be plenty of supervised, hands-on learning, as well as time to enjoy the stunning beauty of the Esalen grounds and the healing waters of Esalen’s hot springs. Join us for this healing retreat, and bring your willing hands and an open heart!

Week of January 4–9

Wild Abandon in Mixed Media
Ann Sayre Wiseman

This workshop is a weeklong art adventure at Esalen, sketching around with pen, watercolor sticks, and acrylic paint. Explore exercises that will challenge and open new dimensions for those who want to create a travel sketchbook or add to their art portfolios.

Participants will take turns doing two-minute position poses to improve quick, on-the-spot sketching, explore color and design in still life compositions, and experiment with water-based paint, torn paper collage, body maps, upside-down drawings, graffiti, and more! Esalen offers amazing subjects: trees, rocks, the sea, people in action, the garden, sunsets, and the dreams that come from the night mind.

Come to be inspired, free up creativity, and capture the spirit of the moment with an emphasis on bold lines, good composition, basic contour, and the power of color. Dare to commit yourself to paper with wild abandon.

Each student should bring the following items: a portfolio, sketchbook (easy to carry size), Caran d’Ache or similar watercolor sticks (small set is about $12), a basic set of acrylic water-based paints in tubes (red yellow blue green, brown, black white or more), a disposable paper palette, several brushes (small, medium and one-inch), scotch tape, scissors, and a glue stick.

For more information about Ann and her paintings, books, and art projects, visit www.annsayrewiseman.com.

See pages 94-95 for reservations, fees, accommodations, scholarship information, and discounts.
The Listening Hands: Integrating the Duet of Touch and Talk
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. 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.


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

Living at the Heart of Zen
Joseph Bobrow

The invitation of Zen is to experience— for ourselves, right here and right now, in vivid particulars—our vast essential nature, and to share it freely with those we meet, in accord with the changing circumstances and conditions of our lives, for the benefit of all. How can we embody and convey what cannot be measured, described, or defined? We are already doing it but we remain unaware of this marvelous functioning. Waking up is opening deeply to the enlightened nature of all beings through our direct, moment-to-moment experience of being alive. Enlightened activity evolves as we illuminate our experience with devoted, open awareness and skilled attentiveness, whatever arises. This transforms affective experience as compost becomes rich soil. It reveals intrinsic connections that run unfathomably deep as they embrace the everyday: the wind, the sun, the rain, laughing, weeping, the smile of a baby.

In this workshop, Joseph Bobrow (a Zen master with 35 years of experience, who is also a psychologist) will focus on the practice, the principles, and the invitation of Zen. He will also describe how Buddhist principles and practices, in concert with recent findings from human development, brain research, and psychotherapy, offer an integrated view of liberation where spiritual development and emotional and personal growth inter-art, a perspective that helps us embody and actually live the principles that motivate and inspire us.

The workshop includes zazen, related meditation practices, experiential exercises, and living Zen dialogue.

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

Storytelling From the Heart
Karen Dietz

How many times have you heard a story that moved you or inspired you in some way? Would you like to move people in the same way? Do you desire to be more authentic and inspiring when you speak? Do you want to feel confident and have fun? Then it’s time you turned to storytelling.

Telling stories quickly engages people’s hearts and minds. Storytelling conveys ideas, knowledge, and wisdom faster than any other form of communication and stories are remembered long after they are told. Stories are inspirational, empowering, and enjoyable. If you want to learn the magic of storytelling and be able to tell stories from your heart, join us for this five-day intensive. This storytelling journey is designed for everyone—educators, business professionals, writers, artists, and entertainers from all walks of life. Whether you are a novice or an accomplished storyteller, this workshop will bring forth your own inherent wisdom and storytelling heart. No artistic or storytelling talent is required. Just be willing to have fun and be moved. Using a variety of techniques you will:

- Build storytelling skills and confidence
- Find which story to tell
- Experience your inner story wisdom
- Clarify messages that touch others’ hearts
- Discover deeper meanings in your stories of work and life

A Yoga Practice in Presence: Moving Onto Center
Thomas Michael Fortel & Charu Rachlis

“As another year begins,” the leaders write, “a new wave of opportunities presents itself—new callings to our body and soul. Yoga is a wonderful way to contact ourselves on a deeper level. The practice of yoga clearly develops Presence, as we make conscious decisions to stay with what is, noticing what arises physically, mentally, emotionally, and spiritually.

Dwelling in Presence is a form of self-love: consciously being with all that we are and moving onto center by staying in the moment without judgment. In this way we establish a foundation for a state of meditation, developing an ability to pay attention, slow down, and listen to the inner workings of our body, mind, and soul. The yoga practice brings us to a natural state of aliveness and awareness, transforming our relationship with ourselves and the world. The practices of meditation, pranayama, asana, and restoratives give us a space to move mindfully and permission to be with what is.

“In this New Year retreat we will take time for the daily practices, beginning with early morning meditation and pranayama. The active morning practice follows breakfast and the afternoons will focus on restoratives, twists, forward bends, and inversions. During the rest of the day there will be time to be in nature, present with the ocean, and walking the landscape of Esalen.”

Everyone is welcome. All yoga props are provided.

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

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

Spinal Awareness is a way of learning, not a therapy or treatment. It is taught with movement, touch, and group interaction. It is based on the work of Moshe Feldenkrais, Taoist-Chinese-Indonesian martial art, and the Esalen experience. It continues to evolve.
Spinal Awareness will improve body awareness, flexibility, posture, and many chronic and acute conditions of your body. Problems in your lower back, neck, shoulder, hips, knees, elbows, ankle, wrist, and jaw are only some of the physical limitations that can benefit from this approach.

These movements are quite different from normal exercises. Spinal Awareness emphasizes learning how to move in ways that stimulate your awareness of your own body. The workshop will present a new understanding of how tension and injury are often involved with the disorganization in the skeletal-muscular parts of the body.

Safe and noninvasive hands-on lessons that greatly speed up your improvements will be taught. 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 our healing possibilities.

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

This is a program designed for both 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.

Weekend of January 9–11

Everyday Leadership: Bringing All of Who You Are to Everything You Do
Athena Katsaros

Leadership has become a buzzword. Everyone’s talking about it and many aspire to it. But what is an effective leader and how do you become one? Many leadership training programs tell you to emulate the qualities of others—essentially, that leadership is about how you act. This workshop is based on the belief that everyone has the capacity to be a leader and that leadership is an expression of who you are, not simply what you do. This weekend will be interactive and fun. It is devoted to discovering what makes you unique and developing your vision for the impact you want to have. Through conversation, exercises, and tools, you will move beyond conventional definitions of leadership to bring all of who you are to everything you do. You will cultivate new ways of showing up as a leader in your life—whether it is in your family, community, organization, or the world.

Working with other participants, you will explore, test, and play with your authentic leadership style. When you embody it you will imagine possibilities you have not yet dreamed of. You will walk away with a deeper understanding of your unique leadership qualities, clarity about yourself as a leader, and ideas for taking action and making an impact.


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, sensuality, and zest for life. The premise: 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.”

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.

**Weekend Massage Intensive**

Daniela Urbassek & Jessica Fagan

This weekend workshop will introduce the core concepts of Esalen® Massage. Through brief lectures and demonstrations, and with plenty of personal supervision of hands-on work, the workshop will present essential tools and information that can easily be applied. The principle elements of bodywork, including breath awareness, grounding, movement, and quality of touch will also be introduced and practiced, creating a firm foundation for learning massage. Participants will also have time to enjoy the healing waters of the natural hot springs and the magical beauty of the Esalen grounds.

Please bring your favorite CDs for massage and dance.

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

**Mindfulness and Heartfulness**

Mark Abramson & Fred Luskin

This program is designed to integrate the practice of mindful awareness with directed heartfulness to facilitate growth, healing, and change. It is based on Dr. Luskin’s research at Stanford Medical School on the healing effects of forgiveness and heartfulness and Dr. Abramson’s work as the director of Stanford’s Mindfulness-Based Stress Reduction Program.

The workshop introduces the practical application of techniques of mindfulness and heartfulness to transform emotional states and unleash the great potential for deep healing of the body. The goal: to learn new ways of relating to experience that allow greater opening, understanding, and the possibility of transformation. “Our work,” write the leaders, “has shown us that this creates an increasing experience of gentleness, kindness, and respect for oneself and others.”

The program offers guided practice in mindfulness meditation, body movement, breathing practices, and heart opening, interspersed with lecture and interactive discussion. While the practices are especially helpful for people who are experiencing emotional or physical concerns, the universality of the experience makes this program valuable for all.

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

**Love, Sexuality, and Relationship: The Core Evolution Approach**

Siegmar Gerken

Love is resonance with the flow of life. It connects us with all existence. We are able to direct this energy and make it personal in the...
expression “I love you.” When we commit to a relationship, we expand this love onto the personal and social levels with the expression “I want to experience life with you.” Why is it so difficult, then, to keep a relationship alive? On the level of personality and social interactions love can become distorted in many ways. We romanticize, sexualize, and idealize love and attach our ideas, desires, needs, and hopes to it. When this happens, we often lose our radiance, we lose contact with the flow of love.

In this workshop for individuals and couples, participants will explore the obstacles and character-resistances of these core moments. Core Evolution addresses body-emotion-mind-spirit as a unity. The experience of love unifies all these aspects and therefore affects every state of people’s lives. A person in love will communicate and create from a place of harmony, well-being, peace, joy, and a sense of fulfillment.

Participants will learn to identify and differentiate the nature and main elements of love, sexuality, and relationship, and their intention, motivation, needs, and wants in their relationship, including the nature of triggers, causes of unhappiness, and the possibilities for change.

For an eight-page magazine interview with Siegmard Gerken on Love, Sexuality, and Relationship, please contact mail@CoreEvolution.com.

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

Reawaken Your Body’s Natural Ability to Find Comfort
Jean Couch

There is new information available that can improve your posture and your health easily. From studying healthy populations of people—people in developing countries, people before 1920, babies, and great athletes—research has revealed a new way to sit, stand, bend, walk, and sleep that is comfortable, straight, and strong.

In this workshop you will view enlightening PowerPoint images that show how modern posture is causing you to be uncomfortable and collapsed. By following simple instructions, with lots of hands-on guidance, you can be dramatically taller, straighter, stronger, and vastly more comfortable by the end of the weekend. Throughout the workshop sessions you will be constantly practicing, and this practice will carry over to your leisure time, meals, walks, runs, and sleep.

Week of January 11–16

Living From Your Essence With Core Evolution®: Innovative Approaches In Relational Somatic Psychology
Siegmard Gerken

We are deeply moved by experiences that touch our essence and connect us with our inner truth and individual qualities. We long for this state and at the same time we protect ourselves from its openness and vulnerability, thus limiting the direct expression of our authentic self. Core Evolution supports the rediscovery of this potential and the power of your essence to manifest in the personal and professional life. Core Evolution is a body-oriented and heart-centered approach and will be presented in theory and practice. Core Evolution is based on a unified and holistic understanding and process that connects the body, emotions, mind, will, and spiritual self with the therapeutic foundations of body-oriented psychotherapy, family systems, trauma theories, and Western and Eastern teachings.

This course is part of the Santa Barbara Graduate Institute Certificate Program in Relational Somatic Psychology. The Certificate Program is inspired by the SBGI somatic psychology post-graduate academic curriculum and consists of a rotating series of practice-oriented and academically sound Relational Somatic Psychology courses. For further information, including special registration instructions, see Special Programs, page 80.

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

The Healing Art of Deep Bodywork® Mastery Class: Working with Difficult Cases
Perry Holloman & Johanna Holloman

Deep Bodywork was developed by Perry and Johanna Holloman over the past two decades at the Esalen Institute. They train practitioners in the art of moving with great sensitivity deep into the body’s soft tissues to revitalize chronically painful areas. This class is designed for professionals whose clients are dealing with chronic pain.

Every morning, Perry and Johanna will work with people suffering from chronic pain, to help teach students Deep Bodywork techniques.

Students will experience:
• How to assess a client’s pain and apply Deep Bodywork in the short and long term.
• How to deal with the fear of pain that arises as they apply Deep Bodywork and how that can obscure a case.
• How to guide clients through a healing crisis, which can last up to 72 hours after treatment, and can involve emotional as well as physical factors.

Two types of participants are invited to this workshop: seasoned bodywork practitioners who wish to take their Deep Bodywork skills to the mastery level, and those who would like to participate as models. Models will be worked on each day by Perry and Johanna, and must have a chronic condition which is suitable for treatment with Deep Bodywork. Models should have experience receiving Deep Bodywork in some form. Space for models is limited; please e-mail Perry directly with information about your case at body-ofuriz@hotmail.com.

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

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

All the mystical traditions agree that beneath our protective layers lies a Self, an un tarnished essence from which flows healing, spiritual energy, and wisdom. Most of us rarely live from that state because, through life experiences, parts of us have absorbed extreme emotions and beliefs that not only obscure our Self but also govern our daily lives. This workshop offers participants the opportunity to learn and experience concrete ways to help those parts trust that it is safe to remain in the calm, confident, and compassionate state of Self-leadership, not only during meditation but throughout the day, even in the face of strong provocation.

CE credit for MFTs and LCSWs; see page 5.

Meditation, Consciousness, and the Brain
Zoran Josipovic

Through the inspiration of the Dalai Lama, research into the effects of meditation on the brain is gaining unprecedented public and scientific attention today. Current research shows that the practice of meditation has pro-
found effects on the brain, inducing changes both in the functioning and, over time, in the anatomy of the brain itself, thus permanently optimizing human potential.

This seminar will introduce the fascinating field of meditation and brain research. Theoretical presentations in the form of lectures and videos will be combined with meditations and experiential exercises. The workshop will explore a gamut of meditation techniques, from basic to advanced, and examine how they affect our being and consciousness. The material in this seminar will be easily accessible to all, as participants visit one of today’s liveliest and most interesting fields of study, combining science and the humanities: research into the nature of human consciousness.

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

Weekend of January 16–18

Being Danced: 5Rhythms™ Essentials
Andrea Juhan

“It is a glorious moment when we feel at one with the creative life force that moves and breathes through us,” Andrea Juhan writes. “In this workshop, we will engage with the 5Rhythms movement practice to create a structure that can invite and contain more of these moments. With its roots in shamanic and Sufi traditions, the 5Rhythms dance practice is an open form that catalyzes powerful emotional and spiritual energies and invites these energies to move through our physical bodies. By focusing our awareness in each of the 5Rhythms—flowing, staccato, chaos, lyrical, and stillness—we become present and grounded, quieting our minds and cultivating an expanded sense of Being in our own bodies.”

This is a practice that anyone—regardless of size, shape, age, or level of fitness—can engage in. No previous dance experience, 5Rhythms or otherwise, is required. All you need is willingness, curiosity, and a desire to move and be moved.

CE credit for bodyworkers; see page 5.

Realization Process: Attuning to the Essence of Being
Judith Blackstone

All spiritual traditions refer to an essential dimension of existence, calling it fundamental consciousness, True Self, non-duality, and many other names. This dimension is not an abstract concept. It is the core of our own true nature and can be experienced by anyone willing to approach it with patience and openness. Fundamental consciousness is experienced as clear, luminous space, pervading our body and our environment, transcending the duality of self and object. It is deeper than the physical and energetic levels of our being and beyond our psychological defenses, projections, images, and archetypes. Realization Process is a precise method of attuning to fundamental consciousness.

This workshop offers ways to integrate fundamental consciousness with the body and breath/energy system, experience oneness with nature and people while remaining grounded in one’s body, and see, hear, and touch on a subtler level. Realization Process attunement exercises will be combined with sitting and movement meditations, sound and breath work. The workshop will also discuss how fundamental consciousness can facilitate psychological and physical healing. Please come prepared for deep, concentrated work.


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

Spirit Songs: Freeing Your Voice through the Power of Gospel
Vernon Bush

In this uplifting and heart-opening workshop you will experience spontaneous, in-the-moment expression and give your dreams voice with abundant joy. Get ready to dive into rhythm, singing, and dancing from a personal, spiritual place. You’ll explore the roots of gospel and inspirational music, song arrangement, harmony, and correct breathing. Through the practice of truly listening to yourself and others you will learn to free the voice that is uniquely and exclusively yours.

Vernon Bush is a singer/songwriter, recording artist, musician, and educator who has worked with Whitney Houston and Gladys Knight. He is a musical director and featured vocalist at the world-renowned Glide Memorial Church in San Francisco. To learn more about Vernon, please see www.vernonbush.com.


Family Arts Program
Tam Wings Slayter

Come and explore the magnificent Esalen grounds and your own natural creativity. During this workshop at the Esalen Art Barn, families are invited to experiment with natural materials and explore projects designed to get in touch with nature, ourselves, and each other.

Through printmaking, collage, painting, and drawing, participants will explore the natural beauty that surrounds them and discover the artist within. “We will learn unique printmaking techniques that can be continued long after the weekend is finished,” Tara Wings writes. “Let’s go on a scavenger hunt! We will look for natural materials on the beautiful Esalen grounds and use them in our creations. This workshop is perfect for the budding artist, the adult who would like to try something new, and the advanced artist who would like to explore new techniques. We will make art, friends, and memories as we come together to explore and celebrate nature.”

Open to families and children between 4–12 years old. All children must be accompanied by an adult.

($30 materials fee paid directly to the leader)

Essence and Alchemy: A Natural Perfume Workshop
Mandy Aftel

Fragrance has the instantaneous and invisible power to penetrate consciousness. It is at once tangible and intangible, earthly and ethereal, worthless and priceless, real and magical. To discover the art of natural perfumery is to participate in a spiritual process as well as an aesthetic one. Using essential oils, with their rich histories, properties, and symbolism, immerses the perfumer in a process of personal transformation as well.

This experiential workshop will teach you the fundamentals of working with scent—how to blend a perfume and how to create a perfume formula. It is designed for all who wish to understand the world of scent and through it discover aspects of creativity and spiritual growth. No experience or special skills are necessary. The workshop will include plenty of hands-on participation with essential oils. Participants will create a liquid perfume and a solid perfume from their own original formula.


($25 materials fee paid directly to the leader)
**Week of January 18–23**

**Improv: Expanding Yourself with Laughter**

Clifford Henderson & Dixie Cox

Just as our muscles can tighten with stress and age, so can our notions about ourselves. Indeed, if these core beliefs aren’t stretched and made flexible, we run the risk of growing into the stereotypical narrow-minded “adult,” comfortable and unwilling to try new things. One antidote to this curmudgeonly affliction is the improvisational workout.

Improv is the adult equivalent to play. While children love to stretch their sense of self through this powerful medium, adults often find it too scary. Their unwillingness to play means they miss out on the potent tool of trying out new ways of being or behaving without the serious consequences of real life.

In this workshop, participants are guided through simple improv exercises aimed at personal expansion. Using tenets of improv such as trust and spontaneity, participants are encouraged to say “yes” to situations offered to them in group play. They also have the opportunity to try on personalities that are hugely different from the ones they use in their daily lives.

The group will also explore one of the most compelling tools in improv: status, the human pecking order. Participants will familiarize themselves with the subtle clues they send and receive to define their status, and have a chance to try out new status choices. The payoff is successfully playing a new way of being and incorporating it into daily life.

Laughter lessons stick. This workshop is for people who want to rattle their personal status quo with laughter.

**An Introduction to Rolf Structural Integration**

Edward Maupin & Jeff Linn

This workshop is an introduction to the principles of Rolf Structural Integration, especially designed for body-therapy professionals. Strongly influenced by his research in Zen Buddhism, Ed Maupin considers the Rolf Method a meditation on physical presence as well as a physical therapy. This approach, based on forty years of Rolfing practice, strongly emphasizes movement, balance in gravity, and receptive touch. The workshop will combine regular movement classes with hands-on instruction in the first three sessions of Ida Rolf’s original ten-session series. Nonprofessionals are also welcome. Ed Maupin’s book, *A Dynamic Relation to Gravity*, will be the text for the workshop.

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

**Good Practice, Good Living, Good World**

Jim Kepern & Judith Hemming

This workshop will bring together principles and practices from systems-constellation work, Gestalt Body Process, subtle energy processes, and levels of consciousness, with the aim of supporting the development of field-sensitive practitioners: people who have greater connection to the energies that operate within us and through us as we live and serve.

In the leaders’ view, individual, collective, and spiritual dimensions each reflect the others and are all intrinsic to good living and making a good world. Our bodily experiences and feelings reflect our own issues and at the same time are indicators of the larger fields that visit and express through us. These are unconscious family realities, collective societal guilt and grief, archetypal forces and energies, and higher spiritual realities. The intention of this workshop is to create a situation of experiment, inquiry, and personal action-research into these energies in which we are embedded.

The leaders’ notion of “practices” are activities to help participants open to and align with a sense of higher-order and inner flow, and include knowing and sensing balance and imbalance on many levels, being connected in a deep and modest way to life, recognizing our place in the collective human story, and resting back into the spaciousness of the sublime.

Specific activities and practices will include: systemic constellations, Gestalt Body Process explorations, meditation and energy practices, consideration of integrative maps and models, collaborative discussion, and further explorations with participants.

CE credit for MFTs and LCSWs; see page 5.

**Bloodstream Yoga**

Tias Little

“The bloodstream in the body are the rivers of life, the flow of the nadis and the channels where the bright red, prana-infused oxygen flow,” says Tias Little. “The blood is prana and the prana is blood and together they bear wakefulness. Our practices in this yoga intend...
**Weekend of January 23–25**

**Mistakes Were Made (But Not by Me!): Overcoming Self-Deception**
Elliot Aronson & Carol Tavris

Why is it so hard for most people to admit their mistakes? What blocks us from even being aware that we are wrong? Why is it so hard for politicians, corporate executives, or ordinary people to change course after making an important decision? Why do so many couples find it difficult to give up the certainty that “I’m right and my partner is just plain wrong”?

In this workshop, Elliot Aronson and Carol Tavris, authors of the bestselling book *Mistakes Were Made (But Not by Me!)*, will describe the hard-wired cognitive biases that lead most people to justify outdated beliefs, misguided or wrong decisions, and especially the harm we inflict on others. Self-justification has benefits: It lets us sleep at night and allows us to feel that we are good, wise, and ethical. But it can also have disastrous personal and professional costs: it can keep us clinging to old beliefs, traveling on self-defeating paths, and harming the people we love.

Through lectures, group discussions, and group exercises, participants will learn how self-justification and self-deception operate, how we can recognize this process in ourselves and others, and how we can overcome the hard-wiring and increase our ability to learn from our past mistakes.

For more information on the workshop leaders and their new book, on which the workshop will be based, see www.mistakeswere-madebutnotbyme.com.

**Parenting from the Inside Out**
Mary Hartzell

As parents, we have an incredible opportunity for personal growth because we are put back into an intimate parent-child relationship—this time in the role of parent rather than child. How parents make sense of their childhood experiences has a profound effect on how they parent their own children. Parents often find themselves doing the very things to their children that felt hurtful to them as a child. They can feel stuck in repetitive, unproductive patterns that don’t support the loving, nurturing relationships they envisioned when they first became parents.

This workshop can help to free parents from patterns of the past that continue to negatively affect them and their relationship with their children. Based on her original and innovative book, *Parenting From the Inside Out* (coauthored with Daniel J. Siegel), Mary Hartzell will help parents deepen their self-understanding and build a more effective and enjoyable relationship with their children. Drawing on new findings in neurobiology and attachment research, she will show:

- How childhood experiences can shape our attitudes and actions without our awareness
- How emotions shape our interpersonal world and affect our parenting
- How our ability to communicate affects our connections with our children

Parents will have an opportunity to develop an approach to parenting that helps them in raising emotionally secure and healthy children and bring more joy into their relationships with their children. This workshop is relevant to parents with children of any age.

Recommended reading: Hartzell & Siegel, *Parenting From the Inside Out*.

**The Mind/Body Connection: Enhancing the Body’s Ability to Heal and Function Optimally**
Stephen Sideroff & Michael Sinel

Physical and emotional holding patterns as well as habitual behaviors can result from emotional pain and defenses. Along with stress, they cause muscle tension and nervous system reactivity and imbalance. This impacts physical symptoms and interferes with healing and the body’s optimal functioning.

Pain and other symptoms can also be maintained unconsciously as a distraction from emotional issues. By addressing the underlying issues and coping better with stress, the body is able to let go more readily. This improves blood flow, effects biochemical balance, improves physical health, and enhances performance.

This workshop is designed to help you recognize and release emotional and physical holding patterns and learn more appropriate responses to stress. Thus your body becomes more resilient and heals better. Discussion along with experiential work will facilitate greater self-awareness, emotional release, and body self-regulation. This workshop addresses:

- The connection between emotions, stress, and physical symptoms including pain
- Identifying and resolving emotional holding patterns and unfinished business
- Introduction to relaxation and biofeedback techniques
- Coping with stress and correcting the chronic imbalance of your nervous system
- Redesigning your body’s “fight or flight” response to enhance resilience
- Dealing with anger and depression
- Destructive patterns such as perfectionism, obsessiveness, and addictions
- New and more effective ways of thinking and controlling thoughts
- Creating your personal program for healing and optimal functioning

**Strengthen the Legs, Extend the Spine: A Beginner’s Yoga Intensive**
Thomas Michael Fortel

“When we initially approach the practice of yoga,” Thomas writes, “we are generally unaware of the deep and far-reaching changes which potentially lay before us. Yoga practice creates a situation in which we start to align our mental attention in the moment, in the body. The conscious breath is the most obvious and inherent tool; watching the breath allows our attention to drop deeply into our bodies. We focus a lot of attention on the feet and legs because this is our physical foundation. We learn quickly that the strength of the legs translates into the extension of the spine. In addition, we ground the legs and extend the spine as a metaphor for being grounded on the earth and connected with the cosmic and spiritual forces.

“Discomfort is normal in the yoga room; beginners should know this. Discomfort is completely natural as the patterns in the body, mind, and emotions are addressed. The old paradigm is shifting and the practice of yoga assists us in making the changes.”

Recent yoga experience is recommended. Everyone is welcome. All props are provided.

**Sweet Mischief: A Lighthearted Path for Self-Realization and Restoration**
David Schiffman

*Step right up, step right in, come and enjoy the trouble you’re in.*

— COYOTE OLD MAN.

The radiance of a light heart changes for the better everything it reveals. It bathes us in an
atmosphere of playfulness, hope, and goodwill. It is born of innate wisdom and is a blessing for all who share it. If you feel that living a passionate, lighthearted, authentic life is a necessity, not a luxury, if presence to deeper, wiser, more naturally uninhibited spirits helps you balance out the needs and demands of others with your own, if you feel being free and whole in your own skin is the proper foundation for a real life lived—then you’re ready for the lighthearted path of sweet mischief.

Come join David Schiffman and friends in a weekend of high spirits, joyful antics, and deep contemplation amidst all things considered. “Our aim together,” writes David, “is to express our deepest thoughts and feelings in a dreamtime celebration of lighthearted intention. We will call on the uplifting spirit medicine of ceremony, touch, dance, music, and song, along with the powers of spirit-family and personal daring and sharing. Our mission: to reconnect with what is free, natural, and alive inside us… A joyful tune-up… A time designed to leave you feeling more nimble, poised, and able to face the challenge of making the life you hope for.

Photographing the Seasons of Big Sur
Daniel Bianchetta & Cynthia Johnson Bianchetta

Big Sur abounds with natural beauty in every season. It is a land where the waves of the Pacific caress the rugged California coastline, where the sun and the fog perform their perennial dance through magical redwood forests and over grassy slopes.

Participants in this workshop will contemplate with a camera the beauty of Big Sur. On Friday night the group will meet to prepare for Saturday’s photographic excursion by invoking the use of photography as a tool for meditation, healing, self-growth, and spiritual connection. Saturday will be a time for connecting with Big Sur in its winter attire. On Sunday morning the group will gather to share its creativity together.

No experience is necessary and all levels are welcome. Please bring a digital 35mm camera you are familiar with, a journal, and any existing photos you want to share with the group.

Week of January 25–30

The Upledger Institute’s CranioSacral I
Mariann Sisco

CranioSacral therapy is a gentle, noninvasive, hands-on technique to help detect and correct imbalances in the CranioSacral System that may cause sensory, motor, or intellectual dysfunction. It is used to treat a myriad of health problems, including headaches, neck and back pain, TMJ dysfunction, chronic fatigue, motor coordination difficulties, eye problems, endogenous depression, hyperactivity, and central nervous system disorders.

Participants will learn the detailed anatomy and physiology of the CranioSacral System, its functions in health, and its relationship to the disease processes. Half of the class time will be hands-on, developing the sensitive palpatory skills needed to detect subtle stimuli in the human body.

Class material will concentrate on palpation and its potential as an evaluative and therapeutic process; fascial and soft-tissue release
methods; and the pressurestat model which explains the mechanism of the CranioSacral System. Participants will learn a ten-step protocol for evaluation and treatment of the entire body. By the end of this intensive program, participants will be able to identify and localize significant restrictions and imbalances in the CranioSacral System.

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

Recommended reading: Upledger & Vredevoogd, CranioSacral Therapy (chapters 1-6); Upledger, Your Inner Physician and You.

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

SoulMotion™: Begin Again

Vinn Marti

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

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

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

All are invited. All are welcomed.

Overcoming Isolation and Mistrust: Healing the Special and Betrayed Child

Bill Say

Our culture and families often support power and control, independence, and being special. But the price that we pay for living these patterns is huge. We are often lonely, mistrustful, and addicted to achievement and feeling special. Our needs are repressed. We stay in control and may even abuse our power. We fear being wrong or failing, being vulnerable or weak. We feel we can trust no one and must depend only on ourselves.

This experiential workshop will explore relationship patterns, power and control, needs and vulnerability, intimacy, and trust in connections with others. Bill Say writes: “Using awareness as our guide, we will find the way back to our deepest humanity and trust in life. Using two powerful approaches, Core Energetics, founded by John Pierrakos, and Process Work, developed by Dr. Arnold Mindell, we will explore body/mind, emotions, relationships, group dynamics, and inner authority.”

Note: An interview with Bill Say is requested prior to registration. Please call 510-548-8703.

CE credit for MFTs and LCSWs; see page 5.
Drawing on the Right Side of the Brain

Lynda Greenberg

For many of us, drawing seems to be a mysterious process reserved for the “talented” few, but Drawing on the Right Side of the Brain has debunked this myth.

Welcoming students who are convinced they have little talent for drawing and those wishing to expand their current artistic abilities, this workshop offers an intensive combination of discussion and studio exercises. The class is designed to awaken the perceptual skills necessary for drawing with confidence and has proven valuable to students at all levels.

Based on the pioneering work of Dr. Betty Edwards, Drawing on the Right Side of the Brain provides a forum on how to see and think differently by tapping into the non-verbal (non-dominant) side of the brain. Set in Esalen’s Art Barn on a cliff overlooking the Pacific Ocean, students will have a host of stunning views to draw and contemplate, including rocky streams, sunsets, jagged cliffs, and an expansive evergreen forest. In a carefully sequenced process, participants will explore the strategies of seeing that will enable them to draw with a high degree of skill. By workshop’s end participants will have finished drawings and gained new thinking strategies to help enhance their general problem-solving capacity.

Please register early; enrollment is limited to 20. A materials list will be sent upon registration. All exercises will be preceded by demonstrations and followed by assessments of individual progress.

Writing & Praying Poetry: Poems in Daily Spiritual Practice

Robert McDowell

Why is poetry the most common language of devotion and the richest expression of spiritual practice in prayer, chant, and song? How can we awaken ourselves to poetry as the pure sound and shape of the spirit?

Together participants will practice reading, writing, and using poetry in their daily rituals, aspirations, and intentions. The workshop will explore poetry’s sound and language, its rhythms, meters, and forms, in a reflective writing process that leads to deeper awareness and daily enjoyment.

Participants will experience a wide range of well-known poems (good and bad) as well as their own work as they create a treasury of poetry that holds deep, abiding messages from all historical eras and all religions and faiths.

During this workshop, writing exercises, guided meditations, free writing, sharing work, and group discussions will help participants create a practice that integrates poetry into their daily path and spiritual journey. All that’s required is your willingness to deepen your practice.

Weekend of January 30–February 1

TAO Meditation Methods of Lao Tse: Use Chi to Free Blockages, Connect with Consciousness, and Release your Karma

Bruce Frantzis

This workshop will introduce China’s powerful Inner Dissolving method, originally described by Lao Tse in the Tao Te Ching over 2,500 years ago. This primary technique helps you identify and let go of the physical, emotional, and mental blockages that bind you.

The art and potency of Taoist meditation is not well known to Westerners and is often confused with Buddhist meditation. Bruce Frantzis’ authentic tradition is linked directly to Lao Tse, and through this tradition Bruce, a Lineage Holder, introduces students in the West to this ancient Chinese practice. Frantzis calls the training method he has developed TAO meditation—ancient teachings, modern methods for contemporary living.

In the Taoist tradition, the road to spirituality involves more than obtaining health, calmness, and a peaceful mind. The road also includes using chi-energy to help release anxieties, expectations, mental churnings, conditionings, and negative emotions—referred to as blockages—that prevent you from feeling truly alive and joyful.

The first goal of Inner Dissolving is to address spiritual responsibility for yourself, which helps you become a relaxed, spontaneous, fully mature, and an open human being. A second goal is awakening the great human potential inside you and foster compassion and balance. The third is to reach inner stillness—a place deep inside you that is absolutely permanent and stable. Everyone is welcome.

SoulMotion™: Alone, Together

Vinn Marti

“Consider the many benefits available when we focus attention on an unequivocal acceptance of the present moment in our everyday dance world,” says Vinn Marti. “We relax in the dance that is taking place. We move into a broader view of acceptance and compassion. Our gratitude quotient skyrockets to levels not experienced before. We move graciously between events, conditions, and experiences knowing that no feeling or thought is final. We are at ease with ourselves.

“In this weekend SoulMotion retreat, we become familiar with points of view of conscious dancing that inform us. Alone, together, we invoke a frequency of aliveness that alone, together, hones our responses to magic, mayhem, and mystery in our everyday dance world.

“SoulMotion is a viewpoint of conscious dancing that invites practitioners to listen to the still, small voice singing throughout the body dance, as well as the music in the room. Using dance and music to engender awareness, we court sensitivity and presence without shame or judgment. It encourages practitioners to identify and nourish the song they sing in the body choir of expression and ecstatic release.

“You are invited to move body and soul, centered on an edge of aloneness, together with the unique song that sings and dances you in the everyday world.”

ECOpreneuring: Putting Purpose and the Planet before Profits

Lisa Kivirist & John Ivanko

More people are yearning for a soul-nourishing business life that celebrates our human spirit and potential. Small, sustainable, place-based businesses are becoming the foundation of an emerging restoration economy of the 21st century. These businesses are solving the most pressing problems of our day—not by competition and consumption, or exploiting natural and human capital—but by nurturing “conserving customers” and caring for the planet on which we all depend. Innovative shifts are underway that inspire us to rethink small business strategy and conventional career tracks.

Join Lisa Kivirist and John Ivanko, authors of ECOpreneuring and Rural Renaissance, to transform your livelihood into an ecopreneurial enterprise based on purpose, creativity, pas-
sion, and commitment to sustainable practices. “Own the ladder, don’t climb it,” advises Lisa Kivirist. Join the for-profit and non-profit businesses that are transforming our economy into a “honey bee ECONomy” that fosters a more sustainable and socially just tomorrow. During the workshop, participants will:

• Craft an Earth Mission
• Learn the Multiple Economies of Ecopreneurship
• Obtain practical resources for all aspects of ecopreneurs’ Whole Pie Purpose
• Hear contrarian perspectives on spiritual, community, and physical wealth
• Discover strategies of abundance in a restorative economy

Ecopreneuring is about crafting a rich livelihood to support your values, quality of life, and even the pursuit of happiness.

**Sex, Love, and Relationships**
Lisa Firestone & Joyce Catlett
What is healthy sexuality? What is love? During the initial part of this workshop participants will be challenged to provide answers to these questions from their own experience. Next, the leaders will describe the major barriers to developing intimate sexual relationships. They will introduce the concept of the fantasy bond, an illusion of connection that many couples form, which leads to a deterioration in close relating. They will describe the concept of the critical inner voice, a system of negative thoughts and attitudes toward oneself and significant others that contributes to relationship distress. These concepts will be illustrated by video excerpts of individuals talking about their relationships and sexuality.

Participants will engage in exercises to explore attitudes about sexuality and relationship issues that may be interfering with their reaching their full potential for sexual intimacy. They will learn the techniques of voice therapy as applied to sexual issues and will have time to practice these techniques.

The presenters will use a developmental perspective to explore the impact of childhood experiences on a person’s emerging sexuality. They will examine the impact of society and sexual stereotyping on sexuality. Video excerpts will illustrate these points, showing poignant examples of how personal experiences growing up affect an individual’s sexuality as an adult. Participants will explore the impact of their childhood experiences and learn strategies for overcoming these.

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

**Singing Gestalt**
Nancy Lunney-Wheeler

Old songs are more than tunes; they are little houses in which our hearts once lived.

Within your unconscious sleeps a library of wisdom, memory, and feeling catalogued in the words of songs. From lullabies to songs of love and longing, you have an inner language you may be unaware of. Even if you think you don’t know any songs or have forgotten them all, your subconscious has been storing songs and their meanings since birth.

The power of Singing Gestalt is in experiencing a new connection to yourself—a self you may not have met—expressed in your own true voice through the wisdom of your songs.

Come alone or bring someone important to you—a friend, a lover, a parent, someone with
Week of February 1–6

Painting the Outer and Inner Landscape

Adam Wolpert

Painting in oils can be a profound experience, one that engages all of our senses, our minds, and our spirits. One of the most rewarding ways to explore oil painting is through painting outside. Faced with nature’s dynamic forces we are challenged to develop visual sensitivity, flexibility, and resilience. We come into deeper relationship with the world and with ourselves when we open to the living landscape around us. We begin to see the world as never before and our paintings give evidence of that new vision.

This workshop invites both beginners and experienced painters to immerse themselves in the practice of oil painting. Daily sessions will be devoted to painting rapid sketches and more developed small oil paintings outdoors and exercises in the studio during inclement weather. Basic oil technique, instruction in setting up a palette, mixing colors, and brushwork will be balanced with slide lectures on visual theory, composition, and special issues in landscape painting. Participants will learn from individual instruction and each other, with opportunities to share their paintings and experiences in a supportive environment.

The spectacular beauty of Esalen, with its radiant gardens, flowing waters, and rugged coastline, provides the perfect setting to explore this exciting practice. Bring a sunhat, layers of clothes and a portable easel. If you don’t have an easel and need to reserve one of the available six portable easels, please let the leader know. Fee free to email with any questions: adam@adamwolpert.com.

(Optional materials fee of $125 paid directly to leader includes all supplies for the class)

Radical Aliveness: A Core Energetics Workshop

Ann Bradney

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

“Standing in the way of radical aliveness are chronic patterns formed in your past to sur-

vive. These live as frozen feelings and history in your body and no longer serve you.

“Core Energetics is a powerful body-based system. It frees the frozen feelings and history in your body by working with the blocked and held energy. It helps you reconnect with deep parts of the self that you disconnected from as a child. It uncovers the power and goodness at the source of your most destructive patterns. It leads you to connection with your deepest essence.

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

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

CE credit for MFTs and LCSWs; see page 5.

The Way of the Shaman: Nature, Power, and Healing

David Corbin & Nan Moss

To the shaman’s eyes, the world around us is alive and inspired. In this introduction to classic shamanism, you can learn to see with those eyes, to explore the hidden worlds and to access the timeless wisdom known to our ancestors.

Through initiation into the shamanic journey, you will be taught skills of divination and healing, and experience the shamanic state of consciousness to help awaken spiritual awareness. You will be provided with methods for journeying to discover and study with your own spiritual teachers in non-ordinary reality, a classic step in shamanic practice. You will also be shown how to restore spiritual power and health, and how shamanism can be applied in daily life to help heal yourself, others, and the planet.

The course also offers advanced work with the spirits of nature in Esalen’s beautiful and powerful setting. By learning from the rocks and mountains, the wind and waters, and from sun, moon, and stars, shamans helped their peoples live in harmony with the universe.

In a world out of balance, the way of the shaman can teach us once again how to respect nature, the earth, and its inhabitants at a deep spiritual level.

This workshop includes two Foundation for Shamanic Studies courses, The Way of the
Shaman, and Shamanism and the Spirits of Nature. Participants are qualified to take advanced trainings with Michael Harner and the faculty of the Foundation.

Please note: Bring a rattle or drum (if you have one), a bandanna, and a pen and notebook to record your journeys.

Live, Love, Move: An Exploration of Embodied Relationship
Deanna Darby

The word emotion comes from the Latin emovere, which literally means “to move out of or out from.” Emotions cause changes in the body that prepare us for action. We rely on emotions to evaluate our environment and our relationships with others; they inform our response before we have time to think it out. Love and sorrow, anger and shame, fear and joy, and the corresponding impulses to move are in the pulse of every cell. This is our most primitive and primary language, the language that underlies all the stories we tell ourselves about who we are, how we fit into our environments, and what we believe about how the world is.

Years of shutting off emotions and the movements that would naturally follow them create confusion and locked patterns of responding. The body begins to hold a rigid form and allows less range, physically and emotionally.

In this workshop, participants explore how they live in their bodies—what messages do postures, movements, and facial expressions send to others? How do we receive unspoken messages from others? A supportive and playful environment facilitates explorations and experimentations, where curiosity and wonder are the currency. This workshop provides an opportunity to slow down automatic response and interpretation that lead to greater choice, flexibility, and ease.

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**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.

CE credit for MFTs and LCSWs; see page 5.

**Recovering Eros: Bringing Your Life Back to Life**
Lorie Dechar & Benjamin Fox

Lorie and Benjamin define Eros as the numerous qualities of connection, creativity, vitality, passion, and the free flow of the life force. By its very nature, Eros calls us to the more subtle dimensions of the human experience, which have been devalued by the materialism of modern Western culture. In traditional alchemical healing systems, practitioners recognized the value of the immaterial or soul realms and the significance of our dreams, our emotions, our body wisdom, and perhaps most importantly, our imagination. Today we can draw on these ancient systems to recover Eros as a means of discovering new possibilities for responding to illness and suffering on personal, social and planetary levels.

Workshop participants will explore how the tools offered by Alchemical Acupuncture, archetypal psychology, inner sensing, Evolutionary Astrology, Zen mindfulness practice, and plant spirit medicine can support the process of alchemical healing—harmonizing the realm of the psychic with the physical, the personal with the universal, and the individual with the collective. This week will include both theory and experiential practices, with a focus on each participant’s own inner process.

This workshop will benefit acupuncturists, massage therapists, and other practitioners who want to develop skills to work at the emotional and psycho-spiritual levels of healing. However, it will also be of value to anyone who has a beating heart—who has the desire to bring Eros—the flow of life—back to their work, their relationships, their self.

**Weekend of February 6–8**

**Introduction to Living Foods and the Raw Food Diet**

Charlie Cascio & Marion Cascio

This is an introductory course in preparing live raw foods. The raw, or living food, diet is based on eating organic, uncooked plant-based foods, which have a high content of essential living-food enzymes. These enzymes help to digest and assimilate the food we eat without putting extra work on the body.

When we cook food above 116°F the heat destroys these essential enzymes, along with a large amount of the food’s vitamins and minerals. Digestion takes longer and the body works harder to complete this task. Many of the fats, proteins, and carbohydrates of cooked food don’t completely digest and end up clogging arteries and intestines.

The benefits of a living raw-food diet are increased energy levels, improved digestion, weight loss, reduced risk of heart disease, and improved appearance of skin. This course will introduce various methods used in preparing live foods, including sprouting seeds, nuts, grains, and beans; growing wheat and other grasses; making sauerkraut and other fermented foods; making nut milks; using a dehydrator; and the art of blending, juicing, and chopping to prepare raw meals with creativity and taste.

This is a hands-on workshop in which participants will be eating the meals they prepare for themselves.

($15 special-foods fee paid directly to the leader).

**Finding Your Long-Lost Musician**

David Darling

David Darling’s music improvisation workshops have touched thousands of people from all walks of life, including corporate executives, school children, teachers, professional
musicians, prisoners, and therapists, opening their hearts to the mystery of sound. David’s passion is to provide an environment in which each participant has a chance to discover and work with his/her own unique musical abilities—to find the tools for lifelong inspired musical enjoyment. He has spent the last forty years developing methods that bring people face-to-face with their own wondrous sounds and rhythms.

Working in groups and individually, participants will find the classes relaxed and humorous, yet intensely centered on the profound qualities of the wonders of music. Please bring any instruments you play or want to play. No experience is necessary. Piano and percussion instruments are provided.

This workshop is also presented in a five-day format February 8-13.

**Spiritual Ecology of Business**

Josiah Cain

This workshop provides a setting for people to find ways to make a meaningful contribution to the green economy as well as find fulfillment in professional life. Some may be considering a career change, but for most this experience will redefine “work” and bring it into context with our personal beliefs.

To understand their own personal “spiritual ecologies,” workshop participants will explore perceptions about each of their philosophical connections to nature and the relationship between humanity and ecological processes. They will then look at how these perceptions either prevent or help them as they envision new ways of relating to a global environment in response to global impacts.

All of us have a place in working toward a positive future. Participants will visit trends and patterns such as ecology, climate, energy, land use, transportation, agriculture, economics, and geopolitics. This workshop will address how one’s job relates to the current global ecological crisis as well as one’s personal journeys.

In the closing session, participants will discuss how to avoid getting drawn right back into old patterns and share resources for maintaining strength and support to stay on course and maintain optimism in difficult and changing times. The schedule will allow time for participants to reflect, mingle, and enjoy the baths.

**Deeksha: A Oneness Blessing Retreat**

Sri Rani Kumra

To find love in your relationships, first you must look within to see if you are being ruled by your belief systems. Unconscious expectations can lead to unhappiness and disappointment, ultimately causing your relationships to fall apart. Only true internal freedom can create a joyful life.

This experiential workshop offers more than mere words. Instead of taking home ideas and concepts of how to work on relationships, participants will experience a tangible shift when they receive the Oneness Blessing. “This transfer of energy will change your perceptions, allowing you to see life as it is, not as you think it should be,” Sri Rani Kumra writes. “The Oneness Blessing is a neurobiological process that will help you evolve to a higher state of consciousness of divine grace.”

Through powerful meditations, mantra yoga, ancient teachings, and several Oneness Blessings, Sri Rani Kumra, or Sri Raniiji as she is affectionately known, will guide participants in releasing the attachments, pain, and trauma that cause conflict in their relation-
ships. Experience the transfer of energy that makes this release possible and opens the door to celebrating love in all relationships.

**Gay Men Thriving! Developing Intimacy, Self-Acceptance, and Love**

Rik Isensee & James Guay

As gay men, we all have deep needs and desires we seek to fulfill: a longing for trust, confidence, intimacy, acceptance, and love. Yet growing up gay in a homophobic culture, it's understandable that we may be wary of being vulnerable with other men. Even when an intimate connection is truly available, we may find ourselves resisting, pulling away, or getting scared.

This experiential workshop uses the gentle yet powerful methods of mindful body awareness to explore this paradoxical edge between longing and resistance. A deep awareness of physical and emotional reactions will reveal habitual responses that often keep us from getting what we want. Then, through a range of respectful (and entirely voluntary) experiences—including imagery, eye contact, evocative music, and supportive, nonsexual touch—we will expand our ability to give and receive heartfelt nurturing, attention, and loving kindness. Come join us for a fun and enriching weekend! We will build on our strengths, discover a joyful and playful side of gay men's creativity, and tap into the resources of our own internal wisdom.

**Week of February 8–13**

**W riting is a medium used to explore identity and our own internal wisdom.**

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**Week of February 8–13**

**W rites of Passage: Unmasking Your Authentic Voice**

Akuyoe Graham

Writing is a medium used to explore identity as it is informed by personal, cultural, and social values. In this workshop, writing becomes a spiritual discipline that brings participants into contact with their authentic voices. The authentic voice can be trusted absolutely because it never lies. In fact, it tells the sometimes difficult truth which, once opened, must be listened to. The heart of this journey takes place in the silence—in the deep recesses of the soul. The practice of daily meditation is used to embody a deep spiritual perspective.

The aim of this workshop is to bring each participant face to face with the invincible Spirit of his or her own being. Through guided exercises, participants are once again allied with their innate intelligence and soul’s wisdom. In silence, in an atmosphere of contemplation, they are able to recognize and appreciate the essence of their being.

During the W rites of Passage writing retreat participants will:

- Take a journey of “remembering” and discover the sound of their true voice
- Break through limited self-concepts
- Get inspired and infuse their writing with passion
- Participate in empowering creative writing exercises and improvisations
- Take ownership of their intuitive authority and learn how to hold their life as a sacred gift


**The High-Performance Mind: Awakened Mind Brainwave Training**

Anna Wise

The high-performance mind is clearer, sharper, more flexible. Emotions become more available, easier to transform. Information flows readily between the conscious, subconscious, and unconscious levels, increasing intuition, insight, and empathy. Having a high-performance mind means being able to enter at will the state of consciousness most beneficial for any given circumstance—and then understanding how to use that state.

Through brainwave training for beta, alpha, theta, and delta, this workshop teaches you how to produce the components for an awakened mind, the brainwave pattern of peak experience, optimum creativity, and spiritual awareness. Working with both the state and the content of consciousness, you can learn to use these brainwaves to help develop a high-performance mind for self-healing, increasing creativity, improving relationships, and developing greater awareness.

The workshop combines biofeedback monitoring with meditation, visualization, and deep psychophysiological relaxation to help you master your own states of consciousness. The Mind Mirror™ EEG will be used to measure brainwave patterns, and Electrical Skin Resistance Meters will measure the depth of arousal and relaxation of your autonomic nervous system, illuminating the interrelationship between your body and your mind.

**LaStone’s DeepStone Therapy: Neuromuscular Therapy with Hot and Cold Stones**

Ardell Hill & Teena Pleshek

This DeepStone Therapy course is open to massage therapists, physical therapists, occupational therapists, chiropractors, and nurses. The course will present an understanding of the temperatures of the stones and how this affects muscles, tendons, ligaments, and fascia. Practitioners will learn how to work smarter and more efficiently with the stones and their temperatures.

DeepStone Therapy incorporates Neuromuscular Therapy with Geothermotherapy, specifically cold temperatures. The workshop will teach specific treatments for specific muscles or muscle groups. Since this approach is muscle-specific, participants should have anatomy training, although no deep tissue training is necessary. Muscle anatomy will be covered each day of the workshop. The course will cover the upper and lower body and their associated major muscles. On the final day students will incorporate their new skills into a full-body treatment. Many past participants have commented, “I feel as though I have had a new body sculpted.”

Please note: Original Body LaStone® is not a prerequisite.

CE credit for nurses; see page 5.

CE credit for bodyworkers; see page 5.

**Finding Your Long-Lost Musician**

David Darling

David Darlings music improvisation workshops have touched thousands of people from all walks of life, including corporate executives, school children, teachers, professional musicians, prisoners, and therapists, opening their hearts to the mystery of sound. David’s passion is to provide an environment in which each participant has a chance to discover and work with his/her own unique musical abilities—to find the tools for lifelong inspired musical enjoyment. He has spent the last forty years developing methods that bring people face-to-face with their own wondrous sounds and rhythms.

Working in groups and individually, people will find the classes relaxed and humorous, yet intensely centered on the profound qualities of the wonders of music. What instruments you play or want to play. No experience is necessary. Piano and percussion instruments are provided.
This workshop is also presented in a weekend format February 6-8.
CE credit for teachers; see page 5.

Triumph in the Face of Chronic Illness: Healing You and Your Loved Ones
Julie Bowden & Herbert Gravitz

Living with a chronic illness, whether you or a loved one is suffering from it, can be a 24-hour-a-day job with little reward and much frustration, rejection, and misunderstanding. Chronic illnesses, such as fibromyalgia, MS, mental illness, diabetes, alcoholism, cancer, heart disease or CFIDS, all can initially consume your life.

Often misdiagnosed or ignored by physicians, people with chronic illnesses and their loved ones may feel abandoned, guilty, and even lose hope. Watching someone you love become physically and emotionally debilitated can deplete the strongest spirit.

What we often forget is that there are hidden sources of healing deep within the human spirit that can help us triumph over chronic illness. This workshop will offer twelve converging lenses through which to access your inner sense of well-being, including the lessons from: traumatic stress, addiction and recovery, loss and grief, mythology, neuroscience, spirituality, the new sciences, resilience, success, and personal excellence.

Through didactic discussion, guided imagery, individual and group exercises, and an exploration of the challenges the primary and secondary sufferers experience, participants will be guided to discover this hidden healing source. Tools will be offered to transform the challenge presented to you and your loved ones, enabling you both to have a fuller, richer life—a life worth living and a loss worth enduring.
CE credit for MFTs and LCSWs; see page 5.
CE credit for nurses; see page 5.

Embodiment and Essence: Deepening into Presence, Compassion, and Healing
Susan Apostyn

This workshop explores Body-Mind Psychotherapy, a personal and professional training for all helping professionals. BMP utilizes neuroscience, anatomy, and physiology to support embodiment, body-mind integration, and embodied psychological change. In this program, participants will enter their bodies to uncover their essential selves using basic embodiment practices to tap into the natural human functions of presence, compassion, and healing. Participants will explore the psychology of the body systems and thereby tap into embodied essence and the physiology of compassion. Each tissue and fluid of the body holds a unique wisdom—connecting styles of perception, movement, cognition, and emotion. Studying all the anatomical systems of the body, particularly the heart and the cells, participants will attempt to discern their innate qualities from their conditioning and thereby access a natural developmental process. This study will be translated into observational, interactive, and healing tools for use with self and other. These skills will be applied individually and relationally, both on a personal level and in your professional practice. By understanding the science of embodiment, we can more easily facilitate others to distinguish between their essential embodied experience and their
neurotic, conditioned behavior. BMP provides tools that are helpful both personally and professionally to psychotherapists, counselors, coaches, yoga and movement instructors, organizational consultants, and medical professionals.

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

Building Awareness of the Physical in Coaching and Counseling

Wendy Evans

Eighty percent of in-person communication is nonverbal, yet the body is the most under-valued and underused path to awareness in the counseling professions. A person’s biography and responses are written into their body and are apparent in aspects of physical organization and movement. The ability to leverage the physical in your professional work begins with clarity in perceiving your own motor sensory experience—as a coach or practitioner, your skill in using the physical cannot be any better than your ability to notice details of the physical in yourself.

Through exploring your own movement patterns with curiosity, you can hone your ability to recognize patterns in others. Learn the basic planes of movement and their associated mood states. Discover how to draw on your own and your client’s body as valuable information resources, and learn language and techniques for bringing physical data into the awareness of your clients in ways they can take away and use.

Workshop sessions will be primarily experiential and will include some didactic material, theory, discussion, and seated work with a partner. Bring curiosity and a sense of humor, and wear comfortable, loose clothing with no straps or belts. You must be able to get up and down from the floor unassisted

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

February 13–20

Vessels for the Spirit: Exploratory Hand-Building with Clay

Sharon Virtue

“Clay inspires our instinct to be creative,” says Sharon Virtue. “In this seven-day workshop we will reconnect 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 earthenware 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 works will depend on your ability, but no experience is required and all are welcome.

($50 materials fee paid directly to the leader)

Weekend of February 13–15

The Shared Heart Valentine’s Retreat: The Couple’s Journey to Wholeness

Joyce Vissell & Barry Vissell

This program is designed to take participants to the true depths of their love and commitment. Being with facilitators Joyce and Barry
Vissell, who are so much in love after 43 years of being together, can be just as helpful as their powerfully effective teachings. We all carry some degree of negative programming from our past, and there are loving and effective ways to transform this programming into a positive and vibrant celebration of our connection.

The workshop will include: exercises and practices for the couples to do with each other, with one other couple, and with the group as a whole; coaching of each couple by the Vissells; meditations/visualizations designed to deepen the love in the couple; the support of other couples; time for sharing after each practice.

Participants will be shown: tools for deeper appreciation, communication building including healthy communication of feelings, our partner as a mirror (working with positive as well as negative projections), understanding and respecting each other’s differences, conflict resolution, healing past hurts, sexual wellness, inner child/inner parent, the art of deep apology, and developing a true inner connection.

CE credit for MFTs and LCSWs; see page 5.

Finding True Love
Daphne Rose Kingma

“Love,” says Daphne Rose Kingma, “is an experience of emotional and spiritual awakening to the unbounded bliss that is the true condition of our souls. Love is our one true human quest and an intimate romantic partnership its most fond and luminous expression.”

In this workshop, you will be guided in the spiritual and emotional preparations necessary to attract love into your life. Focusing on the four keys to true love—Faith, Intention, Trust, Surrender—you will be led on a step-by-step journey to self-knowledge that can liberate your heart. As you move through each process—resolving emotional issues from your past, healing relationship wounds, examining your myths about relationships, identifying your life theme (and discovering its effects upon your past relationships)—you can discover your own internal barriers to intimacy and gradually release them.

“This workshop is for people who are looking for a love in the highest and deepest form,” says Daphne. “It is for those who want to finally heal the pain of old unresolved relationships as well as those who can’t seem to bring themselves into alignment with the love that is already waiting to approach them.”

Activities will include meditation, exercises, and group process.

Recommended reading: Kingma, Finding True Love.

What’s Next? Reviewing and Revising 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 lingers? Whom have you not forgiven?
- 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?

Week of February 15–20

Gestalt and the Invention of Self: Five Days of Creativity
Alan Schwartz

Neuroscience has recently shown that we are truly authors of our own transformation—neurons continue to be born in the brain throughout life. We see ourselves and the world from our own singular points of departure, our own private intelligent illusions, and we are also able to craft these illusions into the temporal realities of our lives—which enables us to function with clarity and strength on through adulthood and into old age.

This week will be an experiential validation of the early concepts of Fritz and Laura Perls, which are now supported by the recent neurogenesis findings. These findings refute the common belief during Fritz and Laura Perls’s lives that brain neurons were fixed at birth. We are absolutely able to grow and self-actualize, and this activity is now supported by science.

The study of neurogenesis has also shown that stress and fixed patterns of behavior can block new neurons from nourishing the brain, hence the entire self. This validates the original Gestalt postulate of the awareness continuum: patterns of breathing, bodily armor, and fixed patterns of thought prevent the self from being fully realized.

We will work with the stress and blocks that prevent neurogenesis from charging the human energy system and freeing the organism to seek its potential. There will be appropriate didactic work. This workshop is for anyone interested in transformation, strength acquisition, and a meaningful identity.

CE credit for MFTs and LCSWs; see page 5.

Seduced by Earth: Deep Imagination, Soulcraft, and the Dreaming of Nature
Bill Plotkin & Geneen Haugen

What if Earth is trying to seduce us for her own purposes? What if Earth is dreaming through us, through our own deepest imaginings and allurements? What if the wild child that became the “human potential movement” was seeded by Esalen’s cliffs, ocean tides, hot springs, whales, and great trees as much as by the daring, creative humans drawn to this land? What if the wild blossom of your own most soul-rooted life could be pollinated by the exuberant land? As Rilke writes: “Earth, isn’t this what you want from us?”

Some places on Earth seem to summon our deepest emotion, expanded imagination, and greatest sense of possibility—both for our individual lives and for the community of all species. By entering the landscape, we enter its imagination, its atmosphere, its story. We are each an expression of the dreaming of Earth.

“At Esalen,” the leaders write, “we’ll explore what its wild sea, forest, canyons, curious gardens and creatures (human and other) evoke in us, how they animate our day- and night-dreams. Practices we’ll use include soul-oriented dreamwork, deep-imagery journeys, council, poetry, trance drumming, and dancing. We’ll encourage solo wanderings on the

See pages 94-95 for reservations, fees, accommodations, scholarship information, and discounts.
land with Soulcraft tasks designed to feed the mystery of our lives. We will live the question: If Earth is romancing us for her own purposes—very much the way the nectar lust of bees serves the desires of flowers—what wild child, what honey, will we create from this joining?”

Recommended reading: Plotkin, Soulcraft: Crossing into the Mysteries of Nature and Psyche. CE credit for MFTs and LCSWs; see page 5.

**Cinema Alchemy: Using the Power of Movies for Healing and Transformation**

Birgit Wolz

Movies affect us powerfully because the combined impact of music, dialogue, lighting, camera angles, and sound effects enables a film to bypass our ordinary defensive censors. They draw us into the viewing experience, but at the same time (and often more easily than in real life) afford a unique opportunity to retain a perspective outside the experience: the observer’s view.

Cinema Alchemy takes advantage of a movie’s impact to help participants change negative beliefs, manage destructive emotions, develop self-esteem, and grow in the face of a loss. Participants learn to watch films with conscious awareness (a form of mindfulness practice) and are introduced to other approaches derived from various spiritual traditions as well as from transpersonal psychology. Consequently, participants can learn to recognize aspects of their shadow self and, as they dis-identify, find inner truth and spiritual essence.

Like dreamwork, inquiries into emotional responses to movies open a window to the soul. How we relate to a film’s archetypal motives reveals our inner life. The workshop is designed to build a bridge between our realizations in “real” life and our experiences in real life, connecting us to our higher possibilities long after this workshop.

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

**Bowenwork: Australia’s Unique Form of Bodywork**

Karin Twohig

Help your body remember its own powers of healing with Bowenwork, a form of neuromuscular re-patterning that works primarily through the nervous system on structural and energetic levels. The technique is gentle and non-invasive yet very specific: it offers holistic pain relief by working on muscles, tendons, ligaments, and nerves to release both muscular and structural imbalances.

This cutting-edge modality is taught by Karin Twohig, CMT and owner of the Bowenwork School in Carmel. The workshop is designed for those who want to expand their professional repertoire with a new modality, protect themselves from repetitive strain injuries, and offer a unique opportunity for anyone interested in helping family and friends. There are no prerequisites.

Benefits of Bowenwork include:

- Corrected misalignments
- Relief of muscle tension and strain
- Restored lymphatic flow
- Improved meridians
- Rehydrated fascia, released adhesions, and softened scar tissue
- Psychological shifts

Bowenwork is safe and appropriate for everyone, from infants to athletes, and can be done through clothing. It has been successful in addressing back and neck pain, scoliosis, sporting injuries, TMJ and carpal tunnel syndrome, migraines, adrenal exhaustion, fibromyalgia, chronic fatigue, digestive complaints, colic, and respiratory problems including asthma.

Karin teaches Bowenwork in a relaxed yet focused atmosphere, mostly through hands-on practice that includes detailed demonstrations and explanations, supervised hands-on practice, and ample review of all procedures.

($75 materials fee paid directly to the leader)

CE credit for bodyworkers; see page 5.

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

Michael Mayer

Tai Chi and Qigong are initiatory traditions drawn from a lineage that includes self-healing, spiritual unfoldment, self-defense, and self-transformation through “shape shifting.” During this workshop, you’ll be initiated into Bodymind Healing Qigong, the ten-system integrative method that Dr. Mayer synthesized over 30 years of training. Learn why Standing Meditation Qigong has been called “the million-dollar secret of Qigong,” how the animal forms of Qigong can 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, stories from ancient wisdom traditions, and Tai Chi dance. Two-person self-development practices, Western bodymind healing methods, and psychomythological work round out this fusion of ancient and modern approaches to bodymind healing. Discover ways to work with common ailments—insomnia, anxiety, hyperension, chronic pain—as part of a lifelong preventative medicine program.

This workshop is oriented towards various health practitioners and anyone wanting to learn self-healing methods. It can be done with or without being part of the Bodymind Healing Qigong certification program. For details see Michael’s website: www.bodymind-healing.com, or contact drmichael@bodymind-healing.com.

Recommended Reading: Mayer, Secrets to Living Younger Longer: The Self-Healing Path of Qigong, Standing Meditation and Tai Chi; Bodymind Healing Psychotherapy; Bodymind Healing Qigong (DVD).

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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**Weekend of February 20–22**

**The Art of Happiness**

Charlie Bloom & Linda Bloom

The desire to experience happiness is the underlying motivation behind nearly all of our behaviors. Acts characterized as altruistic as well as those seen as selfish are all driven by an expectation that we will be happier as a result. Happiness does more than make us feel good; it enhances our health, our well-being, our relationships, the quality of our lives, even our longevity. Happiness is the experience that affirms that we belong in life, that we are who we need to be, and that the world is right as it is.

This is not a Pollyanna-ish concept that denies life’s challenges and difficulties, but rather a state of mind in which there is a sense of goodness, wholeness, and sufficiency that allows us to see life’s possibilities and blessings with clarity and hopefulness. In cultivating happiness, we don’t deny suffering but rather bring a perspective that allows us to experience ever-present grace and to see with eyes unclouded by delusion and fear.

Perennial wisdom reminds us that happiness is to be found within, not in pursuit of external rewards, yet the compulsion to look outside of ourselves is relentlessly reinforced by
our culture. The focus of this seminar is to de-condition the internalized tendencies to focus on changing external conditions and to strengthen our capacity to cultivate inner happiness. Thus we can more fully tap into the happiness that has always been within us, regardless of the external conditions of our lives.

The workshop will include interactive exercises, meditation, dialogue, and group process. It will also include suggested practices for the cultivation of happiness.

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

The Writing Life
Ellen Bass

Put your ear down close to your soul
and listen hard.
— Anne Sexton

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

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

For, while the tale of how we suffer, and how we are delighted, and how we may triumph is never new, it always must be heard. There isn’t any other tale to tell, it’s the only light we’ve got in all this darkness.
— James Baldwin

Conflict Transformation: Tools for Communicating and Resolving Conflicts in Everyday Life
Georgia Kelly & Kim Weichel

Conflicts provide an opportunity to improve relationships and increase understanding.

Managing conflicts successfully greatly enhances our quality of life, reduces stress, and gives us more confidence in daily interactions. With good communication and conflict skills, difficult dynamics can be transformed, leaving no reason to fear or avoid conflict.

This interactive workshop is an in-depth exploration of how to understand and transform conflicts in everyday situations. Practical skills include tools for clear and non-threatening communication, active listening, reframing of requests and needs, awareness of language choice, tone of voice, and non-verbal cues. We will also learn how to deal with difficult people and situations and successfully negotiate when there are power imbalances. We will examine conflict tendencies and personal reactive patterns and provide tools for self-assessment and conflict management.

In a safe and supportive environment, this workshop will incorporate discussion, role-play, and exercises in communication and conflict situations. Material for post-workshop study and practice will be provided.
Qigong and Inner Alchemy: Inner Elixir and the Practice of Pure Radiance

Roger Jahnke

No matter what form of spirit/mind/body cultivation you choose—yoga, Qigong (Chi Kung), or Tai Chi—the essentials of deepening your practice are not actually based in the “form.” Personal cultivation—Qigong—is not merely a set of techniques; it is a “way of being,” the roots of which tap entire worlds of wisdom: traditional Chinese medicine, Taoism (Daoism), Buddhism, Confucianism, ancient quantum systems, and the transcendent shamanic realms (Dancing Wu Li Masters).

“In this workshop,” writes Roger Jahnke, “we will begin by exploring a simple Dao Yin Qigong called Vitality Enhancement Method (self-healing, medical Qigong) to use personally and to share with family, friends, patients, clients, and colleagues. Then, drawing on the ancient Tao Te Ching (Dao De Jing), we will cultivate the great ‘Way’ through special Qigong methods—Natural Flow Qigong and the Nine Phases of Mastery—to cultivate inner elixir: the medicine within. Finally, we will explore the Secret of the Golden Flower, a highly refined form of traditional ‘elixir alchemy’ renowned for its merging of Taoism, Confucianism, and Buddhism. The most profound medicine for the spirit/mind/body is produced within us and, at its most refined, the elixir is the light within.”

Health professionals, beginning students, and those who seek healing are all welcome, as well as experienced Qigong, Tai Chi, and yoga practitioners and teachers. For more information, visit www.FeeltheQi.com.

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

CE credit for nurses; see page 5.

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 2-4.

Limitless Mind and the End of Suffering

Russell Targ

In this workshop, physicist/consciousness researcher Russell Targ describes how we can surrender the story of who we think we are and experience the end of suffering. This path can provide direct experience of the peace, love, and spaciousness we all seek—in fact, it is who we are. The workshop blends the enduring teachings of the East into a modern framework that emphasizes experience over belief.

Buddha taught us to live a helpful and compassionate life, to surrender our ego to the peace of spaciousness. His Middle Path was expanded by the second-century genius Nagarjuna. Where Aristotle taught that an idea is either true or false, Nagarjuna demonstrated that most things are neither true nor not true. The so-called complementarity of waves and particles in modern physics supports this view, as does the indeterminacy theorem of Kurt Gödel. The modern physics of nonlocality and our own laboratory experience with remote-viewing (psychical) research all show our potential for expanded awareness.

Targ, cofounder of the Stanford Research Institute’s psychic research program, will describe the evidence for extrasensory perception, precognition, intuitive diagnosis, and distant healing. The program will teach participants how to recognize the psychic signal, how to separate it from the mental noise of memory, imagination, and analysis, and why we should bother with ESP. Finally, there will be individual lessons in remote viewing (as in the successful Stanford program) and discus-
sion of how this awareness can lead to a discovery of who we really are.


CE credit for MFTs and LCSWs; see page 5.

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**Week of February 22–27**

**Trauma and the Restoration of Self: The Marriage of Brain Science and Physical Experience**

Bessel van der Kolk & Rachel Kiehl

Traumatized people continue to react to current experience as a replay of the past. This workshop presents how the brain develops through attuned rhythms and resonances, and how development is disturbed by the impact of trauma on the body and self-experience. Participants will experience how they can regulate their focus, excitation, and serenity with rhythms, breath, movement, storytelling, and neurofeedback. "We will practice ways of befriending our bodies and explore how we can integrate the fragments of the past with EMDR (Eye Movement Desensitization and Reprocessing), theater, and movement," the leaders write. Bessel van der Kolk, medical director of the Trauma Center in Boston, and Rachel Kiehl, counselor for individuals and couples, combine neurosciences with ancient forms of art and movement to present an innovative path toward healing.

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

**Pieces of the Yoga Puzzle**

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 overcome the emerging obstacles encountered in your yoga practice. The emphasis will be on alignment and foundation to establish a successful posture. The more you practice yoga with the emphasis on “practice,” the more you will discover what your mind and body are capable of allowing. This program is designed to bring together some of the misunderstood pieces of the puzzle.

The workshop will be a time of rest and discovery. Sessions will combine breathing, chanting, and active and restorative yoga practices with sound principles of stability. The objective is that you gain the inner wisdom to access your spine and joints - all with a clearer understanding of movement.

Please bring your own yoga mat.

**Acting 101**

Jack Thomas & Gabe Cohen

Have you ever been watching actors perform when the thought suddenly came to you that you could do it better? Then what usually follows is all the negative self-talk: It would take years of training. I’m too nervous, too old, too unattractive, etc., etc. The little secret here is that you are perfect as you are and that you absolutely can do it better!

This is a five-day workshop where you can have a heck of a lot of fun and learn a technique that lays the groundwork for auditioning for theater, TV, or film. Or maybe you just want to experience the life skills that acting training provides. Using Second City improvisational technique as well as a distillation of Stanislavsky and Strasberg, Meisner and Method, the class will explore, stimulate, and excite in a warm and supportive environment. The workshop will incorporate theater and improv games and students will immediately jump into scenes and monologues—perhaps chosen from their own favorite pieces (scripts will also be provided as desired).

The workshop is geared for someone without previous training or experience but is also a great five-day intensive for those more advanced. You won’t be bored.

**Not for the Feint of Heart**

Mariah Fenton Gladis & Bruce Cornwell

This workshop is not for the feint of heart—nor 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 known for her effective and innovative use of music to enrich the workshop experience.

A twenty-seven-year survivor of ALS, Mariah speaks with what she calls her “ALS accent.”

Recommended reading: Gladis, Tales of a Wounded Healer.

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

**Esalen® Massage Inspired by Poetry and Didgeridoo**

Robin Fann-Costanzo & Sylvia Guersenzvaig, with Corey Costanzo

Are you ready to be inspired in your work? This is a workshop for massage therapists and bodyworkers who are eager to reconnect with themselves and their passion for massage.

During this week, the leaders and participants will create the foundation to inspire each other by connecting with the essentials of Esalen Massage: presence, quality of touch, breath, and flow with a background of ocean waves, poetry, and live didgeridoo music.

Along the way, we will address specific problem areas of the body, such as neck, shoulders, arms, and low back. Specific techniques will be demonstrated, ranging from rotations and stretches to more subtle, yet deeply effective methods of working with the body.

The leaders will introduce a variety of self-care and movement practices, including meditations and various exercises, with plenty of time to rest, bathe in the hot springs, and enjoy gourmet meals surrounded by the beauty of Esalen and Big Sur.

Come ready to fill your cup, renew yourself, be inspired, and learn new techniques in a loving, nurturing, joyful environment!

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.
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 mark 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.

Weekend of February 27–March 1

The Sustainable Self

Mariah Fenton Gladis & Bruce Cornwell

We hear a lot these days about sustainability. Usually the conversation revolves around agricultural practices, sustainable development, environment concerns, the way we run our businesses. Even the corporate world has jumped in with sustainable business practices and green homes.

What about you? Do you manage and maintain your life in a way that optimizes potential for sustainability? How do you nourish your heart, mind, body, and spirit? Do you play and enjoy enough to sustain happiness? How do you replenish after meeting the demands of your life? Whether you want to create healthier relationships with yourself and others, bring more value and meaning into your life, or contribute more to the world at large, you’ll need a compassionate and sustainable commitment within a healthy life. In this workshop you can:

• Learn the regenerative balance of giving and receiving
• Investigate the unfinished business that is impinging on your personal effectiveness
• Learn the power of compassionate contact skills for facilitating change inside and out
• Reexamine and redefine your life’s mission in an environment of mutual trust and support
• Learn to provide for yourself in ways that accommodate your true needs
• Practice entering joy

A twenty-six year survivor of ALS, Mariah speaks with what she calls her ’ALS accent.’ Bruce Cornwell will translate. Mariah’s creative use of music will weave through the fabric of the workshop.

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

Relationships at Work in the New Age 2.0: A Worldwork Seminar on Relationship Coaching and Facilitating Small Teams

Max Schupbach & Ellen Schupbach

Civil rights actions and the women’s movement facilitated new ways of working with diversity and mutual respect, and helped make power and rank awareness politically correct. The New Age brought shamanic concepts and indigenous wisdom into the spiritual practices of many. In the rising age of post-globalization, a “New Age 2.0” is emerging, in which all these elements come together to create new ways of looking at work, creativity, and self-realization for teams, individuals, and organizations. In this seminar, participants will learn Worldwork Coaching and Facilitation tools to enhance and empower many dimensions of one-on-one and team relationships. As a Worldworker, you need not be a neutral observer. You can instead be like a musician in a jam session—bring in your own musical talent to jam along with your fellow players. Worldwork integrates Australian Aboriginal Dreamtime concepts and elements of quantum mechanics with cutting-edge conflict management and team development theory. Come play and work with leaders Max and Ellen, learn awareness-based methods to be yourself and include others, and be a change agent for all of us in the process.

CE credit for MFTs and LCSWs; see page 5.

The Power of Integral Transformative Practice: The Embodiment of Esalen

Pam Kramer & Barry Robbins

Integral Transformative Practice was created by Esalen’s co-founder, Michael Murphy, and President Emeritus George Leonard, distilled from their collective experience at Esalen over the past 40 years. This workshop introduces a practice that involves movement, meditation, and mind/body practices leading you on an inner journey to realize your inborn genius.

Each of us has an infinite capacity for creative evolution. Our destiny may well be to evolve our capacities to live a life that would now be termed extraordinary. A most effective path to our latent powers lies in a long-term practice which integrates body, mind, heart, and soul

The Power of Practice, led by certified ITP trainers Barry Robbins and Pam Kramer, offers the direct experience of Integral Transformative Practice, an exploration and study of consciousness, and a daily practice for increased vitality, fulfillment, and joy. In this workshop, you will learn about:

• Body as a wise teacher using Leonard Energy Training (LET) exercises
• Creation of effective affirmations to manifest healthy changes in your life
• ITP Kata, a 40-minute integration of physical, mental, and spiritual exercises
• Balancing and centering, breathing practices, and focused surrender
• Heartful, effective communication with yourself and others

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

Recommended reading: Leonard & Murphy, The Way of Aikido; Murphy, The Future of the Body.

Living a Passionate Life: Reawaken Your Sensual Power and Abundant Energy

Rachel Abrams & Lisa Carlton

Do you want to reconnect to your natural, playful, sensual self? Do you want to play
within a circle of other dynamic women who are exploring their greatest potential.

“In this women-only workshop we will create sacred community together through deep exploration, laughter, and artistic expression,” write the leaders. “We will draw on the wisdom of 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. Each woman can explore what prevents her from experiencing the fullness of her desire and sexual pleasure and have the opportunity to begin clearing those places that hold her back.

“We will use personal and group processing, dance and movement, meditative practices, artistic expression, and empowering and celebratory rituals. Our emphasis is always on creating a safe environment, remaining present and honest, and having a lot of fun.”

For workshop questions, please e-mail livewellisa@yahoo.com.

Recommended Reading: Abrams, The Multi-Orgasmic Woman: Discover your Full Desire, Pleasure and Vitality.

**The Body Keeps the Score: Mind, Brain, and Body in the Transformation of Trauma**

Peter Levine & Bessel van der Kolk

This workshop unites two of the leading figures in the field of trauma research and body-oriented treatment approaches. Together they will explore the implications of recent findings in the neurosciences, from how the brain and body deal with emotional information to an understanding of effective therapeutic action.

The leaders will show how the trauma response is a specific defensive bodily reaction that people initially mobilize in order to protect themselves, and then use against feeling the totality of their horror, helplessness, or pain. However, in the long range this response keeps them frozen, stuck in the past, unable to fully be in the here and now. Fixed in the defensive trauma response, the shame, defeat, and humiliation associated with the original event replay themselves over and over again in the body, detached from history, but experienced in the present.

Traditionally, therapies have attempted to change perceptions of the world by means of reason and insight, along with conditioning, behavior modification, drugs, and medications. However, perceptions remain fundamentally unchanged until the internal experience of the body changes. Even after the death of a loved one, physical injury, rape, or assault, people can learn to have new bodily experiences, then come to heal and accept what has happened and create new lives and new communities.

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

**Week of March 1–6**

**Wild Serenity**

Camille Maurine & Lorin Roche

Wild Serenity is a radically liberating, deeply revitalizing week of meditation, movement, and energy practices. The workshop explores the interplay between meditation and expression—the way that contact with the soul inspires dynamic engagement with the outer world, which in turn contributes to a rich inner life.

Meditation can be defined as paying attention to the current of life and love flowing through us, and riding it inward to our essence. This is an instinctive ability, a way of accessing inner wisdom, and we all can do it. The course alternates sitting and moving meditations that awaken the senses, soften the heart, and stretch the muscles of the mind. Through body awareness, sound, and breath, you gently and gradually let more life force stream through you.

In this approach, you learn to embrace the fullness of your nature—vastness and vulnerability, sensuality and surging power. You will discover that what might seem like obstacles—raw emotions, restlessness, desire—are actually gateways into vitality, renewal, and creativity.

Living and loving fully takes courage and all the inner resources one can muster. Drawing on three decades of teaching and 23 years of relationship, authors Maurine and Roche share their experience with humor and compassion. If you’ve given up on meditation, or are ready to take your practice to a new level; if you want to tap into more joy and inspiration; if you long for more intimacy with yourself and others, then perhaps it’s time for Wild Serenity. This course is also useful for those in the helping professions.

Recommended reading: Maurine & Roche, Meditation 24/7 and Meditation Secrets for Women; Roche, Breath Taking and Meditation Made Easy.
CE credit for MFTs and LCSWs; see page 5.
CE credit for bodyworkers; see page 5.

**It Won’t Hurt Forever:**

**The Ordinary Miracle of Healing**

Peter Levine

While trauma is a fact of life, it does not have to be a life sentence. In this workshop participants will have the opportunity to explore the possibility that the traumas and obstacles in their lives also hold the potential for genuine emotional and spiritual growth and self-transformation. For this to happen, it may mean having the courage to give up old “victim identifications” (that have long been our “friends”) and trust in the emergence of a deeper, more authentic sense of self.

In this experiential and didactic workshop, Peter Levine, a pioneer in stress and trauma for thirty-five years and author of the bestselling book Waking the Tiger, Healing Trauma: The Innate Capacity to Heal from Overwhelming Experiences, will work with individuals in a supportive group setting. In addition, body-centered awareness exercises, small-group work, and journaling will be used to support participants in their healing journey.

This workshop is open to both professionals and nonprofessionals. There will be the opportunity, if participants wish, for short discussion of their work to enhance the learning process. Please bring a notepad and pen.

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

**Weekend of March 6–8**

**Drawing Out Your Soul:**

**An Experience of Touch Drawing**

Deborah Koff-Chapin

Touch Drawing is a simple yet profound process wherein the fingers take the place of pen or brush: Paper is placed over a freshly painted surface and as you touch the paper, an imprint is made on the underside. The speed and immediacy of the process allow you to create many images in each drawing session. Impulses well up from the unconscious and take form effortlessly on the paper.
unexpected changes in the behavior and moods of their children—not associating these alterations with adaptations made by their kids after some seemingly minor mishap. This workshop explores how the effects of trauma can result not only from catastrophic events such as abuse, violence, death of loved ones, and natural disasters, but from ordinary events that affect many of our children. Symptoms such as anxiety, nightmares, aggression, hyperactivity, depression, and physical illness may develop even after everyday incidents such as accidents, invasive medical procedures, sports injuries, witnessing violence in the media, divorce, loss, and separation.

However, thankfully, children have a vibrant, innate resilience and are able to rebound with appropriate support. In fact, with our presence and guidance our kids can actually become more resilient, competent, and joyful. This workshop will explore strategies both for the prevention of trauma and for helping traumatized children recover. The program will look at approaches for utilizing Somatic Experiencing®, art, and play. In addition, the course will explore working with groups, including in the neighborhood or classroom.

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


The Yoga of Regeneration
Mark Whitwell
This weekend offers a nurturing, regenerative weekend of yoga in the ancient restorative atmosphere and healing waters of Esalen. When you make a promise to practice yoga, yoga will meet you at every level, offering healing solutions to your unique needs. During this weekend you will learn an authentic yoga practice that takes you into account. It is not a real yoga for real people. By the end of the weekend, you will have a practical yoga designed personally for you, with your health, age, and lifestyle fully considered. The gifts of this yoga can benefit all aspects of your daily life—health, intimacy, well-being, and joy.

It is not enlightenment we want, but intimacy with life in every aspect. This intimacy and unity with life is freely available to everyone, even amidst our difficulties. A promise to yoga is an interwoven, mutual promise. You promise to practice yoga seven minutes each day, naturally, not obsessively. You open yourself to the gifts that yoga can give back.

This workshop is suitable for everyone: long-time or beginning students of yoga.

Week of March 8–13

Sharing the Path: A Retreat for Couples
Judith Ansara Gass & Robert Gass, with Donna Macomber
Do you want to infuse your relationship with renewed passion, skillful communication, mutual respect, heart-to-heart intimacy, and joy? Are you ready to put an end to blame and disappointment and join with your partner in crafting a life-giving relationship to which you can both say a joyful and wholehearted “Yes!”?

Offered for over 25 years at centers around the world, this safe yet intensive experiential retreat has helped hundreds of couples make deeper intimacy, partnership, and love part of their living reality.
You will be challenged and supported as you break free of destructive habits and receive guidance in the skills and practices of conscious relationship, including: authenticity, self-responsibility, empathy, appropriate boundaries, sacred sexuality, deep listening, and effective problem solving. After learning and sharing important skills that will help you to continue to grow and open in your ongoing life as a couple, you will return home with a profound experience of the full, loving potential of your relationship.

This workshop has proven extraordinarily beneficial for all couples—old or new, couples in need of healing or couples in love seeking enrichment. Same-gender couples are warmly welcomed.

**Biosynthesis: Essentials for Embodied Psychotherapy Practice**

Gabriele Hoppe, JoAnna Chartrand & Dyrian Benz

Biosynthesis is a somatic psychology approach evolved by Dr. David Boadella and includes lectures, treatment exercises, and meditations to enhance the participant’s quality of life as well as to inform the participant’s professional skills.

This integrative study of the practice of body-oriented psychotherapy addresses the whole human being, which includes body, psyche, and soul, as well as the transpersonal dimensions. Participants will become acquainted with basic theories and methods that constitute some of the major somatic-psychological practices and their clinical application. Topics include body and breath awareness, self-regulation, the embodied therapist, the facets of experience, and the body as gateway to presence.

This course is part of the Santa Barbara Graduate Institute Certificate Program in Relational Somatic Psychology. The Certificate Program is inspired by the SBGI somatic psychology post-graduate academic curriculum and consists of a rotating series of practice-oriented and academically sound Relational Somatic Psychology courses. For further information, including special registration instructions, see Special Programs, page 80.

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

**Transforming Trauma with EMDR: Advanced Clinical Workshop and Refresher Course (Part 3)**

Laurel Parnell

In this workshop participants will have the opportunity to refresh their technique and review Eye Movement Desensitization and Reprocessing (EMDR) protocols and procedures, consult on their difficult cases, watch demonstrations, and practice EMDR in small supervised groups. Instruction will focus on using EMDR with complex cases, resource development and installation, target development, and cognitive interweaves.

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

Recommended reading: Parnell, *Transforming Trauma: EMDR,* and *EMDR in the Treatment of Adults Abused as Children.*

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

**Making a Difference: Creating a Sustainable World**

Maggie Seeley & Kat Steele

Every one of us has the capacity to live in harmony with our world and all its inhabitants, and to use its resources wisely. Each one of us makes a difference. This seminar is designed to empower you to make thoughtful, practical, and joyful choices, and to create a compelling personal or organizational vision and an inspiring action plan for a conscious, sustainable future. In this workshop you can:
• Define and refine your ecological footprint
• Learn about permaculture principles and the eight levels of sustainability
• Explore sustainability in the home, office, community, environment, and world
• Learn how to become an inspiring leader for change
• Develop your personal Sustainability Vision
• Create a personal or organizational action plan with easy daily steps

This course is ideal for green business owners and employees, nonprofit leaders, social entrepreneurs, youth leaders, change agents, government employees, and individuals in life and career transitions. Drawing on the principles of natural capitalism, the triple bottom line, permaculture, whole systems thinking, spiral dynamics, deep ecology, and feng shui, the seminar offers creative solutions and opportunities for deeper exploration.

Participants will visit sustainable projects at Esalen and in Big Sur, access community networks for more information, get a buddy for ongoing support, be inspired, and have fun. Activities include yoga, meditation, games, walks, fire ceremony, community-building exercises, hot tubs, and midnight dancing.

Yoga: On the Way Home
Thomas Michael Fortel

"Many students comment that for the first time in their lives they have come home into their bodies, into their spiritual Self, through the practice of yoga," writes Thomas Fortel. "As we engage in a consistent yoga practice over a period of time, there is a remarkable and mysterious unfolding, both experienced and observable. We access our inner self through the physical body, and experience a sense of Unity Consciousness.

“This reflects the nature of yoga, the integration of matter and spirit. There is a simple quality, natural and organic, about the yoga practice. And so it is with the yoga retreat. In this workshop we will focus on our asana practice, giving attention to the subtle details of the yoga postures, yet equally aware of the rhythm of the breath and the quietness of the mind.

“Mornings will begin with meditation and pranayama, followed by a light breakfast and an active morning practice. In the afternoon, we will gather for a softer, more restorative yoga practice. There will be time for questions and answers, bathing in the hot mineral waters, and plenty of fun.”

Please have a minimum of 3-6 months of recent yoga practice.
CE credit for nurses; see page 5.

Dangerous Writing
Tom Spanbauer

“What makes writing dangerous,” Tom Spanbauer writes, “is something personal, very small, and quiet. In this class we will be
In this experiential workshop, participants will focus on finding those sensations and feelings that have been held inside, often beyond our conscious awareness. Students will work to bring about the healthy integration of the body, mind, and spirit, which allows the body to regain its natural aliveness and vitality. This workshop will apply Bioenergetics, laughter, expressive movement, and the stillness of meditation, inviting students to expand their ability to see, hear, sense and feel.

Becoming a Leader
Gustavo Rabin
Working within an organization or as an entrepreneur, at some point or other you will find it increasingly difficult to get to the next level in your field. There are aspects of yourself and your leadership style that function as impediments to that next step and make you hit your own personal “ceiling.”

The focus of this workshop is to identify what creates that ceiling, to make it visible and to provide the tools, maps, and processes to break through it. In a respectful and supportive learning environment, participants will identify their growing edge: the problem areas where increased attention, focus, and improvement could benefit them greatly. As part of this process participants will have the option to complete an online, proprietary, research-based leadership profile that will identify their leadership style. In the workshop, participants will also create a developmental path and an action plan to gain the skills, competencies, and access to their personal and unique leadership style that will consistently help ensure business success.

This coaching process is intended for those with an interest in improving their own leadership effectiveness in all environments—for profit and non profit—no specific background is required.

Being Present for Your Life: Introduction to Mindfulness Meditation
James Baran
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 MFTs and LCSWs; see page 5.
CE credit for nurses; see page 5.
CE credit for bodyworkers; see page 5.

Biodanza®: The Dance of Life (Initiation of The Abundance®)
Jaquelin Levin
Biodanza, or “dance of life,” is a system of human integration and organic renovation that utilizes music, movement, and emotion to reduce stress, release emotions, and promote health. Biodanza was created in Chile in the 1960s and has since developed into a global movement to help people manifest their life’s purpose by reestablishing an original link with the species as a biological totality. The system of Biodanza has roots in anthropology, psychology, biology, philosophy, and shamanism. Through the various dances, participants rel learn and refine their essential instinctive human needs.

“Movement is our most primordial form of expression,” says Jaquelin Levin. “In Biodanza we access this primality—our original essence—and we organically comprehend that we have been born with an amazing potential to express all our human possibilities to the maximum. In order to do that we need to nurture the soul. Biodanza is, indeed, this food for the soul. It is for everyone.

“The group is central to the Biodanza experience. In this safe space we can surrender to the music, the universe, and become THE abunDANCE!” For more information, please see www.biodanza-dancesoflife.com or www.biodanzausa.com.
Healing of Heart and Mind
Fred Luskin

Most human beings have suffered rejection, mistreatment, and/or betrayal, and the wounds hurt. This workshop will examine why and how some people successfully maneuver through these painful experiences and why others remain stuck. Changing how one feels and reacts to life's experiences is difficult but not impossible. Through the sharing and processing of experience, participants will work to understand how the emotions of sadness, frustration, and anger arise and how they can work to change those feelings.

“Grief is one part of this healing journey and forgiveness is another,” says Fred Luskin. “Each one of us can learn to let go of old hurts and in the process become less likely to create new ones.” Through the use of techniques such as lecture, journal writing, and guided practice in disputation and existential understanding, forgiveness will be presented as a choice. The cognitive practices will be complemented by guided practice in mindfulness and a variety of positive, emotion-based imagery techniques designed to help get in touch with the heart's unlimited restorative potential.

Uniting the mind and heart and letting go of old hurts is an expression of the soul's desire for connection and harmony. With insight, patience, and practice, it is possible to work with and past the emotions that prevent us from moving forward in our lives.

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

Experiencing Esalen
Experiencing Esalen Staff

For workshop description see January 2-4.

Week of March 15–20

Retreat with Gangaji

“There is a special power in gathering together in support of one another’s awakening,” Gangaji writes. “To spend five days and nights in a beautiful, natural setting, focused solely on the most earnest questions of the heart, is a rare and precious opportunity.”

Retreats with Gangaji provide a sacred, restful environment for the deepest inquiry into the truth of one’s being. By gathering together for an extended period, a rare and profound support is experienced for the direct recognition of eternal peace, always present at the core of one’s own heart. It is a safe space in which to tell the truth about what really matters, what you truly want, and to let yourself sink into the vast simplicity of being. And in this simple beingness, you can realize without a doubt that the source and wellspring of all happiness and wholeness is already alive within you as the truth of who you are.

Weekend of March 20–22

Finding Yourself in the Formless Form: An Investigation of Tai Ji Practice
Chungliang Al Huang & Robert Walter

This weekend will be an experiential exploration of the movement vocabulary and philosophical perspectives fundamental to the Tai Ji form developed and championed by Living Tao dancer Chungliang Al Huang.

Joseph Campbell Foundation president Robert Walter, who again joins Huang for their annual investigation of the interpenetration of ancient Eastern practices and contemporary Western insights, describes this year’s activities as being about “in essence, the story of the five elements, the eight directions, and you.”

Prepare to be inspired, stimulated, and provoked, for Huang’s and Walter’s collaboration promises to provide each Tai Ji dancer, whether neophyte or adept, with a more profound and visceral understanding of the importance of developing and sustaining his or her own, unique practice.

Human Rights Activism: Joining the Family of Doers
Jack Healey

“In this workshop I invite you to discover how a simple vision and simple desire can achieve big things without money or power,” writes Jack Healey. Healey is the former director of Amnesty International-US, and the founder of the Human Rights Action Center in Washington, D.C. “And I want you to help with your stories. The first person to help is yourself, but you cannot stop there. The least of this world need something we may be able to deliver or send or organize—a belief system that says if I have some, others may need a part of it. That could be wealth, but more importantly, the world’s suffering people need your brain, your vision, your hopes, and your decency.

“And the world needs your stories. Warming the heart with stories that can motivate could unleash a new power in the world, a new force not seen before, a drop of decency into Darfur or a help to Haiti that allows them to eat a good meal from their own labor. This workshop is my attempt to motivate participants to action. I hope I can help you see the big picture of human rights abuses without getting scared or frozen by its brutality. I want you to feel the family of doers and become one yourself.”

This workshop is energized with opportunities to reach into other lives with empathy and promised delivery—to have a better, clearer vision of the future for your own action and deeds.

Rosen Method Bodywork: Accessing the Unconscious through Touch
Jane Malek

Marion Rosen’s vision of Rosen Method Bodywork and Movement has brought her recognition as an international pioneer in the field of body-oriented therapies. At the heart of Rosen Method is the practitioner’s keen sense to see a person’s true essence, often hidden underneath chronic holding patterns. Using skillful touch, gentle yet deep, the practitioner contacts the client’s unconscious, allowing essence to emerge. During her career as a physical therapist and health educator, Marion Rosen developed her unique approach to bodywork, movement, and self-transformation by observing the process of her patients.

This workshop introduces the touch that accesses the emotional material held in the unconscious parts of our bodies. Participants will be taught to deepen awareness, observe the wisdom of the natural breath, and experience living more from personal truth. The group process will amplify the opening to feelings that have long been stored as muscular tension. Rosen Method Movement helps to integrate these feelings and physical shifts into daily life. The workshop explores how both modalities complement each other and emerge from the same theory. Students will be shown how to:

• Use hands that listen rather than manipulate
• Notice how chronic muscle tension is held in the body
• Use subtle changes in the breath to follow the relaxation process
• Allow unconscious feelings, attitudes, and memories to emerge
• Remain vital and joyful while moving to music

This workshop qualifies toward certification as a Rosen Method Movement teacher. See www.RosenWest.org.

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

Find Your Inner Rhythm by Studying World Rhythms
Matthew Montfort

Learn the real musical knowledge behind the sacred music of the world. Based on Matthew Montfort’s rave-reviewed book Ancient Traditions—Future Possibilities: Rhythmic Training Through the Traditions of Africa, Bali and India, this workshop is presented in an easy-to-follow, entertaining, and educational format for all music lovers. African polyrhythms, Balinese kotèkan, and Indian rhythmic cycles were chosen as the source material for this program because these three traditions, in combination, cover the major types of rhythmic organization used in most of the world’s music. Not just for musicians and percussionists, this training can help anyone with a desire to improve his or her rhythmic skills.

Timing is everything, and learning the ancient rhythms of the earth can help one to be more in tune with life. No musical background is required.

($55 materials fee for the Ancient Traditions—Future Possibilities rhythm workbook, unless you already have a copy)

CE credit for teachers; see page 5.

Awakening the Heart
Joe Cavanaugh

The Tragedy of a man’s life is what dies inside him while he still lives.
—Henry David Thoreau

We are born with an abundance of creative energy, vitality, and aliveness. Yet, simply by living in an imperfect world, we have all experienced some degree of wounding of the heart, causing us to retract our love to protect ourselves against further hurt. We then develop strategies to survive in a world of uncertainty and change. These defense strategies, once essential for our survival, now simply perpetuate our own suffering while further alienating us from who we really are.

Through personal and interpersonal processes, including Gestalt, psychodrama, meditation, and other self-awareness tools, this workshop is designed to assist participants in identifying and working through their own self-imposed limitations and thus reclaim the true identity of their authentic selves.

This requires the courage to awaken the heart from its slumber (from Latin, courage cor means heart!) and embrace life to its fullest, including the full range of our human emotions. This, once again, opens us up to the wellspring of joy and gratefulness (great-full-ness) that comes naturally from just being fully alive!

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

See pages 94-95 for reservations, fees, accommodations, scholarship information, and discounts.
Mosaic Art: From the Ordinary to the Extraordinary
Jayson Fann

To invent you need a good imagination and a pile of junk.
—Thomas Edison

Mosaic is the ancient art of assembling and adhering variously colored and textured material, such as tile, stone, and stained glass. Known for its rich texture and visual depth, mosaic is found throughout the world. Whether an intricately-tiled portrait or a table in your home, mosaic is a medium that transforms the ordinary into the extraordinary.

In this workshop, students will be provided with a wealth of colorful tiles and stones, stained glass, jewels, and trinkets with which to create. (Soon the sound of your favorite dish shattering will ring with the delight of artistic possibility.)

Participants may work on a range of projects—a hanging mirror, a lamp or small table, a sculpture, a garden stepping-stone. By the end of the workshop students will have completed several projects to take home with them.

($40 materials fee paid directly to the leader)

Week of March 22–27

Dancing with the Spirits
Felix Pupy Insua & Catherine Calderon

“Salsa Can Save the World!” ran a recent headline in an L.A. newspaper. The article explored the worldwide explosion of interest in salsa music and dance. What is it about this form that has captivated so many people? The Cuban music/dance known today as salsa, rumba, or mambo has roots around the globe. Deeply influenced by African rhythms, and joined with European orchestral music, this rich, complex, intoxicating music even has Indian, Asian, and indigenous influences, making it truly a “world” culture. There is no easier way to free your spirit and connect with heart-bursting joy than to hit the dance floor to a blazing salsa tune.

In this workshop, participants will learn versions of several dance forms: Afro-Cuban folkloric, Spanish- and African-derived rumba, and dances such as salsa, merengue, and mambo. Fundamental drum rhythms and call-and-response chants to invoke the energies of Yoruban gods and goddesses will be taught. Yoga poses and deep-relaxation techniques will help open the body and prepare for the rising of Spirit. And of course there will be plenty of blowout dance partying! Participants will experience the deep, soul-shaking effects of opening heart and body to one’s own internal rhythms as they respond to the call of the drums. This workshop is for everyone, from professional dancers to “can’t drag me out on the dance floor” types. The combination of the expansive, ecstatic celebration of Afro-Cuban drumming and dance joined with the reflective, relaxing aspects of yoga offers a powerful opportunity for freedom. Come dance with the Spirits!

The Foundations of Nervous System Energy
Jim Kepner & Carol DeSanto

“Nervous System Energy Work (NSEW),” Jim Kepner writes, “is a hands-on energy method drawing on principles of Bill Gray, an energy healer whose remarkable healing ability was
described in Ruth Montgomery’s *Born To Heal*. We have extended his insights into a modern approach to subtle energy work which has profound implications for health and consciousness disciplines.

“The nervous system is a magnificent system of subtle energy which nourishes and clears our cells, organs, and body systems, and enhances our vitality. NSEW is often experienced as having immediate and palpable effects on the body and on awareness. NSEW also links together the nervous system with the subtle energies of the chakra system, helping us to access profound states of consciousness, and offers a sophisticated approach to spiritual development and inner balance. Our work has been applied in areas as diverse as chronic disease, pain and pain syndromes, psychological and physical effects of trauma, body psychotherapy, and personal and spiritual development.”

This hands-on foundational workshop will teach the principles of NSEW including:

- How to identify, match with, and run an individual’s specific nervous system energy
- Practices to fill and clear the nervous system and a basic treatment sequence
- The relation of nervous system energy to health and disease
- Meditations which open access to energy and flow through the nervous system

This workshop will be of interest to integral health practitioners, massage therapists, energy workers, body-oriented psychotherapists, and anyone interested in subtle energy and consciousness.

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

**Rest, Rejuvenation, and Renewal**

*David Schifman*

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 Rs 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.”

“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.”

**Once Bitten, Twice Shy: A Mythological Toolbox (16th edition, revised)**

*Robert Walter & The Joseph Campbell Foundation*

Every year for more than two decades, Joseph Campbell celebrated his birthday (March 26th) at Esalen. To explain why, he told of the day that Carl Jung suddenly realized “What it means to live with a myth, and what it means to live without one.” Jung asked himself, “What myth am I living by?” Finding that he did not know, he wrote “I took it upon myself to get to know ‘my’ myth, and I regarded this as the task of tasks. That’s what a birthday is for,” Campbell would conclude, “and that’s what Esalen is about.”

In March 1988, five months after Campbell’s death, some of his friends again met at Esalen in late March for what had by then become an annual event, the Campbell Week: an unbroken progression of springtime gatherings.

The only prerequisites for our “playshop” are a sense of humor and the ability to play well with others. We will use an eclectic array of tools in our exploration of mythmaking. We might dance or sing, talk or sit quietly; make music, masks, altars, or medicine bundles; tell stories, decode films, unravel dreams, kindle visions. We will mix solo exercises, small-group activities, and collective projects to provide opportunities for both reflection and expression. Yet, always, our talk is of transformation: Who are you? What childhood stories were impressed upon you? What did you treasure in your youth? Who are you? What is enshrined on your mantle, hung from your rearview mirror, and what lies forgotten in the basement? Who do you aspire to be? What new adventures do you envision? What face do you hope to see in the mirror? Please bring a small totemic object that is both meaningful and expendable.

Foundation president Robert Walter will be joined by Caldecott-award-winning author and artist Gerald McDermott (www.geraldmcdermott.com), Tai Ji dancer Chungiung Al Huang (www.livingtao.org), and other special guests.

For more information contact the Foundation at www.jcf.org.


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

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**Weekend of March 27–29**

**How Great Companies Get their Mojo from Maslow**

*Chip Conley & Vanda Marlow*

Chip Conley, author of the bestseller *Peak*, leads this weekend workshop on how you and your company can use the principles of Abraham Maslow’s Hierarchy of Needs to create a more self-actualized employee, customer, and set of investors. Twenty years ago, Chip founded Joie de Vivre Hospitality, which has become America’s second largest boutique hotel company. During the travel downturn of 2001-2004, Chip reconnected with Maslow’s work and developed an operating business theory that suggests “peak experiences create peak performance.” Seeing that this theory paid big dividends, both financially and emotionally, within his company of 2,500 employees, Chip began to study companies like Google, Genentech, Southwest Airlines, and Whole Foods Market. He found that Maslow’s influence was profound in these peak-performing companies.

To get the most from this workshop, the leaders’ recommend reading Chip’s book, *Peak*, and coming to the workshop prepared to talk about how your company or organization might apply the humanistic principles of the Hierarchy of Needs to its key constituents. While a good portion of the workshop will focus on applying Maslow in the workplace, the last two sessions will cover peak experiences and how to integrate Maslow’s and Chip’s principles of transformation into your personal life.

**Thriving in Mother-Daughter Relationships**

*Renée Schultz*

Mothering a daughter is often the most intensely satisfying and challenging experience of a woman’s life. In this workshop, participants can explore their experiences,
values, hopes, and fears as mothers while held in a community of compassion and playfulness. This workshop uses the practices of The Mother-Daughter Project to question damaging assumptions about mothers and daughters and to discover how we can simultaneously nurture ourselves, our daughters, and our relationships with them through adolescence and beyond.

Through experiential exercises and discussion, participants will:

• Expand their appreciation for the challenges they may have faced in their own transition from girl to woman
• Develop a rich, multi-storied understanding of the mother-daughter relationship as daughters and as mothers of daughters
• Fine-tune their understanding of the values that guide them as mothers
• Develop a plan for nurturing their daughters and themselves
• Discover ways to create a strong community of women and girls for support

This workshop is appropriate for mothers of daughters and for any women interested in the mother-daughter relationship.


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

**MythBody at Play in the Year of the Ox**

Chungliang Al Huang & Robert Walter

In the Chinese calendar, now in its 79th sexagenarian cycle, a year can be named in three differed ways: after an animal in the Chinese zodiac; by using the complex stem-branch system of classification; and by referring to the number of years since the crowning of the first king of China, the Yellow Emperor, in 2697 BCE.

Accordingly, the current year in the Gregorian calendar, 2009, is the year 4706 in the Chinese calendar, the year of the Earth (yang) Ox, jichou. Since traditional belief holds that the ruling animal shapes the traits of people born during a given year, this year we will play at discovering and domesticaing the bovine within.

Chungliang Al Huang, who coined the term MythBody for his Esalen seminars with the late mythologist Joseph Campbell, and Robert Walter, president of the Joseph Campbell Foundation, have this year resurrected that neologism to describe their lively, ongoing exploration of the vital interrelationship between your physical being and your story of yourself.

The leaders write: “Over the course of the weekend, as we explore the symbology of the Ox, we’ll share stories and anecdotes associated with that mighty animal, not only in Chinese lore, but also in the sagas of other cultures. We’ll weave myth and movement, calligraphy and conundrums, poetry and praxis—all in effort to celebrate our inner oxen.”

**Yoga for the “Yogically Challenged”**

Deborah Anne Medow

Do you avoid yoga classes because you are “of a certain age,” you’re just too stiff, or you don’t have a “yoga body”? This is a yoga workshop 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 not only strengthens, rejuvenates, and helps in healing the body, it also calms the emotions, focuses the mind, and uplifts the spirit. Although this workshop is designed for the more yogically challenged, everyone is welcome to attend.

With Big Sur’s natural coastal beauty and the power and spirit of the Esalen land, it is easy to fall into the natural rhythm of practicing yoga. Please bring a yoga mat, an open heart, and a good sense of humor.

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

**A Weekend of Esalen® Massage**

Daniela URBASCHek & Robin Fann-Costanzo

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

The essence of Esalen Massage consists of a deep quality of presence and long, slow, integrating strokes combined with detailed attention to areas that hold tension. Esalen Massage leaves both giver and receiver feeling more connected and relaxed.

During the weekend, through brief lectures, demonstrations, and plenty of hands-on supervised practice, participants can learn the fundamentals of Esalen Massage, a massage born at the Esalen baths, out of the rhythm of the waves, a healing connection to oneself and then to another.

This workshop is for beginners and experienced body workers interested in learning the Esalen approach to massage.

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

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**March 29–April 5**

**Your Life Cannot Be Any Easier Than Your Movement: Cortical Field REducA tion® and the Feldenkrais Method®**

Harriet Goslins, Sybil Krauter, & Ellen Kindl

How we sit, stand, move, or respond to contact with others reflects patterns wired into our nervous systems by infancy. By early childhood, conflicting intentions distort these patterns. Feeling powerless, we attempt to survive and to win love by figuring out “big people’s rules.” The resulting strategies may protect us as children but, deeply ingrained in our muscular postures and movements, they imprison us as adults and limit our choices. They remain outside of awareness, causing discomfort and limitation.

By reeducating the brain-muscle-emotion connection, restrictions in movement can be released, freeing lifelong behaviors that have organized around that movement, restoring freedom of choice. The protective postures are altered, deeply affecting the body’s habitual defense system and allowing a higher level of energy.

This workshop is a relearning of the ease, fluidity, and openness taken for granted as a child and lost somewhere along the way. It is for the sedentary; for the active who want to increase physical skills and reduce risk of injury; for those dealing with aftereffects of injury or emotional trauma, and the professionals who work with them; for the chronically tired and stressed who want to take better care of their necks, shoulders, and backs; and for those who want to improve their posture, flexibility, and breathing while deepening their sense of connection and belonging.

This workshop is designed for the more yogically challenged, everyone is welcome to attend.

With Big Sur’s natural coastal beauty and the power and spirit of the Esalen land, it is easy to fall into the natural rhythm of practicing yoga. Please bring a yoga mat, an open heart, and a good sense of humor.

CE credit for nurses; see page 5.
CE credit for bodyworkers; see page 5.
Week of March 29–April 3

Tantra: The Art of Conscious Loving
Charles Muir & Leah Alchin, with Diane Greenberg

This seminar will serve as a “reset point” for couples who want to dramatically improve the quality of sex and intimacy in their love lives. It will open you to more ecstatic pleasure and spiritual connection in your relationship. Few of us have been blessed with healthy childhood conditioning and education regarding the mysteries of sexual love and sexual energy. This can leave individuals less successful and conscious in their sexuality than they are in other aspects of their lives. Tantra transforms sex into a loving meditation, putting more consciousness, energy, intimacy, joy, and love into sexual exchanges.

It is time to study sex as an art form. Sexual loving is a vital skill to be mastered by every conscious individual. Sexual energy is a sacrament that, rightly used, brings great harmony and joy into one’s relationship so that love continues to grow over the course of a lifetime, deeply bonding the partners in joyous spiritual union.

This workshop offers couples ways to increase intimacy and passion in their relationship. The course will introduce practices to free female sexual orgasm and methods to increase pleasure for both partners, along with hands-on sexual healing and awakening skills. Esoteric practices of kiss, movement, and touch, along with many other exotic lovemaking skills will be introduced in class, then practiced in the privacy of your own room. This seminar presents Tantric wisdom with insight, gentleness, humor, and love.

The workshop is open to couples only. It is not recommended for same-sex couples.

Who Am I, Really? How Our Wounds Can Lead to Healing
Joe Cavanaugh

“Through love all pain is turned to medicine.” — Rumi

“Most of us,” writes Joe Cavanaugh, “have experienced some degree of loss, betrayal, or wounding of our hearts from simply being human in a world of uncertainty and change. It is easy to overidentify with our pain, get caught in our personal drama, and reinforce a false identity based on our past wounds. Or we may deny the drama altogether, detach from our pain, and attempt to live ‘happily ever after’ in our heads. And then, to paraphrase Carl Jung, what we don’t handle consciously is relegated to the unconscious and happens to us by fate.

Either way, we lose touch with who we really are and suffer the greatest wound of all—the illusion of separation from the sanctity of our soul.

“Through personal and interpersonal processes we will create a safe space to heal our wounds, let go, and move on. Using self-awareness tools, we will learn how to access our Authentic Self and penetrate into the essence of our soul—which is simply love. This frees our energy to love and accept ourselves for who we really are as well as develop empathy and compassion for the suffering of others.”
Prerequisite: The willingness to abstain from alcohol and nonprescription drugs for the duration of the workshop.

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

Weekend of April 3–5

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, emotion, 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 reverie. 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.

Exploring the Journey of Men in the Helping Professions: An Experiential Workshop
Matt Englar-Carlson & Mark Stevens

“For many men with busy work and family lives and responsibilities, it can be hard to set aside meaningful time to focus on one’s own needs and growth,” the leaders write. “Our experience working with a diverse range of men has taught us that something special happens when men come together in a group to support each other and connect around themes of masculinity. Many men experience a longing to feel closer to other men in a setting that allows them to share common experiences. This workshop will explore our personal and professional journey as a man (father, son, mentor, friend) and as a helping professional (therapist, counselor, teacher, bodyworker). Through storytelling, reflection, and creative examination of our own lives, participants will have the opportunity to find connections between their own gender-role socialization journey and how it influences their current lives, hopes, and dreams. This
course will examine pivotal experiences of when being a man comes to life. Personal and professional experiences of homophobia, heterophobia, sexual attraction, power, vulnerability, connection, and emotional expression can be topics for discussion.’

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

**Current Trends in Esalen® Massage and Bodywork**

*Nora Matten & Vicki Topp*

This workshop is an invitation to explore and experience the current trends in Esalen Massage and Bodywork. During the weekend, attention will be focused on various ways to:

• SENSITIVELY and comfortably work at deep levels
• Utilize both active and passive movement to enhance effectiveness
• Develop a deeper understanding of the terms *listening, balance, and integration*

The workshop leaders will offer techniques that can easily be incorporated into existing personal styles. Unusual, interesting, and fresh aspects of Esalen Massage will also be introduced, which will expand technique repertoire and inspire creativity and innovation.

Sessions will include plenty of personal attention and assistance to support the process of learning. Come prepared to touch and be touched by the beauty, power, and spirit of Esalen and the Big Sur coast. All levels of experience are welcome.

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

**Experiencing Esalen**

**Experiencing Esalen Staff**

For workshop description see January 2-4.

**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.”

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**Week of April 5–10**

**Visionseeker III: Shamanic Cosmology**

*Hank Wesselman & Jill Kuykendall*

Over the past 13,000 years, indigenous shamans developed a methodology to expand awareness and explore the many dimensions of reality, generating a rich body of knowledge about the nature and function of the sacred realms. Unfortunately, ever-multiplying overlays of spiritual scripture and esoteric literature have obscured our understanding of these hidden worlds. Today, this confusion is being reversed as the methods of the shaman are being reconsidered by nontribal Westerners seeking direct experience of the transpersonal realms once again.

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

This training is open to those who have completed the weeklong Visionseeker I workshop or its equivalent. If in doubt, please contact Wesselman at PO Box 369, Captain Cook, HI 96704, or e-mail hw@sharewisdom.com.

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


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

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**Making Art: A Hands-On Exploration of Earthly Creation**

*Dave Zaboski*

Art is a reflection of the spirit of its time. This studio course is a practical, experiential exploration of the entire history of the art of humankind. Art makers will participate in drawing, painting, and creative exercises that begin in the cave of Lascaux 50,000 years ago, explore dominant artistic periods from around the globe and across time, and ultimately address our current emergent trends. Part craft and art, part cultural archeology and speculative anthropology, this course will connect participants emotionally, physically, and spiritually with past creations throughout the ages—all with a view toward what we are creating today and tomorrow for ourselves and the planet.

Using exercises, live models, and visual inspiration to gain an understanding of each artistic period, participants will come to better know their own experience as artists as well as our evolution as a consciousness on earth. Each exercise is designed to deepen our awareness of the sacred, our sense of movement, space, and light, and finally our connection to our own creative powers.

This class is intended for creators of all levels committed to taking their art and their vision of what is possible for humanity to the next stage of excellence.

($80 materials fee paid directly to the leader)

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**The Fire of Love: A Yoga Retreat**

*Saul David Raye & Scott Blossom*

*The time has come to turn your heart into a temple of fire. Your essence is gold hidden in dust. To reveal its splendor you need to burn in the fire of love.*

—MEVLANA RUMI

To be on a spiritual path while anchored to the world has always been considered the hardest path—and the juiciest. We cannot transcend this world by running away from it, nor by getting lost in it. The path of the mystics is a sacred alchemy of living in the world with our hearts awakened by the fire of love. This is the ultimate experience— the mystical embrace of the world and living in connection with all of life!

This weeklong workshop is a celebration of tending and inspiring the heart fire. Join internationally acclaimed teachers Scott Blossom and Saul David Raye for this ecstatic and transformational week of yoga, meditation, ayurveda, live music, chanting, sacred ceremony, dancing, and community.
“This week will not only take your yoga practice deeper,” write Saul and Scott. “It will inspire you and support you to live from your heart, reawaken the blissful being who lives inside you and give you practices, tools, and knowledge to tend your heart fire. All students will be supported to move at their own pace and rhythm. All levels are welcome for this program. It is suggested that you have some experience in yoga.”

I-You-Us: Pleasure, Intimacy and the Search for Connectedness
Terry Hunt

This workshop is about healthy relationships—in love, in friendship, in daily life. The focus is on how to nurture our own vitality in situations where we long for connections that are more real, more safe, or more rewarding. Pleasure is essential for healthy relationships.

Add the erotic element and the potential for pleasure grows exponentially. But whether in love or friendship, in same- or opposite-gender relationships, the reality of sustaining delight in one another is often a mystery and a struggle. We substitute old avoidance patterns for intimacy as we play out the Good Girl and Super Guy roles we developed during traumatic childhoods and adolescences. Or we repeatedly act out of fear, sadness, or rage, keeping our relationships locked in the “cultural missionary position.” Giving up carefully honed pain-avoidant habits releases new energies for the pursuit of personal fulfillment in relationships.

This workshop is designed to help you identify myths that block the flow of joy. Terry Hunt writes: “Together we will redefine the role of pleasure in our lives and create updated images of our sexual and sensual selves. We will explore new language that more honestly communicates our desires. We will encourage each other to approach our gender gaps with intention rather than fear, assertion rather than suspicion. We will follow our instincts for pleasure into moments of wholeness.”

Come alone or with an intimate.
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.

Weekend of April 10–12

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.

Recommended reading: Perls, Gestalt Therapy Verbatim; Chodron, The Wisdom of No Escape.
CE credit for nurses; see page 5.

**Wondrous Stories: Writing for Children with Children**

Dave Zaboski & Tesa Conlin

Have you been musing about a children’s story? Do you have a tale or character that you want to bring to life? Have you ever wanted to leave a legacy of teachings to children of the world? Isn’t it time for your story to be told?

In this lively experiential workshop, you and your family will be guided by renowned former Disney animator and children’s book author and illustrator, Dave Zaboski, and National Endowment of the Humanities award-winning writing educator, Tesa Conlin, to reveal the story that is in your heart.

We will engage in writing, drawing, painting, photography, collage, and anything else within reach as parents and children craft their stories together.

From the glow of the campfire, songs and stories will emerge, be crafted into form, and imagined into pictures. Finally, your family will complete the weekend with a presentable mock-up book in hand to share with family, friends, and maybe even a publisher or two!

Come together to play, unite, and create your dream while producing a family treasure. This workshop is for people with ideas, with tales to tell, dreams to fulfill, and all families who want to spend more quality creative time together. (We recommend kids ages 4 and up.)

($30 materials fee paid directly to the leaders)

**Mindfulness-Based Stress Reduction Training**

Mark Abramson

The impact of stress on health is well recognized. Now the efficacy of stress reduction as an adjunct to medical treatment is being recognized in more and more healthcare settings. In 1996 Dr. Mark Abramson founded a program at Stanford University Medical Center using the 2,500-year-old technique of Mindfulness Meditation to train patients as an adjunct treatment for many different medical conditions.

Mindfulness is “nonjudgmental awareness.” This requires one to pay attention to direct experience in the present moment, neither clinging to what is perceived as pleasant nor reacting with aversion toward what is perceived as unpleasant. In both mental and physical stress, much of the perpetuating cycle of pain or discomfort is a result of one’s judgmental struggle to push away what is experienced as unpleasant. Yet as one becomes willing to directly meet the actual experience it becomes finite. One begins to see that it can be workable to deal with a finite level of discomfort one moment at a time.

Approximately 3,000 people have taken this training with Dr. Abramson. Most patients report a significant increase in their ability to manage their illness and significant reduction in stress and physical complaints. Dr. Abramson adds: “What I most appreciate is participants reporting improved ability to respond to themselves with kindness and compassion.”

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

**Soul Motion**: Body Prayer

Zuzu Engler & Scott Engler

“Soul is flow, an ever-changing cloudscape of textures, hues, sensations, scents, and feelings,” Zuzu writes. “Soul is where the deathless spirit meets and moves the finite human body. Body Prayer is a wild and luminous offering of the body in motion to this sacred Presence that is continually breathing us into Being.”

Soul Motion movement practice is a meeting with self and other in a dance that is profoundly nourishing, creative, intelligent, emotionally savvy, heartbreaking, soul-making, spirited, challenging, and transforming. It involves diving, deepening, and dissolving into each movement moment. It is a journey toward the dynamic stillness at the center of all things, the place of rest at the heart of sound and motion.

“This formless dance form allows space for passionate full-bodied movement as well as mindful inner explorations. It takes place at the crossroads of the vertical drop into self and the horizontal extension toward another, inside the paradox of the mundane and the ecstatic. 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 and rejoice in community invites a shift from alone to All One, from ‘my dance’ to the One Dance.”

**Week of April 12–17**

**Family Arts Program**

Dana Zed

This workshop, at the Esalen Art Barn, is for parents, children, and any and all family members who want to immerse themselves in a week of fun, creative expression. Silk-scarf painting, clay sculpting, glass-jewelry making, portraiture, plus hat, mask, and puppet-making are just some of the activities participants can explore on the magnificent Esalen grounds during this week made more memorable by sharing it with loved ones.

All children must be accompanied by an adult. ($40 materials fee paid directly to the leader)

**Standing on Your Own Two Feet: Esalen® Massage and Reflexology**

Andell Hill & Deborah Anne Medow

Ocean waves rolling to the shore; the flight of a bird winging through the sky; the smell of wildflowers wafting through the breeze; the gentle yet firm touch of a warm hand on soft skin… this is the essence of the long, flowing strokes that are the basis of Esalen Massage.

Over the past thirty-five years, Esalen Massage—with its focus on a full-hearted presence, an emphasis on working with intention, and the principle of working with rather than on clients—has become the foundation of many modalities. Learning Esalen Massage can help practitioners develop the ability to listen with both heart and hands. The trademark Esalen long strokes underlie the entire massage, bringing a sense of relaxation and integration to the client’s experience, conveying a feeling of wholeness and connection.
Reflexology, a natural companion to Esalen Massage, specifically addresses feet, hands, and ears, gently offering the body a push toward health and homeostasis. Practically effortless, reflexology can be practiced by almost anyone, regardless of physical vitality.

During these five days, the long, flowing strokes of Esalen Massage will be blended with the specific pressure points of reflexology, offering the student the opportunity to learn the basics of both modalities.

There will also be time to enjoy the healing waters of the Esalen baths and the natural beauty of the Esalen land. Please bring your favorite CDs, loose comfortable clothing, and a sense of humor.

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

Free Your Breath, Free Your Life
Dennis Lewis

The ever-increasing speed, stress, and disharmony of the modern world not only conditions us to a way of living in which the future is often considered more important than the present, but also cuts us off from the immediate experience of ourselves as living, breathing beings. As a result, many of us live as unconscious, breathless automatons, rushing faster than time itself into an imaginary future, seldom present to the mystery and miracle of our lives right now and here. Our breathing is so constricted and incomplete that it undermines our health, our vitality, and our consciousness. Such breathing also deprives us of one of the great joys of living on this earth: the expansive sensation of a free, easy, boundless breath that engages the whole of ourselves and opens us to the miracle of “the breath of life.”

Using ideas, insights, and practices from his book, Free Your Breath, Free Your Life, Dennis Lewis will take participants on a journey of presence into the physiology, psychology, and spirituality of natural, boundless breathing. Through safe, powerful exercises—as well as through special movements, postures, sounds, meditations, Qi Gong practices, dialogue, and work with presence—you will learn how to integrate conscious, whole-body breathing into your life to support your health and your quest for self-realization.

Recommended reading: Lewis, The Tao of Natural Breathing and Free Your Breath, Free Your Life.

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

Big Sur Wilderness Experience: Springtime
Steven Harper & 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 into the emerging springtime magnificence 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, and the natural sciences to weave together a holistic experience of self and the natural world. Each hike begins after breakfast and concludes in time to enjoy the hot springs and dinner at Esalen. Evening sessions include informal sharing, basic awareness practices, and useful outdoor skills, with attention given to incorporating what is learned 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)

Soul Motion: From Alone to All One
Zuza Engler & Scott Engler

This workshop is not so much an invitation to a dance as it is an enticement to enter into a spirited engagement with life as it is unfolding in each incandescent, effervescent, and utterly impermanent movement moment. “We converse in this intimate affair with life through the wordless inquiry of rising and falling, revolution and rotation, weight shifting and shape shifting,” writes Zuza. “The process is whimsical, unpredictable. It has its own innate rhythm and circular logic. Movement impulses arise, take form, and dissolve. The dancer listens, allows, follows.”

“Sometimes we descend to wade in the inner pool of sensations and feelings. We eavesdrop on the whispers of the breath and the murmurs of the heart, and allow the shy, tentative dance to emerge from forgotten chambers of our being. At other times, we ascend to soar across unlimited space, bold, expanded, and free. Meandering together on the spiral path of the creative process, we meet at the threshold of Mystery.”

Soul Motion is an exploration of possibilities for living inside the paradox of self-expression and belonging. In the process, participants move from isolation to co-creation. Connection with community is then effortless, necessary, and exhilarating. Can all this happen in a mere five days? It can happen in one moment: the moment the mind drops into the heart and the dancer vanishes into the dance.

A Big, New, Free, Happy, Unusual Life: Self-Expression and Spiritual Practice
Nina Wise

It is our nature to be free—and 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.

CE credit for MFTs and LCSWs; see page 5.

50 You can now register on-line at www.esalen.org. Workshops appear on the Web before the Catalog is printed.
Enhancement of Peak Performance in Sports, the Performing Arts, and the Worksite

Daniel Brown

This workshop is designed for health professionals who work with clients wishing to enhance their performance in avocational or professional sports, the performing arts, or their daily work. Participants will learn a variety of psychological methods used in sports psychology as well as body/mind training techniques drawn from the meditation traditions. The course will review biological, psychological, and sociocultural factors which improve peak performance.

The main emphasis will be on learning a variety of peak performance interventions: (1) psychodynamic, cognitive-behavioral, and hypnotic methods for eradicating factors which hinder peak performance; and (2) body/mind training methods such as physical conditioning methods, concentration training, awareness training, and techniques for cutting off scattered thought. The workshop will include lecture, demonstration of methods, practice, and case presentation. Case presentations will be drawn from recreational and professional sports, dance and music performance, and managerial worksite training.

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

Approved 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.

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.
Passion and Grace: The Art of Devotional Singing
Jai Uttal

Embark on a journey into the multi-colored, many-roomed mansions of the heart through the practice of Kirtan, chanting the ecstatic songs of ancient India. Using call-and-response singing and storytelling, recording artist Jai Uttal will invoke a space of prayer and heartfelt expression.

In the practice of Kirtan we are able to come into contact with the wide palette of feelings inside us and begin to freely express and share them. Rather than being obstacles in our path, these emotions become the fuel to connect us to the Spirit, to our eternal beloved. This deep river of passionate surrender and prayer is known as Bhakti yoga, the yoga of devotion or personal relationship with the divine.

In this workshop, Jai will explore how participants can approach the path of Bhakti yoga in their own lives, with their own personalities and identities. Through this process, participants will begin to understand a new meaning of aesthetics, an internal aesthetics, wherein we create our most beautiful prayers to spirit without the slightest concern for other’s opinions or criticisms. This workshop will touch on the vast beauty of the Indian Raga and Tala systems and direct participants to further study in those areas. Jai will open the floor to all kinds of questions, and, with a very flexible and lighthearted approach, will answer from his personal experiences and ideas and the stories of ancient India.

Business and Human Potential
Jay Ogilvy & Sam Yau

How does the human potential movement point to greater potential for business? Beyond the motivational pep talk, or goal setting, or taking responsibility for your life, are there lessons from the human potential movement that point toward a higher or deeper meaning of “success” for ourselves and for our companies?

In this workshop, leaders Jay Ogilvy and Sam Yau will pursue these questions, drawing from their combined expertise in business strategy and research, management and growth, contemplative practice, and philosophy. Participants will share stories about their jobs and aspirations and ask whether and how work can be a medium for self-expression and self-realization for individuals. During the workshop, participants will look into ways that individual self-realization can serve as a model for the realization of the potential of the business organization. This workshop is recommended for people who have had some exposure to the human potential movement and want to find ways to link all those weekend workshops to their weekday lives.


April 19–26

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

This workshop—designed for either novice or advanced meditators—is an integrative approach to the practice of meditation with an emphasis on intensive concentration meditation. The course begins with the Indo-Tibetan Nine Stages of Mental Calming/Staying, then an introduction to classic Tibetan emptiness meditation. A balance of mental stabili-
lization and emptiness practices will serve as a foundation for the “extraordinary” or essence meditation practices. Essence meditations like the Mahamudra and the Great Perfection assume that wisdom is an inherent property of the natural mind that has become obscured through conceptualization and negative emotional states. Essence meditations are designed to develop “awakened wisdom” through continuous, uninterrupted mindfulness, taking the non-dual condition of the natural mind and its spontaneous manifestations in the present moment as both the point of observation as well as the object of the meditation.

These essence meditations are taught within the context of an ongoing relationship where-in the teacher points out the mind’s real nature during the right state of meditation. This relational-based approach to meditation emphasizes short, repeated meditation sessions, with detailed instructions given before and after each session. Instructions point out the desired state, the way to attain it, and how to correct the problems that typically occur at each stage of meditation practice. Practice is followed carefully and instructions are individualized for each student. Enrollment limited to 36 participants, with first priority given to individuals who have not taken this retreat before. Participants must attend all sessions.

Please bring a meditation cushion, if you would like one.

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

Week of April 19–24

**The Transforming Power of Emotion**

**Dorothy Charles**

Living a full and connected life requires the capacity to feel and to make use of our emotional experience. Much of the alienation and separation in our relationships and family life is the result of a fear of feelings. We disconnect from our emotional life when we are afraid of being overwhelmed, humiliated, or perceived as weak or inadequate, only to pay the price later in isolation, anxiety, and depression.

If we can be helped to feel safe enough to feel, we can reap the profound benefits of experiencing and exploring our emotions. Safety is created within the experience of accessing and expressing feelings in the company of an accepting, attuned, and understanding other. In this environment, our frightening or intolerable sensations can be transformed into an essential part of our vitality and connection to others.

We can become more alive, present, and free as a result of facing what was previously avoided. Our relationships improve and deepen as a result of our ability to feel at ease with our own feelings and to be present with the feeling of others.

In this workshop, Dorothy and participants will create a safe and supportive environment in which all emotions can be met with curiosity, interest, and acceptance. The format combines Relational Gestalt Awareness Practice, guided imagery, small group work, dyadic awareness exercises and discussion, and will include opportunities for open seat work with the leader.

**Gyrokinetics**

**Juergen Bamberger**

Gyrokinetics is a complete movement system based on circular motion. It uses the natural movements of the spine to increase the circulation of vital energies throughout the body. Gentle undulations, spirals, and waves are used to stimulate and activate all the systems and tissue of the body. These movements also open and strengthen the joints. Major muscle groups are activated and gently stretched, reconnecting and rejuvenating you. Taking this journey throughout your entire body opens awareness of your energy centers and your physical structure.

Each day of the workshop you will go through an ever-deepening series of Gyrokinetics exercises. In addition, through meditation you will explore the interconnection between movement, breath, sound vibration, and subtle energy flows.

The workshop is open to all levels. It is an opportunity for an in-depth Gyrokinetics experience in one of the most beautiful settings on the planet taught by one of the world’s most experienced teachers of this integrative movement form.

**The Voice of Essence: A Writing Workshop**

**Lisa Doctor**

“Fiction and creative nonfiction begin with an authentic voice that speaks from a place of emotional truth, using details to show the story,” Lisa Doctor writes. “Once this voice is found, the journey of storytelling begins—and what an extraordinary journey it is.”

“Through a series of meditations, writing exercises, and discussion, we will seek our own clear, strong, and unique voice of essence as we write and revise a story from our lives. Throughout the week we will activate the five senses, create dialogue that moves story and characters forward, weave in details, ‘interview’ characters in order to deepen our understanding of them, and bring a new level of meaning to our work. By the end of the week each writer will have a written piece that has benefited from focused exploration and revision.”

**Weekend of April 24–26**

**Dance of Shiatsu I**

**Jim Gallas**

Table Shiatsu is a contemporary adaptation of the traditional Japanese modality with an awareness that focuses on proper body mechanics. 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 meridian pathways, practitioners can learn to facilitate experiences of profound relaxation and elevated vitality.

This work is done with the client comfortably clothed, but can easily be integrated into any table modality including: Esalen® Massage, Swedish, acupressure, polarity, or various forms of energy work. From the material covered, a practitioner can create a session ranging in length from fifteen minutes to two hours. As such, Table Shiatsu is excellent for on-site work as well as longer private sessions. A minimum of two-thirds of the workshop will be hands-on.

Self-care is 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.

($10 materials fee, for Table Shiatsu manual, paid directly to the leader)

**The Leadership Challenge**

**Mark Nicolson**

There is one central challenge that all leaders face as they try to move to the next level: The same qualities that brought us here will not...
take us where we’re hoping to go. Many of our strengths no longer serve us, and may even work against us; we know that we need to develop new capabilities to ensure success. The aim of this workshop is to identify how we get in our own way and to find the skills, techniques, and capacities to help us meet this challenge.

This workshop will provide an atmosphere that is both supportive and challenging so that participants can review their learning edges with candor and insight, and practice the leadership we know we are capable of.

When participants enroll they will be invited (but not required) to create a private on-line feedback profile from peers or colleagues or friends (using our proprietary process).

Together with workshop exercises, this will help create a clear picture of leadership style and potential, and a direction for further learning and “unlearning.”

The workshop is suitable for those seeking to transform their leadership in any context.

**Writing From the Heart:** Finding Your Own Voice

Nancy Slonin Aronie

This writing workshop is about reclaiming your voice. It’s about using your own language, your own rhythms, and writing your own story. It’s about honoring your own instincts, not trying to sound like a “Writer” or trying to get an A from the teacher. It’s for anyone who wants to write, has written, or wants a jump start on the road to tapping into his or her power source of creativity.

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

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

**Claiming Your Voice**

Meredith Haberfeld

Some of the greatest leaps in personal development come when we stop believing that others have more access to deep wisdom than we do, have superior opinions to ours, or hold sway over us—when we finally know at the end of the day that we can trust ourselves.

This workshop will address many aspects of claiming your voice—in writing, in vocal work, and, most importantly, in daily life through the choices you make in it. The program will help you gain access to your many inner voices as well as different aspects of your character, many of which you suppress and ignore, but which can each provide important insights and wisdom in your everyday life. Finally you can get comfortable in your own skin.

You will deepen the ability to hear yourself—and all that there is to hear. What does your body say about how you feel right now? What do your emotions have to tell you? What feelings and messages have you been resisting?

This workshop will teach you to allow them to surface so you can come deeper into your own power.

The days of being guided by pleasing others and trying to fix yourself are over. This program is for anyone of any age ready to sink into the experience of being and trusting yourself.

**Week of April 26–May 1**

**Through Our Own Eyes: A Retreat For and By Women Physicians**

Charlea Massion

“This is the seventh meeting of women physicians at Esalen since 1997,” Charlea Massion writes. “In a community of peers and colleagues, we will reflect deeply on our personal and professional lives, encourage a better balance of work and play, and support each other in our evolution as healers.

Each day participants will experience:

- Facilitated small-group seminars to explore the creativity and joy, as well as the grief and traumas, of medical training and practice
- Exploration of self-care strategies, work-life balance, and effective personal and career transitions
- Open time to pursue activities that renew your vitality and creativity

Bring your journal, your watercolors, sunglasses, and a great book. We encourage you to attend with a colleague or friend from medical school, residency, or your community.”

Note: This workshop will offer Category I Continuing Medical Education credit (for an additional $75). All participants must be physicians (MDs or DOs) and must register and pay additional fees ($650) to Chiara Associates prior to registering with Esalen. Please contact Charlea Massion: phone and fax 831-462-9098 or e-mail chiaraassociates@earthlink.net.

**Encaustic Painting: A Contemporary Ancient Art**

Cynthia Johnson Bianchetta & Cari Hernandez

Ancient Egyptians created an art form in 100 BC that is alive today with many contemporary artists since its revival with Jasper Johns in the 1950s. The alchemy of the elements of fire, air, and molten pigmented wax creates the sensuous beauty of wax paintings. The process of encaustic painting is a seduction and enticement to many creatives because its varied uses and expressions are vast.

This workshop will give a well-rounded opportunity to learn a solid foundation, then let participants loose for experimentation. With five consecutive days of teaching, resources, and support, participants will truly be able to work through the many early learning curves that often inhibit artistic development. The workshop invites new artists, as well as accomplished artists who want to explore new creative terrains. A materials list will be provided upon registration. ($75 materials fee paid directly to the leaders)

**Spiritweaves: Sanctuary of Self**

Michael Molin-Skelton & Anneli Molin-Skelton

"Spiritweaves is a calling: a silent waking, a revelation, an emerging dance rising and falling on the current of our breath each movement given shape by the threads of spirit woven in this moment."

"Spiritweaves is a calling: a silent waking," write Anneli and Michael. “Its cries and whispers stir a deep longing in our soul to fall toward the core of our desire. It is a gathering..."
a living tribal tapestry, a braiding of the rare and common strands of our collective movements. Spiritweaves is a journey: a journey of destiny, not destination. Its steps can be traced, faint and deep, in the dark soil of our dance.

"As Spiritweaves we are invited to dance together the disparate parts of ourselves, to dance the gap between ourselves and others, to dance in the grace that we belong, to dance. In this workshop, using the awakening energy of the 5Rhythms™ as a catalyst and the hallowed ground of SoulMotion™ as a container, we will move to unveil and unmask the unique and sacred expression of our own dance."

Mary Oliver wrote, "One day you finally knew/what you had to do, and began..." Come begin again.

Everyone called is welcomed, no previous experience needed.

The Gifts of Grief
Nancee Sobonya & Steve Waldrip

I saw Grief drinking a cup of sorrow and called out, "It tastes sweet, does it not?"

"You've caught me," Grief answered, "and you've ruined my business. How can I sell sorrow, when you know it's a blessing?"

—Rumi

"This workshop explores the powerful and mysterious nature of grief," write the leaders. "After viewing Nancee's film, The Gifts of Grief, we will explore our relationship to loss and its potential gifts. In the film, Isabel Allende and six other remarkable people share their journeys through their personal losses and the gifts they have gained by living with their grief. During this week, we will discover how to navigate the new terrain of grief and orient ourselves to that light inside that can draw us forward. We will explore the various resources that sustain us, as well as those inner places where we find strength, love, and support.

"What are we learning from our losses? We will ask this question, along with others, as we explore the possibility that grief, while very painful, can also be a doorway to growth and insight. Through the sharing of personal stories, meditation, poetry, artwork, movement/yoga and ceremony, we will create an environment in which grief will be honored and held as sacred. Participants are encouraged to bring photos and other objects of remembrances to place on a group altar that we will create in the course of the workshop to honor our losses."

CE credit for MFTs and LCSWs; see page 5.
CE credit for bodyworkers; see page 5.
CE credit for nurses; see page 5.
THE MAX: Expanding the Limits of Your Self-Expression
Paula Shaw

For over twenty years, THE MAX has held an honored status among the Esalen staff and is considered by many to be an essential rite of passage for community members. The purpose of THE MAX is to discover yourself beyond who you know yourself to be. It is a voyage through your own humanity—a journey to discover the extent of your self-expressive power. Employing a variety of acting, communication, and observation techniques, it’s designed to expand your limits “to the max” and move you into a new arena of personal creativity and self-expression.

In THE MAX, participants undertake a challenging exploration of the sources of their emotional limitations. Working individually, “on stage,” each person is encouraged and supported to go at their own pace, playing to and with other group members. With strong guidance, people move through lifelong fears of being “on the spot,” emerging into greater authenticity and enhanced “presence.”

There are exercises that use raw emotion, role-playing, and dress-up assignments. This is an opportunity to experience yourself in ways you may have dreamed about but never thought possible. The course is for those committed and courageous in their process. And it has been constructed with the understanding that this kind of risk requires a very safe workspace. If your heart beats faster when you think of taking THE MAX, it may be just “the thing to do.” For details visit www.the-maxwithpaulashaw.com.

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.

The Heart of Organic Gardening: Sowing the Seeds of Abundance
Robert Hartman & Shirley Ward

If you are curious about organic gardening, this engaging and in-depth workshop will provide you with the information, perspectives, resources, and initial hands-on experience that you will need to succeed. We give
This weekend of mutual giving and receiving is for those who wish to learn the essential elements of Esalen Massage; no prior experience is necessary. Come for a pleasurable time of relaxation, renewal, and reconnection with your partner.

Please bring an open heart, your favorite CDs for massage and/or dancing, and a good sense of humor.

CE credit for bodyworkers; see page 5.

Psychodynamic Psychotherapy: Top-down and Bottom-up Processing and Integrating of Experience

Martha Stark

Bad stuff happens. But it’s how the mind-body deals with it, “processes” it, and ultimately “integrates” it that determines whether the “stressor” derails or promotes growth. Dr. Martha Stark, a well-known Harvard psychoanalyst long interested in the therapeutic action of psychodynamic psychotherapy, has coined the term “mindbody matrix” to highlight the interdependence of mind and body and to emphasize the importance of structural integrity and underlying orderliness.

Martha’s contention is that the mindbody matrix, in the face of challenges (both psychological and physiological), may initially become destabilized and “dis-ordered” but will then, with enough resilience and regulatory capacity, adaptively reconstitute at a new homeostatic set point. Iterative cycles of disruption and repair, disruption and repair result in ever higher levels of order, complexity, and maturity, albeit at some cost to the system in terms of wear and tear.

This workshop is for clinicians who appreciate that enduring change is brought about through both top-down and bottom-up processing of information and energy. Ever focused on the intersection of theory and practice and the interface between mind and body, Martha will present her four modes of therapeutic action: (1) enhancement of knowledge, (2) provision of (corrective) experience, (3) engagement in (authentic) relationship, and (4) attainment of coherence within the mindbody matrix.

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

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

Freedom through Foolishness

Paula Shaw

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

In this work, you are never alone. The easy-to-follow instructions and coaching tune you in with the other players, and when that connection is made, instantaneous creativity issues forth effortlessly. Once you’ve allowed yourself to join in, each improvised piece takes flight, with truly amazing results. As a participant in these games, you go back and forth from being a player to being the audience. You play from both positions, and both are filled with fun.

The program is an experience of how wonderfully well life can flow when you get out of your own way, and the learning is what it means to be able to do that. It is also full of falling-down laughter.

All are welcome. Prior improv experience will be forgiven.

Instinct, Intuition, Insight: An Anusara Yoga Journey

Ulrika Engman

Much is taught in yoga, but no matter how much we learn from our studies, nothing compares to trusting our own source of inner guidance and wisdom, the teaching that comes from within. In this workshop, participants will use a step-by-step process to explore how alignment principles open up their instinctual and intuitive natures, and lead to insight and breakthrough both on and off the mat.

“Physically, we’ll shed our outer armor and learn to step into the freedom of the inner energy body,” Ulrika says. “Mentally, we’ll empty ourselves and create new pathways for thought to flow in pure awareness. Together as a community of the heart, we’ll hold conscious space for emotional and spiritual awakenings.”

The intention behind the practices shared in this workshop is to draw the senses inward.

See pages 94-95 for reservations, fees, accommodations, scholarship information, and discounts.
and connect deeply with the body and heart through the focal points and universal principles of Anusara yoga. Participants will explore familiar and unfamiliar postures, play in the transitions between poses, create sequences that flow intuitively from one place to another, and allow time for stillness and time for exuberant fun. Please bring your own yoga mat and any props you use.

For more information about Ulrika, please visit her website: www.Yoga-Journeys.com.

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 2-4.

**Week of May 3-8**

**Awakening The Creative: The Painting Experience**

Stewart Cubley & Staff

The power inherent in painting is that it can awaken a wild vein of passion that will not go back to sleep. Using only the simple tools of brush, paper, and paint, Awakening The Creative invites you on a highly personal journey of daring and discovery, made possible through a safe environment and the support of Stewart and his experienced staff. 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. You are welcome even if you’ve never picked up a paintbrush. The goal is free expression, with the emphasis on the creative process rather than on technique or expertise. Awakening The Creative is an opportunity to embark on the greatest of all human adventures—embracing your own path and confidently following it.

Stewart Cubley is the coauthor of the highly acclaimed book Life, Paint & Passion: Reclaiming the Magic of Spontaneous Expression. Stewart has traveled throughout the world for more than thirty years working with individuals and groups to access the potential within the human heart and imagination.

This workshop may be of interest to people from a wide variety of disciplines, including art, education, counseling, social change, and meditative practices. All materials are supplied.

($50 materials fee paid directly to the leaders)

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

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**Esalen® Massage and Reiki**

Char Pias & Vicki Topp

All beings, grass and trees, when alive, are soft and bending
When dead they are dry and brittle.
Therefore the hard and unyielding are companions of death...
The soft and yielding are companions of life...
—Lao Tzu

Water moving, ebbing, flowing; the mountains, the ocean, the redwoods in the canyon; condors riding the wind, butterflies floating on the breeze; all nourish and inform our senses, contributing to the power and clarity of Esalen Massage and reiki.

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. Participants will also be attuned to First Degree Reiki, a form of Japanese “laying on of hands” that is easy to learn and apply. Each method is a form of transpersonal meditation, a dyad between giver and receiver. Supported by the group interaction and nourished by a deeper connection to self, participants will develop the sensitive skills to integrate touch and energetic healing, replenish the spirit, and listen to the body’s wisdom.

Blending brief lectures, demonstrations, and hands-on practice, this workshop is for all those interested in learning these meditative approaches and blending them together.

Come prepared to touch and be touched, 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.

Reiki 1 Certification is available upon completion of this program, CE credit available.

**Gestalt Awareness Practice**

Christine Stewart Price & Guest Leader

The Way, when declared
Seems thin and so 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.

**Gravity and Grace: Resistance As Your Inner Teacher**

Peter Sterios

Hatha yoga is a tool for meeting resistance in our bodies and thoughts in a productive way. How one approaches this practice determines the quality yoga brings to our lives.

During this program, experience how the subtle external force of gravity educates your body, influencing your practice through the power of surrender as you meet resistance in the physical structure. This process strengthens intuition as you trust your “feeling minds” (heart, navel), a process that opens you to experience the subtle internal force of grace, which appears as you overcome resistance in the physiological body. This, in turn, helps develop your inner teacher. With this, you cultivate a truly personal practice and the wisdom born of your own experience.

Classes during the week will be progressive (step-by-step) in nature and appropriate for all levels. Movement classes will include both live and prerecorded acoustic music to assist in activating the feeling centers of the body.

**Personal Leadership: A Methodology for Making a World of Difference**

Sheila Ramsey & Gordon Watanabe

Personal Leadership is a methodology of two principles, six practices, and a process technology called The Critical Moment Dialogue.
It is designed to help people stay connected to their wisdom and inspiration, especially when faced with the new and unfamiliar. The methodology is a do-it-yourself approach to developing human consciousness. Using it, you engage the unfamiliar by choosing an internal state of being that is energizing and enlivening. With such an embodied commitment, you can:

• Discern right action for each particular time and place.
• Sustain high levels of motivation and commitment, with more ease.
• Engage challenging situations with curiosity rather than fear.
• Generate options for action where previously stuck.
• Disentangle from habits and default reactions to maximize authentic behaviors.

Participants will rigorously apply Personal Leadership principles to their own specific situations. Focusing on individual interests and engaging our collective creativity, the workshop will include content-focused discussions and integrative conversations as well as opportunities for quiet reflection. Developed over the last fifteen years, Personal Leadership is applied in contexts such as international education, teambuilding, community building, and global leadership development. It is described in Making A World of Difference—Personal Leadership: A Methodology of Two Principles and Six Practices. FlyingKite Publications, 2008. See www.plseminars.com.

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

Weekend of May 8–10

A Mother-Daughter Journey Into the Mind, Body, Spirit, and Soul
Bonnie Mark-Goldstein & Loren Judaken
This weekend course is a celebration of the mother-daughter experience. The journey will revisit the power of this integral female relationship, whether traveled individually, with a friend, or as a mother and daughter team. Participants will explore the bonds of attachment through collaborative dialogue, guided movement and meditation, individual journaling, and creative experiences. Additionally, poetry, mindfulness techniques, and body awareness through somatic experiencing will be fostered. The natural beauty and baths of Esalen will also play a part in this exploration. The facilitators lead Mother-Daughter workshops in Southern California. Bonnie Goldstein’s work specializes in fostering and healing relationships. Loren Judaken

Month of May 8–June 5

28-Day Esalen® Massage Certification
Brita Ostrom & Dean Marson
For workshop description see Special Programs, page 80.

See pages 94-95 for reservations, fees, accommodations, scholarship information, and discounts.
incorporates creativity into her exploration of psychological, sociological, and environmental effects on relationships.

CE credit for MFTs and LCSWs; see page 5.

**Financing Social Enterprises**

Charly Kleissner

Social enterprises are driven by a societal mission. They are either for-profit, not-for-profit, or hybrid business ventures. Social enterprises are led by social entrepreneurs—visionaries who adopt a market-driven mindset tempered by a responsible social and environmental perspective.

Social entrepreneurs take risks, innovate, drive systemic change, and question the status quo. This workshop explores two of the biggest challenges for these entrepreneurs (which are not being taught in business schools): access to financing and hybrid business structures.

This workshop is for social entrepreneurs who currently have, or will soon have the need for accessing different financial resources in order to implement their vision.

It’s also for entrepreneurs who are putting together innovative funding sources, and anybody else interested in the topic. The course will start with an introduction to various financing methodologies together with an exploration of return expectations of diverse types of investors. This will be the basis for looking at hybrid business structures using multiple, concrete examples.

Participants will then discuss the current universe of funding organizations, all the way from philanthropic entities to social venture funds; we will use examples from workshop participants to evaluate options and trade-offs.

**The One Thing Holding You Back: Unleashing the Power of Emotional Connection**

Raphael Cushnir

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

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

Raphael has pioneered a method of emotional connection that virtually anybody can master, and that can be learned in just one weekend. It’s grounded in both contemporary neuroscience and the great wisdom traditions. He’s shared it with immediate and lasting results all around the world. You can use this emotional connection to overcome lifelong struggles with:

- Career
- Family
- Relationships
- Weight
- Self-esteem
- Addiction

This workshop is designed to help you fall in love with every moment of your life. It can lead to the kind of personal accomplishment you’ve longed for, and also help you serve the world.
The Song of the Body: Global Physical Expressions Toward the Sacred
Sara K. Schneider

All cultures and times have ways of dealing with the fact of being embodied—with what looks and feels beautiful to them, produces health and sickness, relieves stress, and is an appropriate way to be born, to display the body, to deal with its failures, to greet and bid goodbye. All spiritual cultures have deeply held—and often hotly contested—views about the body’s role in spiritual practice.

This workshop helps participants come to terms experientially with the sensitive matter of others’ spiritual expression as they reckon with the particular shape their own spiritual experience takes. Drawing on both theatrical and anthropological methods, the workshop juxtaposes the physical expressions toward the divine found in the traditions of Muslims, Christians, Jews, Hindus, Buddhists, Taoists, and others. Major themes include:

- Culturally specific experiences of spiritual surrender
- The body as a site for personal discipline (asceticism),
- Bodily practices toward enlightenment, release, or ecstasy

The workshop approach is explicitly comparative, intended to help participants experience the motions, manners, and observances of spiritual cultures as highly specific physical responses to universal problems. It also gives participants rich experience in using physical, or kinesthetic, inquiry.

Physical and mental warm-ups help participants move into direct somatic contact with the practices. Journaling and thorough debriefing of each practice allow participants to integrate their experience within their home spiritual practices.

Week of May 10–15

The Joy of Being: Practices for Awakening
Anna Douglas & Kathy Harris

Join Anna Douglas and Kathy Harris for a deep dive into the imagined perils and realistic promises of an open heart. Held and nurtured by the sacred land of Esalen, participants will gently awaken heartful awareness through teachings and practices which draw on mindfulness and Metta meditation, the work of Byron Katie, attitudinal healing, and relational inquiry. Each session will begin with gentle movement and breathwork. The workshop will present:

- How to access unconditional presence
- How to do practices which awaken and nurture the heart
- How to investigate the beliefs, attitudes, and stories which keep you caught in stress and fear, thus enabling you to let go into the joy of being
- How to co-create and participate in a loving group field
- How to live your deepest intentions for your life
- How to create a home practice

Painting From The Source
Aviva Gold

If you’ve considered painting but never thought you could, or if you’ve trained in the arts and would like to explore your source of creativity, this retreat is for you. As children, we naturally paint in a powerful, intuitive way, purely for the joy of expression. This freedom can be regained. You face the empty paper, the rich, vibrant colors; you choose a color, you move your brush on the paper. The process deepens; you may hesitate, emotions may surface. With Aviva’s expert midwifery, in a warm, supportive atmosphere, you begin to paint not from the intellect but from the ever-present, bottomless creative well of personal and universal images. Soon the movement of the colors, the brush, and the water is hypnotic—you get lost in it. Yet you are awake, allowing whatever needs to happen to happen...

Surprisingly touching and satisfying images emerge. You don’t have to be trained to experience this, it’s your birthright—the possibility of reconnecting is always there. To feel the sensuousness of painting to let yourself play, to go through whatever blocks you need to go through—this ritual of creating soul-touching art is a natural way to stay balanced, healthy, and vital, a spiritual practice that will connect you to your Inner Wisdom Source.

Please note: This workshop has an extended schedule and requires a commitment to group process and inner growth. No alcohol or non-prescription drugs during workshop.

Recommended reading: Gold, Painting From the Source: Awakening the Artist’s Soul in Everyone (available through www.paintingfromthesource.org).

($35 materials fee paid directly to the leader) CE credit for MFTs and LCSWs; see page 5.

Not Just Another Communication Workshop!
Jean Morrison & Martine Amila Algier

Nonviolent Communication (NVC) has been described as a powerful tool for social change, a personal practice for clarifying and living one’s values, a guide for interpersonal communication, an effective process for conflict resolution, and a language of compassion. Deepak Chopra has called this process “the missing link.”

Jean and Martine write: “In a fun, lively, collaborative, and supportive environment, we will integrate practices that are changing the way people relate to themselves and each other. Based on the internationally acclaimed process, Nonviolent Communication, this workshop gives tools and inspires hope.” Learning NVC helps to liberate us from:

- Judging self and others
- Taking things personally
- Acting from fear, duty, obligation, guilt
- Suffering in anger and depression

Learning NVC supports us in:

- Expressing ourselves honestly without blame, shame, or criticism
- Hearing others’ pain without trying to fix them
- Creating new strategies that meet core needs
- Becoming more effective at everything we do, including creating peace in the world

NVC was developed by Dr. Marshall Rosenberg over a period of thirty years. It has been taught to individuals and organizations in more than thirty-five countries. Martine, Jean, and 200 Certified Trainers around the world teach NVC in their communities, schools, prisons, corporations, social-change organizations, war-torn regions, and healthcare and government institutions.

CE credit for MFTs and LCSWs; see page 5.

Zero Balancing II
Jim McCormick

This will be a special version of Zero Balancing II. Because of the residential nature of the class and the highly charged space at Esalen, students will have the time and resources to delve deeper into the spirit of Zero Balancing.

In all Zero Balancing II classes students learn the second half of the full Zero Balancing Protocol—amplifying and empowering the work learned in Zero Balancing I. There is
also review of the basic ZB protocol with an
emphasis on quality of touch, focus, and position-ing of the practitioner

In this class there is more time for individual feedback from the instructor. The leader and participants will devote time to creating awareness of each person’s unique energetic way of working, and explore how to put more of yourself into your fulcrums. Students will advance their ability to work with expanded states of consciousness, and a premium will be placed on individual personal growth

Prerequisite: Core Zero Balancing I
CE credit for nurses; see page 5.
CE credit for bodyworkers; see page 5.

The Transformation of Everyday Life: Process Work in Action
Stephen Schuitevoerder

With roots in Jungian psychology, Taoism, and physics, Process Work is based on the assumption that the resolution to a challenging situation or problem can be found within the very nature of the problem itself. Through the application and skills of Process Work, this workshop provides a wonderful opportunity for participants to explore themselves deeply and discover ways to live a fuller and more enriching life. Participants will be guided through a series of demonstrations and exercises designed to cultivate insight and assist in personal growth and development. Exploring these moments allows for deep insight and the transformation of difficult moments into enriching experiences. The course will also assist in skill development for those who would like to expand their coaching or counseling repertoire. The workshop will be experiential, with theoretical presentations followed by demonstrations, exercises, and group interaction. Participants will be invited to present specific challenging coaching themes as case studies.

The workshop covers the following topics:
• Working with physical symptoms and signals
• Utilizing disturbance and dreams as valuable methods for transformation
• Mapping the emerging direction of a process
• Recognizing critical moments in coaching
• Integrating and anchoring new patterns
• Developing skills for working with the inner critic
• Cultivating effective meta-skills in working with clients

CE credit for MFTs and LCSWs; see page 5.

Weekend of May 15–17

Healing as Grace: Pachakuti Mesa Tradition Shamanism
Oscar Miro-Quesada

Participants in this apprenticeship will be escorted through the Doors of Perception into the sacred dimensions of life, and will have both a didactic and experiential initiation into the millenial soul of Peruvian shamanic healing rituals.

As developed by Don Oscar, the Pachakuti Mesa is a ceremonial altar ground conducive to the revelation of rarely accessed powers and forces, to be artfully used for healthful, personal, and planetary transformation. Core teachings include cross-cultural shamanism that can shape-shift many common ills associated with modern living, and heartfelt apprenticeship in viaje con sombra (magical flight), visita en virtud (psychic vision), nistro (divinatory guidance), and despertamiento del Ser (awakening wholeness of self) derived from ancestral Kamasqa Curanderismo.

Don Oscar invites you to join this Sacred Hoop of Life and celebrate the sacred trust that exists between humankind and our living Earth. The Pachakuti Mesa, like all properly consecrated ceremonial spaces, allows self, culture, and nature to harmonize through an exquisite dance of aesthetic sensibility and compassionate living.

Workshop participants must bring: a ceremonial cloth (suggested size 24 x 24”); a stone, shell, and feather; your most personally meaningful sacred artifact to serve as the center of your Mesa. Participants are encouraged to wear loose, comfortable clothing and bring their customary ceremonial musical instrument. You may also wish to bring a journal and meditation cushion.

Mindfulness in Deep Relationship: The Sources of Nourishment
Jerome Front

This retreat invites participants to open to their most elemental relationship, that which exists between the body, mind, and the natural world as it manifests through eating, food, and our senses. This inquiry will then widen to include the deep nourishment we receive from being in mindful relationship with each other. “As individuals, we all know the hungers and unrequited longings that coexist at emotional, spiritual, bodily, and relational levels,” says Jerome. “Fortunately, these basic needs also form our common human ground. Opening to these primal shared areas with a loving awareness can create profoundly satisfying aspects of deep relationship. These nourishing and transformative relational experiences include understanding and being understood, a sense of increased personal presence, and the soothing, releasing and integrating experience of letting yourself be known in another’s accepting, warm presence.” During this retreat, participants will taste a fuller range of being alive, experience ways of belonging and open to the nourishing possibility of being at home, more regularly, within the moments of life. Retreat topics include:
• The embodied mind and spirit: Western and Eastern views
• Interconnectedness of self, other, and the cosmos
• Creating resonance, attunement, and empathy

Participants will experience sensory work, group sharing, silent meals, music, ritual, poetry, deep relaxation, and instruction on mindfulness meditation. Teachings and activities will alternate with periods of intentional silence.

Open to everyone, this retreat is an especially rich resource for helping professionals, teachers and nurses.
CE credit for MFTs and LCSWs; see page 5.
CE credit for nurses; see page 5.

Treating the Unique Child: Private Options, Public Policy, and the Autism Spectrum
Sidney M. Baker

Medical hopes, fears, strategies, and predictions turn on the names we give to illness. To say “We know what it is” concludes uncertainty because the focus shifts from the individual to the disease. The treatment of an individual is imperiled by over-emphasis on affiliation with a diagnostic group, when that association leads to the neglect of other important details in the narrative. Such a focus on “defining” problems of communication, behavior, and social interaction tend to devalue other problems, such as immunological and digestive issues, that serve as guides to understanding the disease and the clinical options for the individual.

This seminar is designed to help parents, health and medical practitioners, and shapers of public policy navigate the biochemistry, immunology, toxicology, and epidemiology of
individuals with autistic spectrum disorders. The goal is to learn how tailoring diagnostic and treatment options for each child can guide our understanding of the origins and prevention of cognitive and behavioral problems.

“These problems enter our imagination as abstractions—autism, ADHD, Alzheimer’s, depression—” says seminar leader Dr. Sidney Baker. “But they enter our lives with vexing and very specific questions about what to do first and next for a given individual.” Dr. Baker brings four decades of experience as a clinician to this inquiry, and bases it around two simple questions: “Does this person have a special unmet need for a specific nutrient, light, rhythmic integration, or love? Does this person have a special unmet need to be rid of a toxin or allergen?” Over the course of the weekend, Dr. Baker will use illustrative case presentations to help illuminate known paths and some of the uncharted landscapes that confront those who must make choices for a child’s future.


Through both didactic and experiential methods, participants will examine various financial profiles and learn how they can empower themselves through their money beliefs. Topics for examination include personal financial goals, different types of income and expenses before and during retirement, sample portfolios and asset allocation strategies. Discussions will include all five areas of financial planning and basic financial terminology. The goal of the workshop is for each participant to have fun in a safe, supportive environment and develop her own personal financial outline that can be used to create a complete and very workable financial or retirement plan.

The workshop requires only an inquiring and open mind, a desire to know yourself as it relates to your own financial situation, and a willingness to share financial information and work within the group. Please bring a three-ring binder with pockets, plenty of three-hole punched paper, two pencils and two pens.

See pages 94-95 for reservations, fees, accommodations, scholarship information, and discounts.
**Week of May 17–22**

**Waves: Light and Shadow**  
Kathryn Altman & Jonathan Horan

Why do some days flow so easily while others are a monumental effort? Where do we cross the line from solid, healthy boundaries to outright rigidity? Why does the unknown sometimes fill us with the awe of mystery and at other times bring sheer terror?

Most of us spend our lives seeking what we imagine will finally make us feel good forever, and running like hell from everything that makes us uncomfortable. In Waves: Light and Shadow, we use Gabrielle Roth's 5Rhytm™ movement meditation practice to explore the places that are natural, easy and effortless to us as well as the places we hide, shy away from, or trigger us.

The real value of our practice is to learn how to be open, available and perhaps even playful as we get knocked off kilter or kicked out of our comfort zone. Finding and sustaining our presence, no matter what we feel or what goes on around us, is the dance that will reverberate long after the workshop ends.

**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."

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**Weekend of May 22–24**

**Sex of the Spirit Toolbox: Thinking and Speaking Frankly about Religion and Sexuality**  
Jeffrey Kripal

Ever wonder why most of the moral debates involving religion in the news (same-sex marriage, “family values,” gay rights, gay priests, celibacy, female ordination, abortion, clerical pedophilia, etc.) involve some aspect of human sexuality? Ever wonder why it seems to matter so much whether deity is imagined as male or female? Or as both? Or as neither? Why were the ancient uses of female virginity and purity codes tied up with inheritance and property law? Why were the origins of Western monotheism symbolically linked to the ritual cutting of the penis? What do The Last Temptation of Christ and The Da Vinci Code have in common that made them such mega hits? Why do so many great mystics describe their experiences in sexual terms?

The questions are endless, but where are the answers? The last forty years have seen a stunning development of new tools that scholars of religion use to think and speak about sex, but these tools have generally remained well outside the public’s awareness. This seminar, taught by a scholar of comparative religion widely known for his writings on the subject, will tell this story from the inside and then, through group discussions and standard case scenarios, provide a set of very practical tools with which to think comparatively and frankly about the very difficult, but endlessly fascinating interface between human sexual and religious experience. Bring your questions. They are the keys to your toolbox.

**Beyond Jogging: The Easy Way to Mind/Body Fitness**  
Mike Spino

By working through the body’s natural physiological and mental capacities, this course focuses on providing participants a mind/body technique of walking and jogging that makes the activity easier, more enjoyable, and contains the possibility for spiritual awakening. During this integral practice you will learn gaits and tempos of walking and running that provide a shortcut to attainable fitness. Participants can utilize imagery practice to create positive mindsets, and find new sources of endurance by unifying breathing with movement. Group members develop active visualization skills, and experience the camaraderie and fellowship that accompanies group training and team practice. The grounds at Esalen are an ideal location for learning Mike Spino’s mind/body running program so that you will leave the workshop, as many have before, with the tools to create your own long-term walking/running training plan.

**Family Arts Program**  
Jayson Fann

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, drum-
Week of May 24–29

Resting in the Arms of Love: The Art and Practice of “Be Here Now”

Johanna Putnoi

There is no magic here.
Some mysterious keeper of the lens has polished away the dust from my windows, and I am seeing you.

—Robert K. Hall

What is love, really? Love is a state of being born of abundance. It lives in the place below language and is a primary agent of healing, empathy, and joy.

Love is also elusive, sometimes veiled by a wanting that generates a false love, an imitation that actually blocks receptivity while wearing the mask of love. Knowing this, how do we learn to recognize and then generate a true love, from the inside? Start with the body, says Johanna Putnoi.

• Your body is a profoundly intelligent, biologically programmed miracle of nature that has the capacity to perceive an infinite spectrum of sensations.
• Your body has the ability to tell you when you are in danger, when you need nourishment, and when it is time to rest.
• Your body comes equipped with the instinct to bond, the ability to love. It offers the experience of love and pleasure exquisite intertwined in the mysterious domain of sensation.

This workshop, in the tradition of Lomis Somatics, integrates practices such as meditation, conscious movement, the enneagram, and Gestalt, with the intention of establishing a centered, embodied presence—a presence that radiates abundance and inspires community. Please join us.

Hatha and Raja Yoga Practicum

Srivatsa Ramaswami

Asana practice has caught the imagination of a number of enthusiasts—especially Vinyasakrama, the sequencing art form of yoga practice. However, yoga has other important ingredients, all of which promote a positive transformation of the individual. A holistic approach would require the yogi to practice not only asana and pranayama (the Hatha yoga aspects) but also chanting, meditation, and contemplation of the philosophical and spiritual aspects (the Raja yoga aspects).

In this program, half of each session will be devoted to different asanas, following the Vinyasakrama method. It will involve doing more than about 300 vinyasas, or variations in classical yoga poses, in the course of the program. The other half of the time will be utilized for detailed and varied yogic breathing exercises and the other Raja yoga practices, like chanting, meditation, and philosophical and spiritual contemplation of the yoga sutras. The objective is that by the end of the program participants have a well-rounded understanding and practice of yoga, as opposed to doing only asanas or meditation. Hatha yoga and Raja yoga are aspects of the integrated system of yogic progression.

This workshop is open to everyone. Please bring a yoga mat.

Walk on the Wild Side: Hiking the Big Sur Country

Steven Harper & Michael Newman

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

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

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

Hikes (3-10 miles in length) begin after breakfast and finish in time to enjoy the hot springs and wholesome food of Esalen. Participants should be prepared for the challenge of invigorating physical activity as well as the opportunity to simply sit still in quiet contemplation. More information will be sent upon registration.

Muir wrote, “The mountains are calling me and I must go.”

($20 park-entrance fees paid directly to the leader)
Reclaiming Your Authentic Self

Anne Watts

Have you ever found yourself thinking you want one thing but doing something else? The thing you’re doing comes from the inner child. What, exactly, is the inner child? It has many names: the authentic self, natural child, creative energy, or inner place of knowing. The inner child works differently in each of us. We are often out of touch with this part of ourselves, yet it is the part that runs our lives.

This workshop is for people who want to experience more joy and personal potency in their lives. In a safe and loving environment you will have the opportunity to tell your own story and hear the stories of others, receive and give appropriate, healing touch, and reclaim and affirm the safety of your own body. You will also uncover core beliefs that hold you back, move through fear, and learn techniques for safely releasing anger and sadness. Additionally, through the use of visualization techniques, drawing, and dynamic sculpting, you will discover your inner child and your inner nurturing parent, and create the opportunity to see your internal family images from new and different perspectives. The partnership you establish between the inner child and parent will enable you to live your life with a new level of potency, peace, and joy. For more information about Anne and her work, please see www.annewatts.com.

Weekend of May 29–31

Loving Yourself

Daphne Rose Kingma

You, yourself, as much as anybody in the entire universe, deserve to be loved.

—Buddha

Although it has been said that we should love ourselves, out of all the forms of love, loving oneself is often the most difficult. We don’t know how to do it. Sometimes we’re not even sure that we should love ourselves, and if there’s a way to learn how, we’re not sure what that might be.

Contrary to what you may think, it’s actually possible to learn how to love yourself—to hold yourself in your own compassion, to treat yourself with kindly care—no matter how wounded you’ve been, no matter how habitually hard on yourself you may be.

In this simple but profound workshop, Daphne and participants will explore the following topics through teachings, meditation, and exercises:

• Why you need and deserve your own love
• The many (and subtle) forms of not loving yourself
• How we get lost on the path to self-love
• The four steps to self-compassion

Recommended reading: Kingma, Loving Yourself (Conari Press).

Close Yet Free: The Path to Making a Good Relationship Even Better

Gerald Smith

How can we be open and vulnerable to love another person and, at the same time, free in order to continue to grow as an individual? The balance of merging and still maintaining a clear sense of self is never completely worked out, because each partner is continually changing. But this dilemma of competing needs can be dealt with in ways that will add to the aliveness in the relationship. In fact, a thriving relationship will enhance each person’s deepest growth.

Much of the participants’ time during this weekend will be spent with their partners, separate from other couples. The workshops will use verbal, nonverbal, and written exercises to increase openness, support, and affection, as well as skills to resolve differences without producing “scar tissue.” Also, since play is an essential part of a vital relationship, there will be experiences to spark the imagination and willingness to play together.

Enrollment is limited to 12 couples.

Postcards From Esalen

Joanne Beaulé Ruggles

Discover the pleasure of creating visual keepsakes that document aspects of your weekend at Esalen. “With an eye toward capturing the character, the place, and its daily rhythm,” says Joanne, “we will employ simple art tools and techniques to fabricate ‘postcards’ that reflect our unique perspectives. Participants will be assisted in employing a range of expressive possibilities, including words, images, and non-representational abstractions to suggest their Esalen experience. We will cast our creative glance at everything that is Esalen—details of its facility and daily operation, its breathtaking vistas, its richly diverse community, and its intangible yet ever-present healing spirit—and respond to what individually resonates. Creating images with heart and eye will enable each of us to more readily carry home the Esalen experience.”

(Materials fee of $25 paid directly to the leader)

Opening to the Infinite

Stephan A. Schwartz

Of all the most mysterious things one can experience—spiritual ecstasy, verifiable nonlocal awareness (or Remote Viewing), the Aha! moment of creative genius—Remote Viewing is the one that can be learned. In doing so, one can obtain both sense impressions and “knowingness” concerning persons, places, or events about which one should have no knowledge due to shielding by time or space.

Closely related to nonlocal awareness is the expression of nonlocal intention, traditionally called healing, which uses many of the same techniques as Remote Viewing, but in a proactive way that affects the well-being of another.

Taught by one of the founders of Remote Viewing and a pioneering researcher in healing, this workshop is built on thirty-five years of laboratory and field research. The techniques presented have been repeatedly tested and have shown themselves capable of allowing almost everyone to open to the experience of nonlocal awareness and to express healing intent.

This seminar also covers meditation, offering an approach especially designed for the Western mind. (Meditation has been shown to be the most important discipline a person seeking to open to nonlocal awareness can develop.) The workshop also covers meditation, offering an approach especially designed for the Western mind. (Meditation has been shown to be the most important discipline a person seeking to open to nonlocal awareness can develop.) The workshop both presents concepts and allows participants to experience firsthand these aspects of extraordinary human abilities.

Integral Experiential Learning: Organic Embodiment of Ken Wilber’s Theory and Methodology

Bert Parlee

One of the most exciting and comprehensive paradigms emerging in the new millennium, Integral theory and methodology is a coherent and dynamic model of self and reality. It honors and encompasses all dimensions of body, emotions, mind, and spirit, as they exist in self, culture, and nature. As such, this workshop is designed to engage individuals physically, emotionally, cognitively, interpersonally, and spiritually.
While exploring and discovering new truths, participants can also expect to recover and revitalize what may have become lost or unconscious elements of their current selves or worldviews. The Integral challenge is to claim ownership of all truths and perspectives, which include our “always/already” realized native condition, and to learn to recognize and embrace the same in others. An Integral curriculum involves learning new ways to feel, express, and think about experience, such that we are better able to become an authentic instrument of service and compassion.

Overall, by developing new forms of embodied awareness via a range of experiential learning methodologies—voice dialogue, Gestalt, meditation, action inquiry, stories, film, games, and more—our previously examined and untested assumptions can be owned, reconfigured, and transcended. By risking vulnerability, and acting from a place of inquiry, mutuality, and integrity, we paradoxically discover a deep-rooted courage and strength of character that exposes our limiting beliefs while affording novel means of reconceiving ourselves.

Week of May 31–June 5

**Holistic Sexuality: A New Integral Approach**

Ramon Albareda & Marina Romero

This workshop is for individuals who wish to access the full potential of their vital primary energy, understood here as sexuality, and explore how this energy can be creatively expressed and integrated holistically – at the somatic, emotional, mental, and spiritual levels. The course is designed to teach you how to connect with this energy not only in your everyday life, but also as a bridge to the deepest dimension of your reality, as a catalyst for a grounded spiritual growth. The principles and practices that shape Holistic Sexuality are inspired by seeing life’s natural processes as organic references for transformation and healing. The fruit of decades of research and experience, Holistic Sexuality is affiliated with neither tantra nor other methods of working with sexuality.

The leaders will facilitate group process as well as counsel each participant individually to design personalized practices. You will learn how to safely self-regulate your own process from an awareness of your present capabilities and necessary boundaries. This workshop will guide you in:

- Developing a path of self-knowledge, regeneration, and creative evolution
- Transforming the limiting unconscious tendencies of your vital primary world
- Working through conflicts that hinder your sexual self-expression
- Integrating sexual and spiritual energies to enhance the quality of your life

Please note: Instruction is given in English and Spanish, with English translation provided.

**Artplane Workshop**

Nicholas Wilton & Jennie Oppenheimer

The Artplane Workshop is a lighthearted, playful exploration of the creative image-making process. It presents practical principles of painting, combined with a fresh approach to working more freely and intuitively. Included in the workshop will be clear explorations of color theory, harmony, value, and design, in addition to in-class demonstrations, critique, and extensive hands-on painting. There will be little time to worry about success or failure, as the process will take the form of a flowing series of small paintings on wood panels. Participants will sometimes be painting on two or three pieces simultaneously. Working in this way helps to avoid the tendency to overly focus and constrict the creative process. Recognizing and remaining in this state of high creativity is a fundamental idea of this class. Seeing the opportunities made possible by one’s mistakes and learning how to evaluate and improve upon one’s own work will also be emphasized.

Come prepared for a whirl of creative self-expression and the wonderful feeling of completing a workshop with a collection of your own paintings that celebrate the process of inspiration, reclamtion, and the journey of self-discovery. Only life experience and a willingness to play are needed.

($80 materials fee paid directly to the leaders; details provided upon registration)

See pages 94-95 for reservations, fees, accommodations, scholarship information, and discounts.
Deep Bodywork for Massage Practitioners: Healing Knees and an Introduction to the Psoas and Deep Visceral Work™

Perry Holloman & Johanna Holloman

Because demand for practitioners with deep bodywork skills is growing, Perry and Johanna Holloman have developed a series of seminars designed to teach massage practitioners this healing art. Each seminar has a specific focus in terms of the physical structures touched and their related functions. An overall emphasis is placed on how to integrate this work into the format of a flowing massage.

This seminar will focus on understanding the structure and function of the knee, the psoas muscle, and the importance of deep, sensitive touch in supporting the overall functioning of the abdominal viscera. Subjects of specific focus will be the role of the thigh and hip muscles in supporting the knee; work on the iliotibial band; learning to palpate and release the psoas; and massaging the abdominal viscera slowly and deeply. The role of the psoas in chronic pain of the back and hip will also be discussed.

This program is designed as an advanced course of study for those wanting to integrate deep tissue skills into their work. Prerequisite for this seminar is prior experience as a massage practitioner or the equivalent of 150 hours of massage training.

For further information on this work please visit www.deepbodywork.com.

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

Moving Meditation Practice: Ecstatic Dance, Shamanism, Ritual, and Essential Touch

Ellen Watson

It is written in the book of the Sioux that they have gone into the earth; nothing will bring them back until the people dance and pray.

—Mary Oliver

In this retreat, participants will develop a practice of Ecstatic Dance, used for centuries as a path to re-establish connection between body, mind, heart, spirit. Ecstatic Dance is dance enlivened by the breath, powered by the heartbeat, and set into motion by music from around the world. A variety of moving meditation practices will send participants home refreshed, revitalized, and with a new vision for the future.

To prepare for the Native American Sweat Lodge, participants will spend a day dancing, writing, in social silence, and using Sufi Self Remembering exercises. "In the Sweat Lodge, we'll sing our prayers, sweat our toxins, give thanks to our ancestors, and vision the future for ourselves, our children, and their children," writes Ellen.

The retreat schedule includes time to enjoy the grounds and baths of Esalen, both individually and as a group. “We’ll gather herbs, flowers and roots, brew and steep them overnight, then engage in the ritual of cleansing our skin with sea salt scrub, before soaking in the herb infused Esalen mineral baths. This ritual cleansing has both physical and metaphysical benefits, exfoliating our skin and setting our spirits free.”

Please memorize a one-minute poem or verse from Rumi, Hafiz, Mary Oliver, or another poet who has deep meaning to you. Bring photographs of your ancestors, siblings, and children, to be placed on the altar.

Weekend of June 5–7

Inner Relationship Focusing Method: Getting Unblocked

Ann Weiser Cornell

Do you sabotage yourself? Is there something you really need to get done but you just don’t do it? Are there parts of your life that stay stuck no matter how hard you try? Do you feel like you have to force yourself to do what you need to do – and often even that doesn’t work?

Inspired by what she learned while releasing her own writer’s block, Ann Weiser Cornell has created a step-by-step program to help you get unblocked and find your forward flowing action. It’s based on Inner Relationship Focusing, a body-based method for listening deeply to yourself. In this highly experiential workshop, you’ll learn how to create a climate of acceptance and welcome within so that you can hear from the blocking and pushing parts of you without getting caught up in the struggle. You’ll discover the myths and patterns of action blocks, and why the harder you try, the less you get done. The workshop will provide a safe and supportive atmosphere in which your inner sense of rightness is respected. You’ll start with a blocked life issue of your choice, and follow it through a series of exercises to release what’s been holding the block in place. You’ll take home skills you can use over and over whenever life gets stuck. Helping professionals will learn powerful tools for working with clients.

CE credit for MFTs and LCSWs; see page 5.

Your Life Cannot Be Any Easier Than Your Movement: Cortical Field Reeducation® and the Feldenkrais Method®

Carol Lessering & Sybil Krauder

Most of us want to be in a state where we feel at ease and authentic, where what we intend to do and what we actually do are the same. How do we move and what we don’t know about our movement are crucial elements to re-discover this state. However, when we are in pain, we shut down the hurt area in an attempt to diminish feeling the pain. This strategy is usually unsuccessful. If, however, we can feel how we are using or misusing the area that we wish to heal, we can successfully re-educate our neuromuscular system to make improved movement choices. Awareness, in and of itself, is transformative. Each session in this workshop will be rich in intelligent movement sequences designed to promote the release of deep, long-standing, often unconscious muscular contractions. This kind of exploration usually results in improved posture, pain reduction, greater ease, and increased stamina. When awareness is awakened through your innate capacity to learn, healing has begun.

This workshop is open to beginners as well as experienced Cortical Field Reeducation students who want a tune-up. It’s equally beneficial for people who are active or movement-challenged, old or young, and for those wishing to improve their ability to move with comfort and to deepen their experience of connection within themselves and with others.

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

Attachment in Psychotherapy: Relational Transformation, Mindfulness, and the Body

David Wallin

Sparked by John Bowlby’s original insights, attachment research has revolutionized our understanding of human development, the internal world, and the consequences of development gone awry. No other empirically-based framework tells us more about how we become who we are—and how to change who we have become. Yet until recently therapists have been largely left to draw their own
Inferences about how this growing body of knowledge can be applied in practice.

Now—in a clinically focused, experientially oriented workshop—David Wallin translates attachment research into a model of treatment as transformation through relationship. Integrating attachment theory with neuroscience, relational psychotherapy, the practice of mindfulness, and a focus on the body, he helps therapists to become more effective facilitators of growth and healing. This workshop will present:

- How to use the new attachment relationship as a crucible of therapeutic change
- How to recognize the impact on this co-created relationship of the therapist’s attachment patterns as well as those of the patient
- How to shape interventions to fit the patient’s attachment needs

David Wallin is a clinical psychologist and author whose book Attachment in Psychotherapy has been described by Daniel Goleman (Emotional Intelligence) as “a brilliant leap in realizing the clinical promise of attachment theory, a synthesis that should be required—and will be rewarding—reading for every psychotherapist.”

\[CE\] credit for psychologists; see page 5.

\[CE\] credit for MFTs and LCSWs; see page 5.

\[CE\] credit for nurses; see page 5.

### The Song of the Drum

Gordy Ryan & Mawuena Kodjovi

“Our goal,” writes Gordy Ryan, “is soulful communication, playing and singing our way on a musical journey from Nigeria to New Orleans. We begin with traditional songs of invocation and ceremony from village life, then play the dance music of highlife and Afrobeat, travel to the Caribbean to play calypso and reggae songs, and arrive in New Orleans to experience the evolution of West African rhythms into the musical gumbo that lives on in jazz, rhythm and blues, Mardi Gras Indian festivities, and funk.

“We open our ears, our voices, and our hearts to the expression of Spirit, bringing the muse of sweet inspiration into our lives. This is a celebration of funk and fun in an environment of compassion, love, and interaction among friends on the path of a living cultural energy. Each session presents hand-drum fundamentals and grooves for the music we will play, then we build the rhythm arrangements, add melodic instruments and vocals—with every-one singing—and we become One in the music. There is a place in this orchestra for everyone who loves music, from beginner to pro.”

### Is There an Easier Way of Being? Opening to Silence

Peter Russell

The world’s spiritual teachings claim that love, bliss, and happiness, the qualities of the mind in its natural, unconditioned state, are our spiritual birthright. But for most of us the many experiences that occupy our attention—our perceptions, the stories we tell ourselves, our hopes and fears—overshadow this natural state of well-being. To reconnect with these essential qualities we need to stop clinging to beliefs of how things ought, or ought not, to be. We need to release our minds from our fears and return to the present moment.

For millennia, meditation has been a way to still the thinking mind and awaken to pure consciousness. In this workshop, Peter Russell introduces new approaches that deepen and clarify the practice of meditation. The key is to use the wisdom of our innate intelligence, to give us guidance during meditation. When we do, we find we can step more rapidly through inner resistances and blocks, and undo the various ways in which we create dissatisfaction and unnecessary suffering.

Sharing his own journey of self-discovery, and integrating ideas from Eastern and Western models of the mind, Peter helps students explore how to step beyond the ego mind, let go, relax the mind, hear the still quiet voice within, and open to the inner peace, joy, and freedom that we yearn for.

### Money and Spirituality

Richard Glantz

What is the role of money in our search for consciousness? The inquiry into our relationship with money can become a potent part of our quest for self-knowledge. It is this relationship that often determines our view of the material and the spiritual. Further, money is so much a part of our psychology and personality that the exploration into money is necessary for our exploration into ourselves. So much of our energy in our daily lives takes place in and through money. So, if one wishes to understand “being in the world and not of it,” one needs to understand money.

Yet, for all of this, most people know surprisingly little about money and this causes great suffering. Not only is there general ignorance about money and the natural laws that guide it, there is substantial misunderstanding about one’s relationship to it. Most spiritual schools do not explore this topic. This workshop offers a venue for self-exploration directly related to money.

This is not a course on “how to invest” or “how to make more money.” It is about our relationship to money and ourselves. However, with your increased self-knowledge, the result may be more inner and outer prosperity.

Sessions are designed to include various exploratory techniques including lectures, group discussion, exercises, and homework. Participants will be notified on what they need to bring which will include current financial information. All personal information will be confidential.

### Week of June 7–12

#### Eat It Raw

Charlie Cascio & Liam McDermott

This workshop offers an opportunity to experience the cleansing effects of a raw live-food diet. Participants will learn how to sprout seeds, nuts, and grains; make raw crackers; and prepare fermented foods such as sauerkraut. Organic fruits and vegetables will be available for juicing, including green juices and wheatgrass to assist the cleansing process and maximize nutrition. To complement the internal cleanse, there will be a spa day with exfoliating salt scrubs and nourishing seaweed baths.

All meals will be prepared and eaten in the workshop. Following a light breakfast, the main meal of the day will be lunch (when the body can best digest food)—gourmet meals that participants will learn to make. Evening meals will be simpler, highlighting the bounty of the Esalen organic garden. Evenings will feature discussion of cleansing techniques from around the world, including Ayurveda, Pancha Karma, the Western naturopathic approach, and Oriental cleansing methods. The evening meetings will also explain how to maintain a healthy gastrointestinal system and the benefits of a vegetarian, vegan, and live-food diet.

Participants will be encouraged to slow down, eat mindfully, and fully experience every bite. Take this opportunity to break old eating habits, to cleanse and rebuild your body, and discover how food nourishes not only our bodies, but our minds and souls.

($50 special-foods fee paid directly to the leaders)
Welcome to the Fire of Yoga, Esalen’s fifth annual Yoga Festival. The profound Tantric mystical teaching that everything is made of light invites us into sacred transformative practice and will be our theme for this powerful week of deepening wisdom and soul-awakening. The traditional philosophy of Tantric yoga elaborates a sophisticated path of esoteric disciplines and practices which give experiential access to domains of ultimacy, freedom, and the transcendence of suffering. This week will be a sublime immersion into the fire of yoga through asana, meditation, mantra recitation, lecture, music, devotional chanting, and dance. As a community, we will contemplate the depth of our commitment to the great journey of yoga, stabilize and root ourselves in deep practices, and open to living and breathing Tantra in all aspects of our lives.

We will consider and practice the teachings of Tantric Yogic Shaivism as they lead us in making offerings to the very fire-pit of the heart. The medieval Siddhas who originally elaborated the teachings of Shaivism understood Lord Shiva to be the great absolute Consciousness itself—that consciousness embodied in each and every living being. Thus, the sacrifices to the fire-pit of the heart are comprised of those many offerings of practice, insight, and understanding through which we can gradually and systematically release all obstacles to this vision and understanding of ourselves as divine Consciousness.

As we engage in the fiery practices of yoga, there is a great clarity that begins to infuse every area of our lives. A lightness of being begins to emanate from our very core and we find ourselves more able to expand our hearts even in the most challenging situations. By immersing ourselves in this week of guided living wisdom practices, we will create a solid foundation for each participant to return to their homes and families with more clarity, ease, and a deeper understanding of how to continue on the yogic path in everyday life.

The Fire of Yoga Festival begins on Sunday evening with an opening circle of community to set our fiery intention for the week.
Please note: This festival will be full and spirited—expect to be in large classes with yoga mats close together. We will have some mats and props on hand but recommend bringing your own for hygienic purposes. You’ll need a yoga mat, towel, a zafu (cushion) for meditation, block, and strap.

Leaders

Paul Muller-Ortega is recognized internationally as one of the world’s most highly respected and renowned academic scholars in the field of Indian religion and Hindu Tantra. He is the founder of Blue Throat Yoga, which teaches the elegant Svatantra philosophy of Kashmir Shaivism and the practice of Neelakantha Meditation. He is the author of the highly acclaimed book The Triadic Heart of Shiva. Paul is known for being a charismatic teacher with a remarkable capacity to convey esoteric truths and teachings in ways that are fully accessible, relevant, and comprehensible to the Western mind. To learn more, please write to ssvatanstrudy@yahoo.com.

Sianna Sherman is an internationally recognized Anusara yoga teacher who delights in storytelling, poetry, spontaneous dance, and long walks in nature. She had the great blessing of meeting her mentor, John Friend, in 1995 and has studied with him extensively for the past 14 years. She devotes her yogic studies to the Tantric traditions and studies closely with Dr. Paul Muller-Ortega and other Tantric scholars. She was chosen by Yoga Journal (along with Darren Rhodes) as one of 21 talented young teachers shaping the future of yoga. One of her favorite ways to teach is in collaboration with her spirit brother Darren and with her beloved Kenny Graham. www.openetograce.com.

Darren Rhodes, a certified Anusara yoga instructor, has been the director of the YogaOasis in Tucson, Arizona, for the past 10 years. Darren is featured in the Anusara Yoga Syllabus poster, from Tadasana to Sivasana. He is a devoted student of John Friend. Darren was selected by Yoga Journal as one of 21 talented young teachers shaping the future of yoga. www.tirthastudios.com.

Joey Lugassy is a multi-instrumentalist, lyricist, and two-time Emmy nominee. Joey leads vocals and harmonium as a kirtan wallah and with the musical group Shaman’s Dream, bridging the gap between prayer and performance. He leads chanting workshops that approach the Hindu deities as nonsectarian aspects of consciousness—his intention is to show the common thread that flows through all great religions through essays, art, yoga, and music. His teachers are William W. Walter, Alan Watts, Phil Gerlach, Thich Nhat Hanh, Ammachi, and Ram Dass, for whom he has great love and gratitude. www.joeylugassy.com.

See pages 94-95 for reservations, fees, accommodations, scholarship information, and discounts.
Weekend of June 12–14

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.

Recommended reading: Perls, Gestalt Therapy Verbatim; Chodron, The Wisdom of No Escape.
CE credit for nurses; see page 5.

A Weekend of Advanced Esalen® Massage
Jessica Fagan & Tom Case

This weekend provides practitioners with the opportunity to inspire their current massage practice. Experienced Esalen Massage and Bodywork practitioners Jessica and Tom will offer unique explorations in the practices of stretching and dynamic mobilization, and soft tissue release work. Elements of Thai Massage will also be brought onto the table, along with range of motion and passive release techniques, all of which help develop an atmosphere of innovation and exploration.

Come prepared to practice and learn new methods of massage while enjoying the natural beauty of Esalen.

Previous massage training encouraged. CE credit for nurses; see page 5. CE credit for bodyworkers; see page 5.

Building Collaborative Relationships through Five Essential Skills
Jim Tamm

This is a how-to course for people who want to be more effective at creating climates of trust, building relationships, 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. This workshop provides practical experience with five 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. Several follow-up research studies documented the dramatic long-term results. Conflict was reduced by 85%, trust increased by 70%, defensiveness reduced by 50%, and participants were 45% more effective at getting their interests met in conflict.

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

This is skill-building to develop relationships for long-term mutual success. The material will be of immediate use to individuals as well as people in interpersonal and work relationships such as couples, families, team leaders and members, and employers and employees.

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

Spark: The Revolutionary New Science of Exercise and the Brain
John Ratey

It is well established that it is possible to beat stress, lift one's mood, fight memory loss, sharpen one's intellect, and function better than ever simply by elevating one's heart rate and breaking a sweat. The evidence is incontrovertible: Aerobic exercise physically remodels the brain for peak performance. This course—for those in the helping professions—is designed so that participants will be able to:

- Instruct their patients on the brain changes resulting from routines of physical aerobic exercise that will help manage mood
- Instruct parents and children as to the many ways aerobic exercise makes the learner better prepared to learn by changing the attention, motivational, and impulsive control level as well as the many alterations that make the neurons ready to learn at the cellular level
- Prescribe aerobic exercise regimens for patients to maximize their emotional health and cognitive function as they age

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

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

Couples' Communication Retreat
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 stalking feelings and "walking on eggshells." The children consume so much time there is little left for unraveling the feelings, even as children 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 personal criticism from our loved ones—even when our partner perceives the criticism as communication intended to create intimacy. Active listening, the best solution, is rarely used. Dr. Farrell has modified active listening to avoid what prevents most couples from using it. Once 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 children, co-workers, and finally their own parents.

This workshop is for couples. A couple is any two people who have a history together (such as parent-child, siblings, married or divorced parents, co-workers) and desire a future with improved communication.

Required reading: Warren Farrell, Women Can't Hear What Men Don't Say: A proved by the California State Board of Accountancy for 12 hours of CE credit.
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 June 14–19

Visionseeker I: Shamanism and the Modern Mystical Movement
Hank Wesselman & Jill Kuykendall

The rediscovery of shamanism has emerged as a major thrust in the spiritual reawakening of the Western world. The techniques of traditional shamans provide an extraordinary method for accessing hidden dimensions of reality and connecting with inner sources of power and wisdom.

Hank Wesselman writes: "We will rediscover our indigenous heart through the classic shamanic journey, reestablishing connections with our spirit helpers, teachers, and ancestors, as we engage in visionary fieldwork and examine the nature of health, illness, and healing from the perspective of spirit medicine." The workshop offers a clear introduction for those new to the shaman's path, and, for the more experienced, provides unique material on the soul cluster from the Hawaiian kahuna perspective.

Wesselman has worked for more than thirty years with scientists investigating the mystery of human origins in East Africa and has spent much of his life with indigenous people. In the 1970s, doing fieldwork in Ethiopia, he began to have spontaneous visionary experiences strikingly like those of traditional shamans. His wife Jill Kuykendall is a physical therapist and transpersonal medical practitioner, specializing in soul retrieval.

Bring drums and rattles, a notebook, sketchpad, a small set of oil or chalk pastels, a bandanna or eyeshade, and a light blanket. Please refrain from alcohol during the workshop.


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

See pages 94-95 for reservations, fees, accommodations, scholarship information, and discounts.
Be Present Empowerment Model*: Actualizing an Inclusive Vision of Community
Lillie Allen & Eugene Allen
What does it take to create and sustain positive change in this world?
We live in the social, political, and economic systems that we seek to change. While many understand that they are affected, they do not necessarily comprehend just how deep the impact is on everyone, including children and young adults. Be Present, Inc. believes that in order to create peace and justice for all, people are responsible for examining their role and society’s role in perpetuating the “isms” (racism, classism, sexism, etc.). It is from this understanding that we can model new ways to foster tolerance, promote peace, and partner for justice.
This family-friendly workshop teaches the Be Present Empowerment Model®, a leadership curriculum about how to develop self-awareness, understanding, voice, and purpose in building sustainable relationships in our diverse and changing world. Participants will learn in a community of practice how to:
• Explore in a safe space the impact of race, gender, class, sexual orientation, and gender identity issues
• See the shifting and fluid nature of our social identities
• Foster open dialogue and broadened understanding
• Develop enduring partnerships for change
Children and youth, our next generation of leaders, are active participants in this workshop. Children of all ages are welcome.

Qigong Empowerment: The Healing Promise of Qi for Health Maximization, Healing, and Spiritual Alchemy
Roger Jahnke
Chinese yoga, known as Qigong (Chi Kung), is emerging as the self-healing tool of choice in many people’s lives and in hospitals, spas, retreat centers, and even corporations. This retreat is designed for those who seek healing, empowerment, maximum personal performance, and inner peace.
The program begins with the simplest levels of self-healing, known as Dao Yin, including gentle Tai Chi-like movements, self-massage, breath practice, and meditative mindfulness. Then, drawing on Dr. Jahnke’s most recent book, The Healing Promise of Qi, participants will explore rare insights of the ancient Qi masters, discover the original meaning of Tai Chi, and learn the potent Nine Phases Method of Qi cultivation and mastery. Throughout, participants will explore Chinese medical theory, journey into the philosophies of the Taoists, Buddhists, martial artists, and ancient alchemists, and make enlightening comparisons with Western physiology and quantum physics. Simple methods of transmitting Qi to others will be introduced as well.
Reflecting from thirty years of practice of Chinese medicine and numerous trips to the hospitals and sacred sites of Asia, Dr. Roger Jahnke notes: “For those who seek healing this is an opportunity for deep immersion in Qigong. For those who seek personal maximization and stress relief, this is an exploration of one of the most eloquent empowerment systems ever developed. For those who seek the light of spirituality, Qigong is a clear path to revealing inner radiance. For all, we will be intently creating and bathing in a field of pure and radiant Qi.”
For more information see www.FeelTheQi.com.
Recommended reading: Jahnke, The Healer Within, and The Healing Promise of Qi.
CE credit for nurses; see page 5.

SoulMotion™: Sanctuary
Vinn Martí
sanctuary n. 1. A sacred place, such as a church, temple, or mosque. 2. A place of refuge or asylum.
Vinn Martí, designer of SoulMotion, asks, “What is it like to move in a fresh, authentic manner? Is it possible to hang in the place within that allows for unbridled expressive contact with self, other, and divine?” This week in the natural sanctuary of Esalen will open doors that enter new rooms of creation, expression, and union with others.
“SoulMotion,” writes Vinn, “is a movement ministry, a dance practice, and a philosophy of living that supports our unconditional acceptance of what is and our fearless exploration outside the box of the familiar, sleep-inducing trance we sometimes find ourselves dancing to. We use the dance as metaphor for living a creative, expressive, and unified life of integrity, immensity, and intensity. Our hearts are ablaze with love of the divine and divine love toward all beings, and this becomes the beat, and the steps, and the music, to which we dance the everyday dance.”
“During this time together we nudge the spirit of innovative action and creativity to awaken and hold a high watch of unconditional acceptance as we stumble our way toward self-expression, self-acceptance, and self-recognition: we are spirit dancing this human experience. Through guided imagery and relaxed induction we track conditions and attitudes which no longer serve our ability to unwind in the stream of creative expression, and we open ourselves to the next movement moment with radical awe and wonder.”

Weekend of June 19–21
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 nurses; see page 5.
CE credit for psychologists; see page 5.
CE credit for MFTs and LCSWs; see page 5.

Yoga Ecstasy Summer Solstice Retreat
Michelle Berry with Shaman’s Dream
Join Michelle Berry and musical guests Craig Kohland and Shaman’s Dream World
Groove Ensemble in this rejuvenating and healing summer retreat. Immerse yourself into mixed-level Liquid Asana™ Vinyasa Flow Yoga, Afro-Brazilian dance, sound meditations and spontaneous flights of ritual World Beat music and ecstatic dance with Shaman’s Dream. In this workshop, you’ll have the opportunity to:

- Activate dynamic asana sequences with creative fluid movement, core stability, and breath
- Cultivate a deeply nourished and empowered state of being through the purifying heat of vinyasa kramas (flowing sequences) leading to peak states of embodiment
- Explore the healing aspect of the “flow state” and how to cultivate its evolutionary dance
- Open a free flow of energy in the spine and major joint systems and unlock stagnant areas within the body/mind

Most yoga sessions will be accompanied by live World Beat and Latin Fusion grooves by Shaman’s Dream to guide you deeper into the flow.

Micheline’s retreats are designed to catalyze healing and transformation through the integration of yoga, meditation, ecstatic world music and dance, indigenous ritual, bodywork, ridiculous laughter, and deep communion with pristine, wild environments. For more information about Micheline, see www.michelineberry.com.

Please bring your own yoga mat.

**Fathers and Sons: Celebrating Father’s Day in the Tradition of the Old Ways**


*It is a wise child that knows his own father.*
—Homer

*It is a wise father that knows his own child.*
—William Shakespeare

Over the ages, fathers and sons have journeyed together into the wilds of nature, traveling light, living simply, and stepping together on the path of what is known and what is unknown as students and teachers for one another. This weekend is a time for fathers and sons to come together as individuals, family, and community to explore the natural wild areas of Big Sur and the relationship of father and son in a community of men.

“Our time together is simple,” says Steven. “Participants will be introduced to basic contemplative and awareness practices from various wisdom traditions. Our time outdoors during the weekend will be spent on day hikes (two to six miles in length) into the rugged beauty of Big Sur. Much of our time will be in silence, quiet dialog, and reflective exercises that invite participants to pay attention to that which has heart and meaning. During indoor sessions we will share experience, stories of the path, and poems of inspiration...with a touch of creative humor to add balance.”

Longtime Esalen leader, Steven Harper, his father Kenneth, and two sons, Kai and Kes, will lead the weekend. This multi-generational father and son team along with the group will weave together an eclectic mix that draws from collective life experience and training.

All levels of experience are welcome, however the group is limited to fourteen years and older. More information will be sent upon registration.

($10 park-entrance fee paid directly to the leaders)

**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-
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 non-invasive 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.

Body and Self in Relationship
Diana Fosha

In this workshop, the therapeutic relationship is explored in terms of its psychological and somatic dimensions, focusing especially on the therapeutic impact of sensations, breath, and somatic experience on the relationship and on the practitioner. The integration of psychodynamic theory and somatic psychotherapy practice is considered from developmental and relational perspectives. This program is designed for body psychotherapists who want to refine their current approach and verbal psychotherapists who want to integrate direct or indirect work with the body into their clinical practice. Participants will engage in a significant amount of respectful, somatic self-exploration within the program. Specific areas covered are: the therapy relationship as the foundation for somatic psychotherapy, presence, attunement, and tracking, and making psychological processes physical.

This course is part of the Santa Barbara Graduate Institute Certificate Program in Relational Somatic Psychology. The Certificate Program is inspired by the SBGI somatic psychology post-graduate academic curriculum and consists of a rotating series of practice-oriented and academically sound Relational Somatic Psychology courses. For further information, including special registration instructions, see Special Programs, page 80.

Yoga, Health, and Happiness
Michele Hébert & Mehrad Nazari

Our true nature is joy. It is only when we lose sight of our spiritual essence that we experience suffering and pain. The wisdom tradition of yoga offers time-tested practices to reunite us as whole and joyous beings.

The word health comes from the Old English word wellth. Yoga and health go hand in hand. In its broadest sense, true health is the well-being of our whole beings. The ancient yogis were aware of this and now current scientific research demonstrates a direct correlation between happiness, health, and the immune system.

During this transformational workshop you will dive into stimulating, health-giving yoga sessions. The yoga practices are purposely chosen to help you release self-doubt and limiting thought patterns and awaken to new levels of spiritual joy. In a supportive environment, you will experience a unique blend of sessions—daily hatha yoga, breathwork, yoga
Nidra, meditation, laughing yoga, and inner exploration—designed to make every cell smile. The mornings will emphasize asana practice and the afternoons will offer the inner practices of Raja yoga. Applying a balanced approach, Michele and Mehrad will guide you through a consciousness-based journey into the joyful heart of yoga.

Please bring your own yoga mat.

**Mountains and Waves: Wilderness and Continuum**

**Steven Harper & Susan Harper**

Wilderness is a primary teacher of movement, creativity, and awareness whose richness and beauty awakens our senses to the world around us. Continuum is a unique movement practice, an inquiry into our capacity to innovate and participate with the essential movement processes of life. Continuum takes us inward in a dynamic inquiry, rotating between inner investigation and the flow of unfolding creative expression. Integrating day-hiking in the magnificent Big Sur backcountry with the subtle internal explorations of Continuum movement, this workshop combines and weaves together these two practices.

The hikes will introduce participants to increasingly refined awareness practices to enhance sensitivity to all that wilderness can offer, to reawaken those elements of wilderness within. During the indoor Continuum sessions, participants will explore movements that express and embody what they have taken in during the hikes, enlivening their ability to feel what they experience in nature as well as in their own inner nature. In this sensual environment, the group will play with movement, breath, sound, dreams, and ritual. This will be a time for contact with nature and wilderness, inside and out.

Participants need not have previous experience in hiking or movement practices.

Co-leaders Steven and Susan are a brother-and-sister team who have taught this ever-evolving program annually for over 20 years.

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

**June 26–July 3**

**Permaculture Design Teacher Training: Innovation in Experiential Education**

**Benjamin Fahrer & Kat Steele**

Permaculture is a design system for creating sustainable and regenerative human environments. This permaculture teacher’s course introduces a revolutionary new way of teaching these concepts of ecological design: by applying the principles of permaculture to the teaching of permaculture. The course will cover every aspect of becoming a dynamic, effective educator and promoter of a more sustainable, just future. These techniques can be applied to any teacher in any field. This course offers:

- Diverse teaching methods that work
- Techniques to help you prepare quickly and organize thoroughly
- Building confidence through practice and supportive critique
- Elements for whole-person learning and learning styles
- Teaching of permaculture techniques, strategies, and materials
- Cultivation of new teachers
- Course planning, marketing, and evaluation

This program provides powerful teaching techniques gleaned from years of permaculture teaching—wisdom from the instructors’ own experience as well as from renowned permaculture teachers and mentors from around the globe. Course attendees who are already certified in permaculture design will be eligible for permaculture teacher certification.

Note: A working knowledge of permaculture design is a prerequisite for attending.

CE credit for teachers; see page 5.
Weekend of June 26–28

The Cure for Money Madness: It’s Not About the Money

Brent Kessel & Spencer Sherman

After almost forty combined years as financial planners and wealth managers, Spencer Sherman and Brent Kessel have discovered that the #1 factor in achieving joyful and fulfilling financial freedom isn’t budgeting, financial know-how, or how much you earn—it’s transforming your inner relationship to money. Utilizing practices and insights from yoga, psychology, meditation, and the world’s great wisdom traditions, Brent and Spencer lead participants on a voyage of self discovery to uncover what motivates their counterproductive financial behavior, which they call “money madness,” and find new ways to fulfill their life’s purpose through how they invest, give, earn, and spend money.

The workshop is for everyone, regardless of wealth level. Participants will discover their money type, learn to balance their unconscious conditioning with their innate higher wisdom, and experience new freedom, balance, and success around money. Exercises are experiential, written, group, solo, spiritual and physical, and include:

- *Let the Four Year Old Speak*, a dyad to explore what the child within believes about money.
- *What’s Your Financial Archetype*, in which participants identify the benefits and drawbacks of their primary financial “personality.”
- *Expanded Net Worth Statement*, a liberating written exercise in which participants expand the traditional understanding of “net worth.”

After completing the workshop, participants will have a better understanding of the powerful forces that have shaped their financial life and an awareness of being neither more nor less than others, regardless of finances.

When the Past is Present: Becoming Real in our Relationships

David Richo

The past is never ended; it isn’t even past.

—William Faulkner

A touching fact about us is that we seem hard-wired to replay the past, especially when it includes emotional pain or disappointment. We tend to go through life simply casting new people in the roles of the key figures of our lives. This unconscious phenomenon is called transference. What we transfer are feelings, needs, expectations, defenses, fantasies, beliefs, and attitudes. In such mistaken identity, real relating cannot easily flourish.

Positively, our carry-over of the past can be our way of telling the untold story inside us and finding out what is still unfinished from early life. We can learn to notice clues about how our past is still very much alive in our present relationships.

In this seminar, participants explore how to make transference a valuable opportunity to learn about themselves, deepen relationships, and heal ancient wounds. This exploration supports healthy relationships that no longer have to replicate the past, so that authentic intimacy can bloom. This seminar is based on David Richo’s new book: *When The Past Is Present: Healing The Emotional Wounds That Sabotage Our Relationships* (Shambhala, 2008).

This seminar is also useful for those in the helping professions seeking to develop more authentic relationships with their clients.

CE credit for MFTs and LCSWs; see page 5.

The Nine Ways of Zhikr™: Producing Ecstasy from Sound, Breath, and Sacred Movements

Leigh Stevens & Martha Crawford

To zhikr is to repeat the sacred names of God. Doing the Arica® Nine Ways of Zhikr™ connects us to the Divine Presence within. This workshop teaches a system of vocal repetitions done to specific breathing patterns and movements, as first originated in the Sufi tradition. Ancient Middle Eastern schools recognized that zhikr—repetition—was required for mysticism.

The Nine Ways of Zhikr, by Oscar Ichazo and sponsored by his Arica School, is a one-hour group ritual of vigorous movement, breathing, and nine mantramic repetitions aiming to produce a state of ecstasy. The mantram TóHami Kumb Raj used is an extension of the first universal sound: OM in Vedanta, AUM in the Upanishads, AMEN-RAH in ancient Egypt, HU in mystical Sufism, AIM in the kabbalah, HUM in Tantric traditions, and WU in esoteric Taoism.

Specially composed Nine Ways of Zhikr music, with its lively rhythms and song-like repetitions combined with precise breathing patterns, produce what is known in the Sufi tradition as fana, a state of intense happiness and unity of body-mind-spirit. The San Francisco Bay Area “Zhikr Band” will provide the music for the Saturday night and Sunday Zhikr ceremonies.

Participants will learn a specific way of doing zhikr and may then join practices of it done periodically by local Arica School sponsors in various U.S. and worldwide locations.

Arica® is a registered trademark of Oscar Ichazo. Arica Nine Ways of Zhikr is a service mark of Oscar Ichazo.

Week of June 28–July 3

Ferocious Heart

Andrea Juhan

Ferocious Heart is a Heartbeat workshop focusing on the intensity of big emotions—the ones that arise during times of threat or conflict, the ones that scare us, and the ones we may have misused, or were misused against us. In this workshop, participants will explore ways to express big feelings without “acting out” or getting overly identified with them, and will practice the art of staying grounded when big feelings arise.

Each day of the workshop will consist of a significant amount of dance, group exploration and sharing, and individual contemplation. Using Gabrielle Roth’s 5Rhythms® Movement Practice, Andrea will work with the emotions as physical energies that can be moved through the body. 5Rhythms is a form of movement meditation whose central teaching is, “If you put the psyche into motion, it will heal itself.” This workshop is an opportunity to practice staying present for the full range of emotions—in ourselves, as well as in others. By reclaiming the essential power and potency of their emotions, participants may experience more passion and vitality, so that they may move through life with the knowledge that they are capable of backing themselves up with their whole heart.

For more information about Andrea and the 5Rhythms, see www.5rhythms.org.

Awakening the Mind: Mastering the Power of Your Brainwaves

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.
After assessing the brainwave patterns of hundreds of unusually high-functioning people, the late C. Maxwell Cade of London’s Institute for Psychobiological Research began to see similarities in the patterns of optimal states of mind. Drawing upon Cade’s work, Anna Wise has developed a program to help access these optimal states.

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 presents techniques for brainwave development of beta, alpha, theta, and delta, and helps you determine which practices are best for your particular brainwave pattern. It also addresses 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 each participant will be able to use an Electrical Skin Resistance Meter to measure the depth of arousal or relaxation of the nervous system.

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

**Mapping The Soul: Collage, Poetry and Creativity**

Patrice Vecchione

“Beneath the facade of daily life, just on the other side of our skin, a wellspring of creativity waits to be tapped,” writes the leader. “We’ll immerse ourselves in that mysterious sea of imagination, finding images and words to map our souls. The exhilarating and democratic art form of collage unites pictures from various sources to make something new, a visual mirror to tell the stories of our lives. Who gave the small child wings, and where might she fly?

“In this workshop for non-artists and artists alike, discover ways that creative expression can enhance your thinking and your resilient nature. Create with abandon in an environment free of doubt and criticism. Collage and poetry allow us to say what we didn’t know we could, answer old questions, ask new ones, and unleash your imagination!

“Participants will create several collages and poems and work both figuratively and abstractly, small and large. Bring a pair of scissors, a journal, copies of old photos, receipts, birth certificates, small objects, whatever catches your eye.”

($70 materials fee paid directly to leader)

**The Impossible Dream: Living Beyond Self-Limiting Behavior**

Julie Bowlen, Richard Balaban, & Chris Chouteau

A life beyond our greatest expectations is made possible by knowing ourselves and being fulfilled in work and love. Self-limiting behaviors and mood-altering substances undermine this dream and prevent us from embracing actions that promote our growth, well-being, and emotional health. Those committed to their own dreams and goals in life can move beyond the barriers caused by personal addiction, a loved one’s addiction, and the other behaviors that keep us from our true purpose in life. Living with self-limiting behaviors and addictions makes the normal passage through life’s developmental stages difficult and impedes the important tasks of becoming a fulfilled human being: self-esteem, expression of feelings, awareness of needs, establishment of trust, success in relationships, to name but a few.

This workshop will use group and individual work—meditation, awareness practice, feedback, experiential exercises, role-play, guided imagery, and writing—to navigate a path toward effective change, enhanced relationships, genuine intimacy, and spiritual growth.

Participants are asked to forgo alcohol and nonprescription drugs during these five days. This sets the arena to identify self-limiting behaviors and commit to living your dreams.

CE credit for MFTs and LCSWs; see page 5.

**Leadership for Emergent Executives and Entrepreneurs Program (LEEP)**

James Wheal

From Silicon Valley to Burning Man, London to Glastonbury, a new generation of leaders is emerging that leverages the direct experience of the sacred into stunning applications in the mundane. Balancing mobility, time, and prosperity, they are the creators of a liberated economy and the standard-bearers of a liberating culture. Just as the industrial economy gave way to the information economy, the information economy is now yielding to the experience economy—a blank canvas of possibility for anyone with the capacity to imagine and the skills to make it happen.

If it’s challenging to bridge your personal growth with your professional aspirations, or if the landscape is shifting so fast that much of the advice and direction you receive is obsolete, this program will offer the insights and practical tools to support your development and accelerate your success.

Building on the Leadership Development Profile (see www.cook-greuter.com and Harvard Business Review, “Seven Transformations of Leadership,” April, 2005), participants will spend a week delving into the spiral of adult development and identify where they find themselves and where they are heading next.

Those participants who take the Leadership Development Profile before the course will receive personal one-on-one coaching from James Wheal during the workshop. This workshop is suitable for professionals, entrepreneurs, non- and for-profit leaders.

**FUTURE PROGRAMS**

The program listed below is scheduled for the next catalog period (July–December 2009). Although registration for this program is not yet open, the information below can assist in your long-term plans to participate. Please call the Esalen office, visit www.esalen.org, or see the next catalog for full program information.

**November 15–December 13**

**28-Day Massage Practitioner Certification Program**

Deborah Anne Medow & Perry Holloman

The Esalen monthlong massage program provides comprehensive instruction in basic massage skills. The training provides a minimum of 150 hours. After the 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.
SPECIAL PROGRAMS

The programs listed below are either part of an ongoing series, formatted unusually, or longer than the standard Esalen workshop.

May 8–June 5

28-Day Esalen® Massage Practitioner Certification Training

Brita Ostrom & Dean Marson

This training is for those who plan to professionally pursue massage or another type of body-mind discipline, as well as for those seeking an in-depth experience in bodywork. It offers the big picture of the Esalen approach: an inter-weave of body-mind-spirit, sensory awareness practice, meditation, psychological aspects, self-care, and more.

Massage will be studied as a tool for optimal well-being and stress reduction, as well as a valued component of transpersonal growth. The teachers distill more than a half-century of experience to offer 160 hours of comprehensive massage basics: centering skills, lengthening integrative strokes, movement and stretches, detailed structural work, and an energetically balanced approach to massage. Brief anatomical explorations will link each segment. Students will also have ample time for guided practice with each other. Body mechanics, self-care, and innovation will be emphasized.

Upon satisfactory completion, and after documenting thirty additional massages at your home site, a California State Approved Certificate of Completion will be issued. The certification fee is $100.

This is a professional training with limited admission. Please request an application from our office (831-667-3000). Applications will be reviewed in the order received and preference given to those who have previously completed an Esalen® Massage workshop.


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

Standard accommodations: $4910
Bunk bed rooms: $3700

($10 materials fee paid directly to the leaders)

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.sbgi.edu and allow one week for processing and for you and Esalen to be informed of your status.

This Certificate Program is a series of courses inspired by the Santa Barbara Graduate Institute somatic psychology post-graduate academic curriculum. Completion of six courses qualifies one for the Foundational Certificate; completion of nine courses qualifies for the Advanced Certificate.

Each of the segments may be taken individually for a certificate of attendance. The segments are offered every two to four months with the entire program presented in approximately three years. Graduate course credit is also available (see below).

SBGI Relational Somatic Psychotherapy Certificate Program Segments

The following segments may be taken in any order, either as individual courses or as an entire program.

Essentials for an Embodied Psychotherapy Practice—An integrative study and overview of the practice of body-oriented psychotherapy addressing the whole person. Faculty: Gabriele Hoppe MA, Dytrian Benz, Psy.D. & JoAnna Chartrand.
Body and Mind Integration: Utilizing Somatic and Breath Awareness Effectively in Clinical Practice—Fundamental skills for the somatic-infused clinical practice, including the use of breath awareness, the potential of touch, and somatic experience. Faculty: Kathy Kain, MA & Dyrian Benz, PsyD.

Body and Self in Relationship: Relational Somatic Psychotherapy—The therapeutic relationship is explored in terms of its psychological and somatic dimensions, including the therapeutic impact of sensations, breath, and somatic experience. Faculty: Diane Fosha, Ph.D.

Neuroscience and Relationship: Practical Interpersonal Neurobiology, Attachment Theory, and Psychotherapy—Our brains are highly social organisms. Explore how attachment relationships and the early development of the brain are formed and transformed and have massive effects throughout the lifespan. Faculty: Marti Glenn, PhD & Paula Thomson, PsyD.

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. Current Faculty: Larry Heller, Ph.D. & Aline La Pierre, PsyD.

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. Current Faculty: Dyrian Benz, PsyD. & JoAnna Chartrand.

Embodiment and Development: Foundations of Presence, Compassion, and Healing—Learn basic embodiment practices and tap into the natural human functions of presence, compassion, and healing and explore the brain/mind-body partnership. Current Faculty: Susan Aposhyan, MA & Dyrian Benz, PsyD.

Innovative Approaches in Relational Somatic Psychology—The study, exploration, and practice of recent developments and applications of relational somatic psychology and psychotherapy. Current Faculty: Siegmard Gerkin, PhD.

Attachment, Attunement, and Adult Sexuality—This seminar provides a therapeutic model for emotional intimacy and sexual fulfillment that synthesizes the relevant research and clinical practice for relationship and sexual concerns. Current Faculty: To be determined.

Mindful Body-Mind Psychology and Practice—Mindfulness in psychotherapy creates scientifically recognized enhancements in our brain physiology, our mental functions, and our interpersonal relationships. Current Faculty: Ron Kurtz, MA & Dyrian Benz, PsyD.

Practicum in Relational Somatic Psychology—Experiential segment practicing somatic psychology with case presentation, practice, and collaborative consultation. Current Faculty: Michael Sieck, PhD & JoAnna Chartrand.

Practice of Relational Somatic Psychology—A practicum and learning experience in Relational Somatic Psychology focused on skill practice, case consultation, and professional practice topics. Current Faculty: Bill Bowen, MA and Dyrian Benz, PsyD.

Please note: 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.

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. For information or to register, call 805-963-6896 or e-mail dharkin@sbg.edu.

Please note: An approved application is required; contact Esalen for registration only after your application has been accepted by SBGI.

The Harvard Medical School Continuing Education Series

Esalen has been selected to host Continuing Education courses offered by Harvard Medical School (HMS) Department of Continuing Education. 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:

Enhancement of Peak Performance in Sports, the Performing Arts, and the Workplace, April 17–19, Daniel Brown, Ph.D.

Psychodynamic Psychotherapy: Top-down and Bottom-up Processing and Integrating of Experience, May 1–3, Martha Stark, M.D.

Spark: The Revolutionary New Science of Exercise and the Brain, June 12–14, John Ratey, M.D.

Harvard Medical School Accreditation

Physicians: Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. Harvard Medical School designates the weeklong Esalen seminars for a maximum of 15 and the weekend Esalen seminars for a maximum of 10 AMA PRA Category 1 Credits™.

Physicians should only claim credit commensurate with the extent of their participation in the activity.

Psychologists: The Massachusetts Mental Health Center is approved by the American Psychological Association to offer continuing education for psychologists. All weeklong programs offer 15 credit hours. The weekend seminars offer 10 credit hours. Massachusetts Mental Health Center maintains responsibility for the program.

Counselors: Massachusetts Mental Health Center is approved by the National Board of Certified Counselors to offer continuing education to participants. All weeklong programs meet the criteria for 15 credit hours. The weekend seminars meet the criteria for 10 credit hours.

Social Workers: For information on the status of the application to the Massachusetts Chapter of the National Association of Social Workers, please call 617-998-5028 or e-mail: infoce@bidmc.harvard.edu.

Nurses: Massachusetts Mental Health Center is approved by the Arizona State Nurses Association to offer continuing education credits to participants. All weeklong programs meet the criteria for 18 contact hours. The weekend seminars meet the criteria for 12 contact hours.
The Work Study Program at Esalen is a 28-day program for those interested in an intense involvement with the Esalen environment and an in-depth experience of the Esalen approach to holistic personal and social development. An integrated work, service, and self-directed-learning program, the program is rich, demanding, and often physically and emotionally challenging. Participants work 32 hours per week in one of Esalen’s departments and participate in that department’s programs and schedule.

At the heart of the Work Study experience is the core evening group, in which Work Scholars meet together in a group, four to five evenings a week. The group emphasizes a particular approach to transformative practice, such as Gestalt process, meditative practice, creative arts, movement, bodywork, or other forms of somatics. The group has its own leader, or leaders (see schedule below), who is with the group throughout the program, coordinating the study schedule and facilitating many of the evening sessions. Applicants must be committed to staying at Esalen for the duration of the program.

There will be introductory evenings in which Work Scholars are introduced to the Institute’s legacy through core practices of the Esalen curriculum for integrated self-structured learning and self-directed education. The practices offered include skills in awareness (of self and others), intentionality, personal visioning, goal-setting, building support, communication and relational skills, self-evaluation, and integration of learnings into your own life.

In addition to the evening program, Work Scholars will be assigned to a work group in one of six departments, and will contribute approximately 32 hours a week to this work group. Esalen practices such as process and "check-in" will be woven into the work environment, providing rich opportunity for self- and group-exploration during the day. Each participant’s work schedule will also allow for some participation in the daily open classes (movement, meditation, yoga, and more) if desired.

Esalen now offers a new program for returning Work Scholars or Work Scholars staying on for an additional month. This program supports an independent course of study supplemented by evening sessions with various topics and teachers, and other group offerings. The work group hours (32 hours per week) and price are the same as Work Study programs facilitated by a leader. For more information, please contact workstudy@esalen.org.

Work Scholars are selected by application only, to 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 a drug- and alcohol-free program. No pets, drugs, or violence allowed. We cannot accommodate children of work scholars.

Work Study Programs 2009

January 18–February 15
Gestalt Awareness Practice
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 Awareness Practice, using group process to enhance communication and conflict resolution skills and to develop empathy for self and others. Mindfulness practice, meditation, and expressive arts will be part of the curriculum.

($10 materials fee paid directly to the leader)

CE credit for MFTs and LCSWs; see page 5.

February 15–March 15
Shamanism
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, wellbeing, and healing. Participants will be guided to enter the shamanic state of consciousness and will 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.

Please bring a drum or rattle if you have one.

March 15–April 12
Body Music
The human body is an amazing and beautifully crafted instrument—the house of spirit. How we take care of our bodies, or "polish and tune the instrument," affects our overall quality of life and the vibrancy of our souls. The ability to be in presence—"in spirit"—is directly connected with the health and attunement of our instrument. To help bring the body into balance, this program with Dean Marson & Ginger Holladay will present basic Esalen® Massage to de-stress and nurture the physical self. In addition, participants will learn a gentle Ocean Yoga flow to deepen body awareness, tone the body, and initiate an ongoing practice of self-care. As the body opens through touch and movement, the group will use voice to invoke the Muse, encountering the creative self through chanting, sacred sounds, and songs of the spirit. With massage, yoga, and song, participants will explore possibilities for expression and connection as our finely tuned instruments open to the vastness of Spirit.

April 12–May 10
Permaculture, First Month
In the world today we ask ourselves how can we be a part of the solution and not the problem? What exactly can we do to enact real change? The answers and solutions will be explored during these two month-long courses in creating and designing a sustainable culture. This is a certification course in Permaculture Design through the Permaculture Institute of Australia. Permaculture is a set of techniques and principles for designing sustainable human communities, based in relationship and responsibility. Together, scholars and teachers will create an open learning environment that includes discussion, activities, presentations, and hands-on projects. By using Esalen's facilities, gardens, and work environments as a microcosm of the larger world, Benjamin Fahrer will facilitate this powerful and transformative journey together with a number of premier Permaculture teachers.

The skills one gains during this training include a base understanding of design and development principles used in small- and large-scale applications. As a graduate of this program, you will possess the skills to begin to design, consult and teach Permaculture anywhere in the world. No previous experience is necessary, only the desire to be the change you wish to see in the world.

The first month will focus on the concepts and methods of designing a more sustainable life and world. A comprehensive introduction to Permaculture Design will lead participants through the principles and practices, and explore how the natural elements contribute to a well-designed system. Topics and activities include:

• Personal sustainability for a balanced life
• Effective communication and interpersonal skills for strong relationships
• Reading the land: identification and classification of land components
• Earth stewardship: soil renovation, restoration, and composting
• Hands-on intensive in “natural” buildings and earthen construction
• Trees and their energy transactions
• Water awareness: health and conservation

This integrated approach combines the legacy of Esalen's intrapersonal development with how we interact with our environment. Participants will be empowered with the confidence to live and function in a more just, sacred, and sustainable future.

There is a $90 materials fee for the handbooks and materials that are provided.

May 10–June 7
Permaculture, Second Month
In the second month of the Permaculture training, scholars dive deeply into more specific elements in the physical and social realms of our culture and how they relate to one another. Participants will work on and produce designs for different aspects of Esalen's new commitment to long-term goals of self-reliance and sustainability. Topics of focus and activities include:

• Growing and sustaining communities and eco-village design
• Growing food: whole systems farming, food forestry, animal and aquaculture systems
• How we use land: property management and planning from the tropics to deserts
• Planning and designing for catastrophe
• Professional consultancy and computer mapping
• The strategies of an alternative global nation
In order to make change in the world we need to begin with ourselves. This course will provide you with tools necessary to transform your life into the one you want to be living. Many resources and opportunities to continue your work will also be provided. If you need direction in this overwhelming time of great change, this program will empower you with the principles, practices and techniques to be a valuable contribution to the movement and your community. Participation in Permaculture, First Month (April 12–May 10) is not necessary, however enrollment preference will be given to students completing both months.

**June 7–July 5**

**Writing Your Life**

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

Everything in your life, from the mundane to the extraordinary, is a story waiting to be told. This program, led by writer/performer Ann Randolph, focuses on the process of discovering your own unique and powerful stories. By writing from your deepest source, you will gain insight and self-understanding. You’ll learn how to make your words leap from the page to the stage, sharing them orally to uncover the power of storytelling to transform the lives of you and your listeners.

This workshop is full of heart and humor and asks its participants for a willingness to delve courageously past their perceived limits.

Through improvisation, writing exercises, and group discussion, you will find your authentic voice, along with an honest, organic way to express your truth. You will also learn how to speak your truth via the Internet: guerrilla filmmaking, vlogging, and blogging. The month will culminate in a theatrical presentation for the Esalen community as well as the opportunity to post your work to www.Youtube.com.

All levels are welcome. Topics include:
- 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
- Transforming your ideas/stories into performance

**July 5–August 2**

**Performance Theater and Leadership**

To create transformation in any environment, we need to transform our ideas of leadership and performance. Luckily, the latest discoveries in technology, nature, and systems theory give us an entirely new model of both performance and leadership—a model that is not dependent on the decisions of a single charismatic leader but the collective wisdom that picks up the pulse of the group.

As in jazz improvisation, this new model involves a constant giving and taking, where everyone contributes and the dross falls away. When we find the connections between one another, and follow what’s present, the interdependence of all things guides us.

Nowhere is this more evident than in the performing arts, where the principles of ensemble-theater (working as a group) have been practiced, developed, and demonstrated on stages for centuries. What can the theater teach us about ways to channel the collective wisdom of the group for new ideas and breakthrough performance? The program will focus on developing presence, creativity and leadership. Activities will include techniques to expand expressive abilities, generate greater awareness of the group field and develop increased spontaneity.

Veteran stage director and global leadership consultant Peter Meyers will guide the group through the process of creating an original ensemble theater performance developed over four weeks and offered as a gift to the community at the end of the month.

**August 2–30**

**T’ai Chi**

Kenn Chase leads a monthlong intensive exploration of the entire Yang-style T’ai Chi Ch’uan sequence. Students will study the fifty-four postures of this ancient movement meditation, with hours of practice and refinement. Kenn will integrate Feldenkrais® Awareness Through Movement exercises into the class, helping students to free the body for more efficient mastery of the T’ai Chi forms. Movement analysis and Functional Integration will also be part of the program, helping to relieve stress and pains arising from chronic misuse of posture.

**August 30–September 27**

**Spinal Awareness**

Patrick Douce will lead an in-depth experience of Spinal Awareness, a program of health and healing (with humor). 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, Taoist-Chinese-Indonesian martial art, and the Esalen experience.

Spinal Awareness emphasizes learning how to move in ways that stimulate your awareness.
and support the health of your own body. Lessons inspired by Indonesian Silat will also be used to stimulate the energy body, effecting internal health and increasing energy. Students will participate in floor exercises that organize and integrate the spinal column, and standing lessons that improve better balance and fluidity.

The course will include hands-on lessons, safe and noninvasive, to greatly speed improvements. 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 bodyworkers (38 hours); see page 5.

September 27–October 25

Streams of Energy

Jim Gallas leads "Streams Of Energy," a program of Eastern bodywork and movement, including Reiki 1 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.

October 25–November 22

The Creator’s Map

Every idea, once born, has a beginning, middle, and end as it travels the spiral terrain between thought and form. Master creators throughout the centuries have sought to perfect this creative alchemy. But the truth is, creation is in our very being, creating is our birthright. Each obstacle that you confront in the creative process is a gate, which, once opened, becomes a revelation.

This month is for the creator in all of us. Whether you are writing, painting, dancing, cooking, starting a business, or on your own unique path of discovery, this class is designed to help you continue projects you’ve started or generate new ideas and bring them powerfully into the world. Using The Creator’s Map, an alchemical guide to creating from the divine within, former Disney animator and master creator Dave Zaboski will guide you through the process of engaging deeply with your personal creativity using ancient wisdom and practical tools.

You will learn theories and practice exercises from powerful artists and teachers from the worlds of arts, sciences and esoteric teachings, and learn to communicate your own ideas more deftly. The sessions will unfold in three main stages: Creation, Expansion, and Fulfillment. Classroom sessions will be interspersed with experiential sessions such as drawing, painting, sculpture, and other artistic endeavors.

November 22–December 20

SoulMotion™

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 relationships, attuning to the generosity of an undefended heart, and accessing the larger Presence that breathes us into Being.

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; 7-14 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.

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 $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. There are no scholarships available for the first month of the Work Study Program.

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WORK STUDY PROGRAM APPLICATION

PLEASE PRINT LEGIBLY.

First Name __________________________ Last Name __________________________ Male □ Female □ Today's Date __________

Phone: Evening (_____) ______________________ Day (_____) ______________________ Cell (_____) ______________________

Home Address __________________________ City/State/Zip ______________________

Country __________________________ Occupation (previous, if retired) __________________________ Date of Birth __________ Age __________

E-mail Address _______________________________________________________________

Do you have any limiting physical/emotional conditions (e.g., bad back, severe depression) which might affect your full participation in this program? □ Yes □ No

Are you currently taking any medication? □ Yes □ 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, 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 notified for confirmation. If you cancel after placement, you will be charged a cancellation fee.

START DATE

Choice 1 __________________________ Leader __________________________ If full, wait list? □ Yes □ No

Choice 2 __________________________ Leader __________________________ If full, wait list? □ Yes □ No

Choice 3 __________________________ Leader __________________________ If full, wait list? □ Yes □ No

Choice 4 __________________________ Leader __________________________ If full, wait list? □ Yes □ 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 term, depending on space availability and the needs of the Esalen community. Please indicate your availability for such an invitation (no obligation): □ No extension □ One-term extension □ Two-term extension

We encourage ridesharing. Are you bringing a vehicle? □ Yes □ No; Are you willing to give a ride? □ Yes □ No; Receive a ride? □ Yes □ No; I wish to rideshare 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, or if you have special skills in landscaping and want to work outdoors, please list them below (skills not always necessary). □ 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 □ Monterey Airport, 2 PM ($40 fee); □ Monterey Transit, 2:20 PM ($40); □ San Francisco Airport, 11:45 AM ($80).

Payment □ $400 deposit □ $1095

□ Check (U.S. banks only), attached and payable to Esalen Institute

□ MasterCard □ VISA □ American Express

If you are making a credit card deposit, the balance will be automatically charged to your card five days before your arrival.

Card No. __________________________

Credit Card Expiration Date __________________________

Name and phone number (if different from above) __________________________

Authorizing signature __________________________

Applications cannot be considered without a deposit and a personal statement included. Deposits are not processed until your final acceptance into the program.
A

Rachel Carlton Abrams is a philosopher specializing in women’s health who practices at Santa Cruz Integrative Medicine. She and her husband have published three books, including The Multi-Orgasmic Woman: Discover Your Full Desire, Pleasure and Vitality (www.mul-tiorgasmicwoman.com). Rachel also teaches at the Chi Center (www.santacruchachicenter.com). p. 34

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. 14, 49, 74

Mandy Aftel is an artisan natural perfumer and author of three books on natural perfumes including Essence and Alchemy: A Natural History of Perfume. p. 16

Ramon V. Alabreda is a clinical psychologist, theologian, and sociologist. He is the founder and director of Esalen’s personal growth center and school of integral studies in Barcelona. He coauthored Nacidos de la Tierra: Sexualidad Origen del Ser Humano. p. 67

Leah Alchin, Leah Alchin, Charles Mair’s fiancée, began her tantric education in 1997. She is an advanced certified Tantric Educator with the Source School of Tantra and has her own private practice. A survivor of childhood sexual abuse, she is a powerful advocate of Tantric sexual awakening and healing. p. 45

Ronald Alexander is a psychotherapist who has explored Buddhist meditation and healing disciplines since 1971. He conducts trainings internationally in mind/body healing therapies. He focuses on leadership coaching, creativity, and communication. www.ronaldalexander.com. p. 65

Martine Amita Algier is a certified trainer with The Center for Nonviolent Communication and a founding member of the West Marin Community Mediation Board, teaching and consulting with families, business groups, schools, and other organizations in California and Europe since the 1960s. p. 61

Eugene Allen is a Be Present, Inc. trainer and a member of the Regional Organizing Core Group in Atlanta. Eugene’s area of focus is to support the leadership of young men and boys and partner with other organizations with a similar mission. p. 74

Lillie P. Allen is founder and executive director of Be Present, Inc. and developed the Be Present Empowerment Model™. Lillie has over thirty years experience in public health education, human development, interpersonal relations, group dynamics, and the interconnections and conflicts between work, home, and personal goals. p. 74

Kathy Altman is on the teaching faculty for Gabrielle Roth’s Institute, The Moving Center, and has studied with Gabrielle for 25 years. She cofounded The Moving Center School in California, and maintains a teaching practice in Mill Valley. p. 64

Susan Anderson has devoted 25 years of research and clinical experience in treating the victims of abandonment trauma. Founder of the Abandonment Recovery movement, she is author of three books including The Journey from Abandonment to Healing. Her website is www.abandonment.net. p. 17

Susan Aposhyan, maintains a private practice and trains helping professionals internationally in her work, Body-Mind Psychotherapy. She is the author of Body-Mind Psychotherapy (Norton, 2003) and Natural Intelligence: Body-Mind Integration and Human Development. Her website is www.bodymindpsychotherapy.com. p. 27

Nancy Slomin Aronie is the author of Writing from the Heart: Tapping the Power of Your Inner Voice. Founder of the CliffMark Writing Workshop on Martha’s Vineyard, she is a commentator for NPR’s All Things Considered, and has a weekly radio talk show on Sirius Satellite Lime 114. p. 54

Elliot Aronson is a social psychologist and the only person to receive all three of the American Psychological Association’s highest awards: distinguished teaching, distinguished research, and distinguished writing. He has written 22 books, including The Social Animal, The Jigsaw Classroom and Nobody Left to Hate. p. 18

Oliver Bailey is a practitioner and instructor of Esalen Massage. His background includes training in Gestalt Practice, neurolinguistic programming, intuitive work, and meditation. p. 57

Sidney M. Baker is a former Yale medical faculty member, Peace Corps volunteer, family practitioner, Geisel Institute director, and founder of Defeat Autism Now! and AutismWell.org. Dr. Baker is also a Limus Pauling Award recipient, associate editor of Integrative Medicine, and author. p. 5, 62

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 life’s journey. p. 79

Juergen Bamberger is an educator and pioneer in the Gyrtonic field who has trained countless Gyrtonic instructors around the world. His 20-year teaching experience is infused with his background in dance, many modalities of bodywork and movement techniques, and energy work. p. 53

James Baraz has taught vipassana 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. 39

Ellen Bass has supported and inspired writers for 40 years. Her poetry books include No More Masks!, Mules of Love, and The Human Line and she is coauthor of The Courage to Heal. She teaches at Pacific University and her website is www.ellenbass.com. p. 31

Micheline Berry has had over 450 ecstatic dance/world music journeys since 1996. Her work is informed by Shiva Rea’s Prana Flow, Ashtanga and Iyengar influences, and years of study of different dance forms, including contact improvisation, Afro-Brazilian, and movement meditation. p. 74

Cynthia Johnson Bianchetta is an artist, dancer, and photographer, an authorized Continuum Movement teacher and former director of the Weston Photographic Gallery, her websites are: www.cbgallery.com, www.sacredearthphotography.net, and www.movingspirit.net. p. 19, 54

Daniel Bianchetta has been teaching meditation and intuitive practice at Esalen for over 20 years. A photographer and Esalen’s media coordinator, his photographic interests are the Big Sur coast and Native American rock art. His work is collected worldwide. His website is www.bigsurphoto.com. p. 19

Judith Blackstone is founder of Realization Process, a method of integrating nondual realization, embodiment, and psychological and relational healing. She is a psychotherapist and author of four books, including, most recently, Empathic Ground: Intersubjectivity and Nonduality in the Psychotherapeutic Process. p. 16

Charlie Bloom is an educator, therapist, and seminar leader. He and his wife Linda are cofounders of Bloomwork and creators 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. 30

Linda Bloom is a licensed clinical social worker, educator, and seminar leader. She and her husband Charlie are cofounders of Bloomwork and creators of the widely acclaimed book, 101 Things I Wish I Knew When I Got Married. She has facilitated workshops throughout the world since 1986. p. 30

Scott Blossom teaches a style of Hatha Yoga Vinyasa and yoga therapy that is informed by his training as a doctor of traditional Chinese medicine, Ayurveda, and his studies of Tantric philosophy and ritual. www.shuntayoga.com. p. 47

Joseph Bobrow-Roshi is a Zen master, founder and director of Deep Streams Zen Institute. He is also a licensed psychologist, relational psychoanalyst, and a father. He writes on Zen, psychotherapy, and the interplay of Buddhism and psychology. p. 12

David Bossman is professor in the Graduate Department of Jewish-Christian Studies at Selom Hall University, editor of Biblical Theology Bulletin, and a Franciscan friar. Dr. Bossman works on cross-cultural studies by applying the social science to the interpretation of sacred and spiritual literature. p. 10

Julie Bowden, psychotherapist and author, specializes in childhood trauma, substance abuse, and forgiveness. Coauthor of Recovery: A Guide for Adult Children of Alcoholics and Genesis: Spirituality in Recovery from Childhood Traumas, she has been teaching at Esalen for over 20 years. p. 27, 79

Anne Bradney is director of the Radical Aliveness/Core Energetics Institute of Southern California. She studied under Core Energetics founder John Pierrakos and teaches internationally. Ann’s Radical Aliveness model expands Core beyond the individual, to address community healing and world issues. p. 23

Daniel Brown is an associate clinical professor of psychology at Harvard Medical School. He is author of 15 books, including Transformations of Consciousness (with Ken Wilber and Jack Engels) and the recent Pointing Out the Great Way: The Stages of Meditation in the Mahamudra Tradition. p. 51, 52

Rick Brown is executive director for the Institute for Relationship Therapy in Winter Park, FL. Rick was executive director for Harville Hendrix’s Institute, and he lectures and gives workshops across the country. He has been married 32 years. p. 36

Vernon Bush is a singer/songwriter, recording artist, musician and educator. He is musical director and featured vocalist at Glide Memorial Church in San Francisco. He teaches vocal workshops, and with his two musical groups has toured Europe and elsewhere. His website is www.vernon-bush.com. p. 8, 16

B

Josiah Raison Cain was raised on an organic farm in remote Northern California, where he developed a strong personal connection to the land. He has enjoyed a successful career as an ecological designer, with degrees from UC Davis and Harvard. p. 25

Catherine Calderon is a registered yoga teacher and professional salsa dancer. Owner of Shamblu Yoga & Dance Center in Brooklyn, she has studied Anusara and Iyengra瑜伽, Taihst healing practices, dance, and is a priestess in the Afro-Cuban Yoruba tradition. www.shambhalayogadance.com. p. 42

Lisa Carlton is a transformational life coach, art therapist, massage therapist, painter, and veteran educator. She is experienced in Compassionate Communication, dance, improvisation and diversity awareness. Lisa coaches, teaches, and leads groups in Santa Cruz, Calif. For workshop questions, please e-mail: livewellisa@yahoo.com. p. 34
Charlie Cascio managed the Esalen kitchen for six years. He is a chef, restaurateur, consultant, and lecturer on vegetarian and living foods for who has worked and taught in the U.S. and throughout Europe for more than 30 years. Charlie wrote the Esalen Cookbook. p. 24, 49

Marion Cascio comes from a family of cooks and has been involved with restaurants since childhood. She studied culinary arts in Germany for four years and has worked in many famous restaurants and spas. She was a staff cook at Esalen. p. 24

Tom Case has been practicing massage for the past 16 years. He has been on the Esalen massage staff since 1983. p. 72

Joyce Catlett is coauthor of Fear of Intimacy and is collaborative author, with Robert W. Firestone, of 20 articles and 7 books, including The Fantasy Bond. Ms. Catlett produced Glendom Association’s 37 video productions, including a nine-part series on couple relations and sexuality. p. 22

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. 41, 45

Dorothy Charles has been a student and teacher at Esalen since 1982. A student of Esalen cofounder Dick Price, she combines Esalen body-centered Gestalt and relational massage theory, and leads workshops in Asia, Europe, and the U.S. p. 73, 83

JoAnna Chartrand has been a somatic psychologist since 1980. Her specialty is somatically-based, transpersonal and relational psychology, and trauma work. She is the co-director of The Constellation Institute of CA and teaches at the Santa Barbara Graduate Institute. p. 37

Kenn Chase has taught traditional Yang-style Tai Chi Ch’uan for 30 years and has studied with several Tai Chi masters. A certified Feldenkrais teacher, he is a stress management consultant for Cardiology Associates of Marin. p. 81

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 recovery since 1989. p. 75

Gabe Cohen came up with the original Second City troupe. Artistic director for Hollywood Actors Theater, he also leads acting seminars for the Screen Actors Guild. He was most recently seen in a recurring role for The West Wing and in a featured film role opposite Davis Roberts. p. 53


Tesa Conlin has taught in France, England, and Italy. She has been recognized by the National Endowment of the Humanities, National Council of Teachers of English, and has loved every moment of her twenty-seven years of teaching writing, literary analysis, and acting. p. 49

David Corbin is a shamanic practitioner and teacher with a private practice in shamanic counseling and healing in Maine. He is a faculty member of the Foundation for Shamanic Studies. p. 23, 83

Ann Weiser Cornell is the bestselling author of The Power of Focusing and The Radical Acceptance of Everything. She teaches her popular workshops in Inner Relationship Focusing and Getting Unblocked internationally, both in person and by telephone bridge line. p. 68

Bruce Cornell has combined Gestalt, yoga, meditation, and dynamic theater forms for more than 30 years—whether leading workshops, working with clients and actors in his L.A.-based psychotherapy practice, or directing and acting in professional films and theater productions. p. 23, 54

Jean Couch, originally known for her classic Runner’s Yoga Book, has shown thousands of people of all ages how to improve their health. She most recently taught fifty physicians and their spouses, one of whom wrote, “I now have hope for me and my patients.” p. 15

Dixie Cox, cofounder of the Fun Institute in Santa Cruz, Calif., has been facilitating people’s expansion through improv for 15 years. She performs regularly with the improv groups Love Cannon and Crash Test, and serves on the Board of Directors for Santa Cruz County Actors’ Theatre. p. 17

Martha Crawford is a classical 5 Element Acupuncturist and a certified yoga and Arica Psychologist. She was taught the Nine Ways of Zhikr by Oscar Ichazo, originator of the Arica School. Martha sponsors and teaches quarterly Arica Zhikrs in the S.F. Bay Area. p. 78

Stewart Cubley’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 30 years. His website is www.processarts.com. p. 58

Raphael Cushman is the author of The One Thing Holding You Back and Unconditional Bliss: Setting Your Heart on Fire, among others. Raphael is also a popular contributor to O, The Oprah Magazine. www.emotionalconnection.org. E-mail: rc@emotionalconnection.org. p. 60

Deanna Darby is a licensed psychotherapist in Sierra foothills, specializing in somatic psychotherapy. A certified massage therapist for 20 years, her passion is bringing together mind, body, and heart to create the opportunity for profound self-understanding and greater ease. p. 24

David Darling is a cellist, teacher, and composer. He is cofounder of Music for People, an organization dedicated to self-expression through music and improvisation. His latest recordings include 8-String Religion, Darkwood, The Tao of Cello, and the Grammy-nominated Cello Blue. p. 24, 26

Lorie Eve Dechar wrote Five Spirits: Alchemical Acupuncture for Psychological and Spiritual Healing. She practices acupuncture, Chinese medicine, Focusing-Oriented Psychotherapy, Gestalt, and archetypal psychology, and is ordained in the Zen Peacemaker Order. She teaches at Tri-State College of Acupuncture and is a co-founder of the Alchemical Acupuncture Mentorship. www.fivespirits.com. p. 24

Brooke Deputy has been a student of Bioenergetics for more than twenty years. She has studied with Bioenergetics’ founder Alexander Lowen, among others. An Esalen-trained massage practitioner, she has taught tai chi and dance, and teaches in the Esalen Movement Arts Program. p. 38

Carol DeSante is the cofounder of Nervous System Energy Work and a psychotherapist in private practice. She has been a longtime student of Rev. Basalyn Brayere. Her special interests in energy work encompass addiction-recovery, health and healing, and work with cancer and chronic illness. p. 42

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. 33

Karen Dietz is a storyteller, coach, business consultant, and former executive director of the National Storytelling Network. She has over 20 years of business experience. Client results include standing ovations and increased income. p. 12

Lisa Lieberman Doctor is a writing coach based in Los Angeles, a former motion picture executive, and a nominee of a Daytime Emmy and Writers Guild Award. p. 53

Patrick Douce, one of Mishima/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 Silat martial-arts-for-health schools. p. 12, 23, 75, 84

Anna Douglas is a founding teacher of the Red Maple Meditation Center, where she teaches classes and retreats. With a background in psychology and as an avid painter, her liberating journey of discovery has been realizing the play between spiritual unfolding and the creative process. p. 63

Deanna Darby is a licensed psychotherapist in Sierra foothills, specializing in somatic psychotherapy. A certified massage therapist for 20 years, her passion is bringing together mind, body, and heart to create the opportunity for profound self-understanding and greater ease. p. 24

David Darling is a cellist, teacher, and composer. He is cofounder of Music for People, an organization dedicated to self-expression through music and improvisation. His latest recordings include 8-String Religion, Darkwood, The Tao of Cello, and the Grammy-nominated Cello Blue. p. 24, 26

Matt Englar-Carlson is an associate professor of counseling at California State University, Fullerton. He specializes in educating professionals about the mental health needs of men. He is coeditor of In the Room with Men: A Casebook of Therapeutic Change. p. 46

Scott Engler, a longtime student of presence, healing, and is a practitioner of Biodynamic Craniosacral Therapy and Lomi Somatic Education. He holds a black belt in Aikido and lives in Petaluma with his wife Zaza. His website is www.scottenglercnnal.com. p. 49, 50

Zuza Engler has been on the spiritual path of kinesic investigation into consciousness for two decades, in motion, stillness, and processes. She is a somatic student and practitioner of Buddhism, SoulMotion, and Gestalt Awareness Practice. Her website is www.transformative舞蹈.com. p. 49, 50, 85

Ulrika Engman has been dancing on the yoga path for 16 years leading popular workshops and retreats worldwide. Certified in Anusara Yoga and the Halprin Life/ Art Process, she combines the transformative power of yoga with the expressive arts into a celebration of the heart. p. 57

Wendy Evans is steeped in business leadership development, Gestalt and body-centered coaching, and Cortical Field Reseudation, a body awareness practice based on the Feldenkrais Method, developed over 25 years ago and presented at Esalen since then. www.3nith.com. p. 28

F

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.jessiefagan.com. p. 57, 76

Benjamin Fährer is an internationally recognized performer/producer, educator, and farmer. A community organizer and progressive organic farmer, he has worked intimately with front-line organizations, nonprofits, and communities throughout California. Ben is on the staff of the Esalen Farm and Garden. p. 77, 83

Jayson Fann, former Esalen Arts Center coordinator, has 18 years of experience as a musician, performer, visual artist, costume designer, composer, and musical director. He has studied music in Africa and the Caribbean, and has taught at Cal State University, Monterey Bay. p. 13, 42, 64

Robin Fann-Costanzo has a lifelong background in dance and movement. An Esalen Massage practitioner, CranioSutural practitioner, and certified yoga instructor, she has taught and assisted Esalen Massage trainings, yoga retreats, and Upledger Institute trainings. p. 33, 44


Lisa Firestone is director of research and education with the Glendon Association. She is a practicing clinical psychologist and coauthor of Conquering Your Critical Inner Voice, Creating A Life of Meaning and Compassion: The Wisdom of Psychotherapy, and Sex and Love in Intimate Relationships. p. 22

Thomas Michael Fortel is a long-time yoga practitioner/teacher, influenced by the Iyengar, Ashtanga, and Anusara styles of hatha yoga, and from his devotional experience in Bhakti yoga. He travels widely, sharing his love for yoga. His website is www.yogawiththomas.com. p. 12, 18, 38
Diana Fosha developed Accelerated Experiential Dynamic Psychotherapy and is the director of the AEDP Institute. Dr. Fosha is the author of The Transforming Power of Affect: A Model for Accelerated Change (Basic Books, 2000), among others. p. 76

Benjamin Fox is a licensed massage therapist and astrologer with over twenty years of experience in the fields of holistic medicine and organizational administration. He is a founder of the Alchemic Acupuncture Mentorship. benjamin@anewpossibility.com. p. 24

Bruce Frantzis is a Lineage Master in Taoist energy arts and author of seven books. Fluent in Chinese, he studied healing, martial arts, and meditation in China for over a decade with its most renowned teachers. p. 21

Jerome Front teaches at Pepperdine University and across the United States, and has written about mindfulness, contemplative living, and mindful approaches to relationships. He leads retreats and clinical and corporate trainings, and is an LMFT in the theater improvisation group. p. 53, 85

Richard Giantz is a practicing business/mediation attorney in Marcella County, Calif., with a background in 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 Aestal. p. 33, 34

Aviva Gold, painter, author, and therapist, has been leading Painting From The Source worldwide for over 25 years, as well as training others to use this method. She believes authentic soul-touching art comes from a divine place within and the ritual of creating such art is central to healing. p. 61

Marc Gopin is a professor and director of the Center on Religion, Diplomacy and Conflict Resolution at George Mason University’s Institute for Conflict Analysis and Resolution. He is an international peacemaker, ordained rabbi, and writer. p. 9, 76

Harriet Goslin originated Cortical Field Realignment, A Feldenkrais practitioner and Integrated Awareness teacher, her background is in psychosynthesis, applied kinesiology, muscle energy, craniosacral work, and social anthropology. She has been teaching at Esalen for 25 consecutive years. p. 44

Akyooe Graham is a Chanmam born writer, actor, and filmmaker and the author of the critically acclaimed, The Little Book of Transformation. She is currently working on the theatrical film version of her one-woman play, Spirit Awakening. p. 26

Herbert Gravitz is a clinical psychologist in Santa Barbara specializing in the impact of illness, addiction, and other trauma on the individual and family. Dr. Gravitz has published numerous books and is finishing a book on his triumph over metastatic prostate cancer. p. 27

Diane Greenberg, a senior instructor at Charles and Caroline Marie’s Source School of Tantra, is a certified tantric educator with over 15 years’ experience. She leads women’s empowerment groups and has been a professional bodyworker more than 20 years. p. 45

Lynda Greenberg has been practicing art for thirty years and holds a Masters of Fine Arts degree. She teaches at Antelope Valley and Harbor colleges, among others. She was interviewed by Dr. Betty Edwards, author of Drawing on the Right Side of the Brain. p. 21

James Guay is a licensed psychotherapist specializing in helping LGBTQQ individuals/couples live their lives more fully with integrity and authenticity. Learn more at his private practice website, www.james-therapy.com. p. 26

Sylvia Guersenzvaig is a student and teacher of astrology experienced in somatic and visionary practices. Sylvia counsels nationwide and internationally since 1983 she has been a massage practitioner and astrologer at Esalen, where she developed Openstars—Process Astrology. p. 33

H

Meredith Haberfeld is acclaimed for her work with individuals, couples, and families, has taught her workshop Living an Extraordinary Life at MIT, and is called up as an expert for such publications as Forbes, Woman’s Day, and Glamour. Her website is www.meredithhaberfeld.com. p. 54

Kai and Kes Harper is a wildlife guide, author, artist, and Big Sur resident. He has led both traditional and experimental wilderness expeditions internationally for over 30 years. He has an MA in psychology and his work focuses on wild nature as a vehicle for awakening. Visit www.kainnharper.com. p. 50, 65, 75, 77

Susan Harper teaches Continuum workshops in the U.S., Canada, Europe, and Japan. She also offers Quest trips—for celebrating what is still wild, inside and out—in the wilderness and in Asia. p. 77

Kathy Harris is a certified facilitator of The Work of Byron Katie, and teaches at Sam Quintin at the request of Byron Katie. She leads yearlong programs combining Attitudinal Healing and The Work, and has been involved with the International Center for Attitudinal Healing for 23 years. p. 61

Robert (Bobby) Hartman is a passionate organic-gardening advocate, an aesthete, writer, and a systems thinker. He has degrees in both Environmental Studies and Psychology. p. 8, 56

Mary Hartzell has over 30 years’ experience working with children, parents, and teachers. She is the director of a highly respected, Reggio-inspired preschool in Santa Monica, Calif. Mary also teaches parenting classes and has a thriving private-consulting practice. p. 18

Geneen Marie Haugen is a writer and guide to the mysteries of Earth and psyche. Her work appears in many anthologies, including American Nature Writing and Going Alone: Women’s Adventures in the Wild. She is committed to cultivating the planetary imagination. p. 29

Jack Healey, former executive director of Amnesty International, heads the Human Rights Action Center. An innovative leader in the human rights movement for over 25 years, he helped move the topic of human rights from closed-door diplomatic negotiations to widespread awareness and direct citizen action. p. 46

Michele Hébert is a master yoga and meditation teacher, sound healer, and author. A teacher for over 30 years, she is a senior teacher at the War Memorial Hall of Raja Yoga. She has also studied with Swami Veda Bharati of India and H.H. the Dalai Lama. p. 76

Judith Hemming, founder and director of moving, is a URKAP-registered Gestalt psychotherapist and trainer. She learned Constellations work from its founder, Bert Hellinger, among others, in the early 1990s and now is leading a figure in the world community of practitioners and teachers. p. 17

Clifford Henderson is co-founder of the Fun Institute in Santa Cruz, Calif., an enterprise that brings improv to the community and into the workplace. She also performs regularly with the improv groups Loose Cannon and Crash Test, and has had numerous plays and sketch comedies produced. p. 54

Cari Hernandez is a photographer and artist, on the board of directors of International Encaustic Artists (IEA), and a national lecturer and encaustic painting teacher. She lives in Marcella County. Her websites are www.carihernandez.com and www.carihernandez.blogspot.com. p. 54

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. 26, 49

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. 11, 15, 68

Johanna Holoman is a German-born clinical psychologist, teacher, and a Gestalt and Deep Bodywork practitioner. Now living in Big Sur, she is a certified Esalen® Massage teacher and a professional yoga teacher on the Esalen Movement staff. p. 11, 15, 68

Perry Holoman has been a teacher and practitioner of Esalen® Massage, Deep Bodywork, and body-oriented approaches to Gestalt therapy for over 20 years. He currently teaches in the U.S., Asia, and Europe, and makes his home in Big Sur, Calif. His website is www.deepbodywork.com. p. 11, 15, 68, 79

Gabriele Hoppe, a Biosynthesis trainer since 2000, also teaches with the German Acupuncture Society. Her specialties include prenatal and perinatal psychology. She co-created “Energy Medicine and Therapy,” a combination of Chinese Medicine and Biosynthesis. p. 37

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 rhythms of life throughout his life and continues to be a key catalyst in its evolution. p. 64
Chungliang Al Huang teaches Tai Ji philosophy, East/West synthesis, and the art of movement meditation. He is the founder-president of the Living Tai Foundation and director of Lan Ting Institute in the Sacred Mountains of China. p. 40, 44

Terry Hunt is a nationally known psychologist and coauthor of Emotional Healing: Secrets to Tell, Secrets to Keep, and Addiction as Transformation. p. 48

Felix “Puppy” Insua, born and raised in Cuba (a featured performer with Grupo Folclorico Nacional de Cuba), moved to New York in 1992 to spread the healing experience of Afro-Cuban music, dance, and spirituality. He is a priest and healer in the Mountains of China. p. 15

Georgia Kelly is founder and director of Praxis Peace Institute (www.praxispeace.org). She produced five international peace conferences and organized cross-cultural dialogues in the Balkans. Georgia has a certificate in conflict resolution from Sonoma State University and has practiced mediation in county courts. She is also a harpist and composer. p. 31


Brent Kessel, a certified financial planner, was named by Worth Magazine as one of the 25 most creative and ethical of all financial advisors. He is a Yoga Journal’s monthly money columnist and his new book, It’s Not About the Money, is available on amazon.com. p. 78

Rachel Kiehle is a licensed psychologist who offers depth-oriented dynamic therapy to adults and couples. Dr. Kiehle’s workshops explore the healing powers of ritual, story-telling, meditation, creative play, dance and movement. p. 33

Ellen Kindl began Harriet Gonsin’s Cortical Field Re-education as an attempt to control chronic pain after a 24-hour surgery to fuse 14 vertebra. It worked, she was certified as a teacher in 2000, and has taught at Esalen and other locations nationally since then. p. 44

Daphne Rose Kingma is a therapist, lecturer, and teacher of relationships as a spiritual art form. She is the best-selling author of ten books on love and relationships, including Coming Apart, True Love, The Men We Never Knew, Loving Yourself, and The Future of Love. p. 29, 66

Lisa Kivirist is the coauthor of ECOpreneuring and Rural Renaissance, a marketing consultant, and innkeeper of Inn Serendipity, completely powered by the wind and sun. She has co-authored six multicultural children’s books for the Global Fund for Children. www.ecopreneuring.biz. p. 21

Roger Jahnke has practiced Chinese medicine for over 30 years. He has traveled to China ten times to explore the secrets of Qi in hospitals, temples, and sacred sites. He is the author of the acclaimed The Healer Within and, more recently, The Healing Promise of Qi. p. 34, 74

Zoran Josipovic is a long-term practitioner of meditation in the Tibetan Buddhist traditions of Dao-Chen and Mahamudra and the Hindu tradition of Advaita Vedanta. He is presently a research scientist at the Randon Laboratory, Center for Neural Science at New York University. p. 15

Loren Judasken studied Interpersonal Communication and Environmental and Interior Design at UCLA. She facilitates group dialogue that explore psychological, sociological, and environmental effects on relationship, incorporating creativity as a means of expressing emotion. p. 59

Andrea Juhun balances the catalytic nature of the 4Rhythms with a finely tuned therapeutic instinct. Her teaching style is both lively and challenging, creating a field where participants are inspired and supported to pursue their own growth. p. 16, 78

Sam Keen is the author of numerous books, including The Passionate Life, Faces of the Enemy, Hymns to an Unknown God, and Learning to Fly. p. 20

Deborah Koff-Chapin has been developing Touch Drawing since 1974. She is adjunct professor at California Institute of Integral Studies and presents at conferences and educational institutions internationally. Deborah is creator of SOULCARDS 1-2-3 and author of Drawing Out Your Soul. www.touchdrawing.com. p. 35

Pamela Kramer, a senior teacher of ITP and a student of George Leonard and Michael Murphy, has led numerous ITP and LET workshops at Esalen and creates a supportive community setting to grow, learn, and enjoy. She co-leads the longest-running ITP group in the country. p. 34

Sybil Krauter teaches Integrated Awareness and Cortical Field Reeducation. Her background is in clinical hypnosis, neurolinguistic programming, and education. Currently her focus is on how we create reality. p. 44

Jeffrey Kripal is chairman of the Department of Religious Studies at Rice University. He has written four books focusing on the cross-cultural erotic arts and ethics of mystical literature, American countercultural translations of Asian religious traditions, and the history of Western esotericism. p. 64

Ran Kumra is an international spiritual facilitator and part of the Oneness Movement in North America and Canada. She has been teaching directly from Sri Bhagavan and Sri Amma. p. 25

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 coauthor (with Hank Wesselman) of Spirit Medicine. p. 47, 73

Carol Lessinger trained with Moshe Feldenkrais and has given workshops and private sessions for over 30 years. For the past decades she has co-led Cortical Field Reeducation workshops with Harriet Gonsin. Carol is devoted to the role that movement has in expanding health at every level. p. 68


Peter Levine has a background in medical biophysics, psychophysiology, and psychology. He developed Somatic Experiencing over the past 40 years, and teaches this work throughout the world. Dr. Levine is the author of the best-selling book, Waking the Tiger, and the book/CD, Healing Trauma. p. 35, 36

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. 51

Dennis Lewis, a student of the Gardjeff Work, Taoism, and Advaita, teaches the transformative power of presence through breath and body awareness and self-inquiry. He is the author of Free Your Breath, Free Your Life, The Tao of Natural Breathing, and the audio program Natural Breathing. p. 50

Jeff Linn is an advanced Rolf Practitioner with broad experience in Structural Integration. He was Ed Maitner’s protege and went on to study with many great teachers. Jeff teaches for the Guild for Structural Integration and does archival work for the Guild and the Rolf Institute. p. 17

Tias Little’s teaching reflects his expertise in yoga and anatomy, and his training in Iyengar and Ashtanga Yoga. His teaching is infused with the wisdom of the Buddhist tradition. Tias lives in Santa Fe, N.M., where he co-directs Yogasource with his wife Sunny. p. 17

Joey Lugassy is a multi-instrumentalist, lyricist, and also co-creates songs with his wife Sunny. p. 22

Nancy Lunney-Wheeler, formerly a vocal coach and accompanist, is the origina- tor of Singing Gestalt, which utilizes lyrics and songs as a means of self-expression. She is executive director of programming at Esalen. p. 22

Frederic Luksin is a senior consultant in health promotion at Stanford University where he teaches and researches the psychosocial and spiritual factors that lead to health and disease. Dr. Luksin is director of the Stanford Forgiveness Projects and is the author of two bestsellers: Forgive for Good and Forgive for Love. p. 14, 40

Donna Macomber has a counseling practice in Northampton, Mass., and is executive director of the Women’s Crisis Center, a social change organization in Brattleboro Vermont. She is a passionate activist with the Undoing Racism Organizing Collective in Springfield, Mass., and has been leading the Opening the Heart workshops since 1992. p. 36


Bonnie Mark-Goldstein is a psychologist specializing in healing through the lens of attachment theory and group psychotherapy. Dr. Goldstein is an adjunct professor at USC and editor of Understanding, Diagnosing and Treating Attention Deficit Disorder/Hyperactivity Disorder in Children and Adolescents, among others. p. 59
Vanda Marlow left a business career in her native London to find her vocation. Now, as a leadership and relationship coach, she inspired people to the fearless pursuit of joy-filled, juicy lives. She can be found at www.ideatube.com. p. 43

Dean Marson teaches Esalen® Massage and Ocean Yoga. He integrates meditation, movement, and bodywork practices to assist people in enfolding their bodies and their lives. He has led workshops at Esalen and internationally for over 20 years. p. 59, 80, 83

Vinn Marti is a movement artist, teacher, and spiritual friend, living in Portland, Ore. He teaches SoulMotion internationally, and is a certified Chaplain and Prayer Practitioner through the Near Thought Alliance of Churches. p. 20, 21, 74

Charlea Massion is a family physician and women’s health specialist. She teaches in the Division of Family and Community Medicine at Stanford University Medical Center and is on the advisory board of the American College of Women’s Health Physicians. p. 54

Nora Matten is a member of the Esalen® Massage crew and an Esalen massage teacher. As part of the Esalen Movement staff she teaches dance and yoga. Her work draws on Forrest Yoga, Soul Motion, vipassana meditation, Gestalt Awareness Practice, and the Diamond Approach, among others. p. 47

Edward W. Maupin, a psychologist who was an Esalen scholar-in-residence from 1966 to 1970, has practiced Rolfing since 1968, when he was trained by Dr. Ida Rolf. His early research in Zen Buddhism and is an aw ard-winning author of 15 pub - p. 54

Sarana Miller is a faculty instructor at Yoga Journal and teaches at The Claremont Hotel and her own home 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 fellow teacher Thomas Ford. p. 33


Anneli Molin-Skelton inspires people to discover the forgotten language of their souls through the permission to embrace their sacredness and truth in movement. She is a cofounder of the movement sanctu- p. 54

Michael Molin-Skelton listens to prayers of the wind and hears music, looks into the window panes of the heart and feels rhythm. “Dance is not something I do, it’s simply who I am.” Michael reaches through dance rather than teaches to dance. www.spiritweaves.com. p. 54

Matthew Montfort, leader of the internationally acclaimed world fusion music ensemble Ancient Future, is a band- leader, composer, and multi-instrumentalist (scalloped fretboard guitar, electric guitar, flamenco guitar, mandolin, charango, sitar, and cymbal). He has performed world-wide. p. 42

Jean Morrison has worked in the areas of education, health, business, and restorative justice since 1985. She has been a Certified Trainer with the global Center for Nonviolent Communication since 1986, and is trained in the advanced certification in Conflict Resolution Training (cpproducts.com). p. 61

Beverly Kitzen Morse is a marriage and family therapist in private practice in Santa Monica, Calif., and executive director of the Rosenberg-Kitzen Integrative Body Psychotherapy Central Institute and the 12 IBP International Institutes. She is coau- author of The Intimate Couple. p. 24

Robert McDowell is the author of Poetry as Spiritual Practice and three books of poetry. His literary work has appeared in hundreds of anthologies and periodicals, including Best American Poetry and The New Criterion. He teaches and is the founding publisher of Story Line Press. p. 21

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 edu- p. 24, 49, 57, 79

Peter Meyers, accomplished profession- al actor/director, founded the award- winning Vector Theater Conservatory and Stand Get -Deliver, an executive training program that provides high-performance training to business leaders all over the world. p. 8

Sara H. Miller is a faculty instructor at Yoga Journal and teaches at The Claremont Hotel and her own home 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 fellow teacher Thomas Ford. p. 33

Michael Newman is an attorney-mediator, surfer, and lifelong resident of the Big Sur coast. He has an MA in psychology and promotes the integration of wilderness into contemporary life. p. 50, 65

Mark Nicolson directs Ventana, a center which facilitates transformative learning in leaders and organizations committed to social change. Mark’s work is also focused on life transitions. He is a graduate of Oxford, Stanford, and the Esalen Extended Student program. p. 10, 53

O

Jay Ogilvy cofounded Global Business Network and is partner of the Monitor Group. His research and consulting revolves around scenario planning and the role human values and changing motivations in business. He teaches widely and is the author of Creating Better Futures: Scenario Planning as a Tool for a Better Tomorrow, among other books. p. 8, 52

Jennie Oppenheimer’s work, a play- ful exploration of pattern, texture, and color inspired by fabrics, weathered architecture, and colors found in cultures around the world, has been featured in cookbooks and magazines, as gift cards and papers, and as backdrops for retail environments. p. 67

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 pro- ject. p. 59, 80

N

Mehrad Nazari is a senior teacher of the Walt Baptiste Method of Rajayoga and a continuing education specialist in yoga for the American Council on Exercise. Dr. Nazari has been initiated in the advanced practices of many spiritual traditions and has led retreats internationally. p. 76

Michael P. Paul Muller-Ortega is one of the world’s most highly respected academic scholars in the field of Indian religion and Hindu Tantra, and a teacher of meditation. p. 70

M

N

Erdvand Moso is a faculty member of the Foundation for Shamanic Studies. As a shamanic practitioner she teaches work- shops on shamanism, and has a shamanic counseling and healing practice in Maine. p. 23, 83

Eric Moya is director of residential edu- cation at Esalen. His practice focuses on CranioSacral Therapy and Lymph Drainage Therapy, with training in Visceral Manipulation and Neuro- Muscular Therapy. p. 76

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 of Tantra: The Art of Conscious Loving. His work was featured in the Hollywood movies Bliss and The Best Ever. p. 45

Paul Muller-Ortega is one of the world’s most highly respected academic scholars in the field of Indian religion and Hindu Tantra, and a teacher of meditation. p. 70

P

Bert Parlee, a licensed clinical psycholo- gist and published author, serves as chief of staff and lead seminar trainer at Ken Wilber’s Integral Institute. In Colorado, Bert has a private psychotherapy and personal and executive coaching practices in Mill Valley, Calif. p. 66

Laurel Parnell is an internationally rec- ognized psychologist, author, consultant, and EMDR trainer who has trained thousands of clinicians in the U.S. and abroad. The author of four books on EMDR, she main- tains a private practice in San Rafael, Calif. p. 37

Char Pias, a member of the Esalen mas- sage staff since 1980, teaches internationally, focusing on bodywork’s energetic, emotional, and spiritual aspect. She is a Reiki Master/ Teacher, a Circle of Life facilitator/coach, and a licensed graduate of The Center for Spiritual Healing. p. 58

Teena Pleshek obtained her massage certification in 1990, and later found her calling with Neuromuscular Therapy. In 1990 she was trained by Jim Nelson to become a LaStone instructor, and now incorporates LaStone and Neuromuscular Therapy into a treatment. p. 26

Bill Plotkin, founder/president of Colorado’s Animas Valley Institute, is a depth psychologist, Estherand, and wilderness guide. Author of Soulraft: Crossing into the Mysteries of Nature and Psyche, he has guided thousands of people through initiatory passages in the under- world of soul. p. 29

Christine Stewart Price is a teacher and ongoing student of Gestalt Awareness Practice and other approaches to developing awareness. p. 48, 57, 72

Johanna Putnow is the author of Senses Wide Open: The Art and Practice of Living in Your Body. She employs the Enneagram as a tool for teaching Lomi Somatics, and has a private practice in Menlo Park, California. p. 65

R

Gustavo Rabin is a licensed psychologist and an organizational consultant based in Silicon Valley. He specializes in improving the leadership skills of individuals and the effectiveness of teams and organizations. Gustavo is also a cofounder of Satipcne Organizational Consulting. www.sapienceoc.com. p. 10, 39

Charu Rachlis, born and raised in Brazil, has been teaching yoga in San Francisco since 1997. She teaches in a Bhakti lineage where her inspirations are devotional. She has a 20-year history of Tibetan Buddhist meditation, and is strongly influenced by Iyengar and Ashstanga yoga. p. 5, 11, 12

Srivatsa Ramaswami was the longest- standing shiatsu student of the legendary Sri T. Krishnamacharya outside the Master’s family. He has written scores of articles, four books, and recorded about 40 CDs and cassettes of Sanskrit manuscripts. www.vinyasakarma.org. p. 65
Sheila Ramsey is a founding partner of Personal Leadership Seminars, LLC. Dr. Ramsey has led seminars for the US Department of State, the National Albanian American Council’s Kosovo Leadership Program, and the Smithonian Institute, among many other organizations. p. 9, 18

Ann Randolph has been described as “revolutionary,” a “luror de force,” “Whitmanesque,” and “hilarious” for her award-winning solo performances. Direct from an Off-Broadway hit (produced by the late Anne Bancroft), Randolph teaches and tours extensively throughout the U.S. p. 84

John J. Ratey is an associate professor of psychiatry, Harvard Medical School. Dr. Ratey has been a leading teacher and researcher on the brain and personality, and is the author of Spark: The Revolutionary New Science of Exercise and the Brain. p. 73

Saul David Raye has been on the faculty of numerous national conferences and is a cofounder of the Sacred Fire Center for Yoga and Healing in Los Angeles. He teaches yoga, bodywork, and energy healing, and is an ordained minister and musician who infuses his classes with healing music and chants. www.sauldavraye.com. p. 47

Darren Rhodes is a certified Anusara yoga instructor and the director of the Yoga Oasis in Tucson, Arizona. Selected by Yoga Journal as one of 21 talented teachers shaping the future of yoga. p. 70

David Richo is a psychotherapist in Santa Barbara and San Francisco. Dr. Richo is the author of How To Be An Adult In Relationships, The Five Things We Cannot Change And The Happiness We Find By Embracing Them, and Others (Shambhala/Random House). www.davericho.com. p. 78

Barry Robbins, a senior teacher of ITP and a student of George Leonard and Michael Murphy, has led numerous ITP and LET workshops at Esalen and creates a supportive community setting to grow, learn, and enjoy. He co-leads the longest- running ITP group in the country. p. 34

Lorin Roche has been in love with meditation since 1968. His work, Insight Meditation, is set forth in Meditation 24:7, Meditation Secrets for Women, Meditation Made Easy, Breath Taking, and Whole Body Meditations. p. 35

Marina T. Romero is a therapist and teacher. She is a director of Estel, a personal growth center and school of integral studies in Barcelona. She coauthored Nacidos de la Tierra: Sexualidad Origen del Ser Humano. p. 67

Jack Lee Rosenberg is in private practice in Venice, Calif. Founder and clinical director of the Rosenberg-Kitatian Integrative Body Psychotherapy Center and the 2I19 International Institutes, he authored Total Orgasm, and coauthored Body, Self, and Soul and The Intimate Couple. p. 24

Ilana Rubenfeld, author of The Listening Hand, 40-year pioneer in the integration of body-mind-spirit, and creator of the Rubefield Synergy Method, is a certified teacher of Alexander Technique, Feldenkrais Method, and trained with Fritz and Laura Perls in Gestalt Practice. p. 11, 12

Joanne Beaulie 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 unorthodox techniques earned her the highest creative research award granted annually by her university. p. 66

Peter Russell has degrees in theoretical physics, experimental psychology, and computer science. He is the author of ten books, including The Global Brain Awakens, Waking Up in Time, and, most recently, From Science to God: A Physicist’s Journey Through the Mystery of Consciousness. p. 69

Gordy Ryan performed worldwide with Bahabuthe Olatunji for three decades while maintaining a prolific career as a recording artist and composer. His band OBA has released two CDs of original songs, One Breath Away and The Beautiful Game. See www.obatheband.com. p. 69

Bill Say directs 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. www.CoreCommunity.com. p. 20

David Schiffman is a longtime group leader at Esalen. His primary interest is in facilitating people in transition toward a more heartfelt, unstrained existence. p. 18, 20, 44, 57, 67

Sara K. Schneider, performance anthropologist, professor, and author of three books on body and identity, directs the Center for Bodylore and Learning, linking public education about global cultures with the professional development of teachers, health care professionals, and clergy. p. 61

Stephen Schuttevoeder is a consultant, lecturer, and facilitator based in Portland, Ore. Dr. Schuttevoeder works with diversity issues, team building, change management, executive development and organizational conflict. For more about Stephen and Process Work, see www.processconsulting.org. p. 62

Renée Schultz is cofounder of The Mother-Daughter Project, an international speaker and marriage and family therapist with a specialty in sex therapy. She coauthored The Mother-Daughter Project: How Mothers and Daughters Can Band Together, Beat the Odds, and Thrive Through Adolescence. www.themother-daughterproject.org. p. 43

Ellen Schubach is a certified process- work diplomat who specializes in the personal development of leaders and facilitators. Ellen wrote her dissertation on the spiritual experience of the facilitator. She is a coach and psychologist and is cofounder and executive director of the Deep Democracy Institute (www.deepdemocracyinstitute.net). p. 34

Max Schubach is cofounder of the initial Process Work group, cofounder and president of the Deep Democracy Institute (www.deepdemocracyinstitute.com), and founder and president of maxfxc (www.maxfxc.net), a consulting firm active in over 20 countries, with clients including Fortune 500 companies, International NGOs, public sector organizations and political parties. p. 34

Alan Schwartz, author of Life Force: Death Force, pioneered the understanding of energetic dynamics and its relationship to Gestalt therapy. A student and colleague of Laura Perls, he also studied with Lowen and Perrolios. He has been leading groups at Esalen for more than 35 years. p. 29

Richard Schwartz is a former associate professor in the Department of Psychiatry, University of Illinois College of Medicine. President of the Center for Self Leadership in Oak Park, Illinois, author of seven books, he is the developer of the Internal Family Systems model. p. 66

Stephan A. Schwartz is a writer, researcher, adventurer, and philosopher who has been a preeminent researcher of the nature of consciousness for four decades. More importantly, he has transformed ancient scientific research into practical applications that show how to open to the infinite. p. 9

Maggie Seeley is a business consultant to Fortune 500 companies, U.N. agencies, and international businesses. She teaches at the International Business at the University of New Mexico and is cofounder of The Sustain Ability Trust. p. 37

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. 56, 57

Sianna Sherman is a certified Anusara Yoga instructor who loves to weave story-telling, asana, poetry, biomechanics, therapeutics, and empowering philosophical understanding into her teaching. She enjoys working with all levels of students. p.

Spencer Sherman is the CEO and founder of Anusara Wealth Partnership and author of The Cure for Money Madness (Broadway Books, 2009). Spencer’s financial advising is informed by yoga and meditation practices and a commitment to social responsibility. p. 70

Steven Sideroff is a clinical psychologist and peak performance consultant in Santa Monica, Calif. Assistant professor in the Department of Psychiatry and Biobehavioral Sciences at UCLA’s School of Medicine, he was founder and former director of the Stress Strategies Center at Santa Monica Hospital. p. 18

Michael S. Sine is a board-certified medical doctor in pain management and rehabilitation. Assistant clinical professor at UCLA, Department of Medicine, he has coauthored two books, Back Pain Remedies for Dummies and Win the Battle against Back Pain, and written several scientific publications. p. 18

Mariani Sisco is a renowned presenter and author on the subjects of CranioSacral Therapy, Visacleral Manipulation, and Myofascial Starter. She is the recipient of the “Clinical Educator of the Year Award” at the University of New Mexico, she maintains a full-time practice and travels as an instructor for the Uplender Institute. p. 19

Tara Wings Sluyter is an artist and educator based in Big Sur. Her background is in prototyping, photography, documentary, multimedia art, and art education. Influenced by her Buddhist upbringing, Tara Wings focuses on process over product in both art and education. p. 16

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. 66

Nancee Sobonya is director of the film, The Gifts of Grief. Formerly bereavement coordinator at Palomar Hospkal in Oakland and PTC counselor and teacher graduate courses at Sonoma State University. She is a minister in the Rubinart Foundation. p. 55

Tom Spanbauer has published four novels: Faraway Places, The Man Who Fell in Love with the Moon, in the City of SHiY Hunters, and most recently, Now Is the Hour. Tom has been teaching Dangerous Writing classes for over 17 years. Eighteen of his students have published novels. p. 38

Mike Spino coaches runners from beginners to world-class athletes at the Academy of Art University in San Francisco. Former director of the Esalen Sports Center (S.F.), he coached Michael Murphy to become a world-class master’s runner and has published six books, including Beyond Jogging. p. 64

Susan Spraker in 1973 did not qualify for the manager trainee program at her job because she was female. This ignited her search for professional and financial independence and inspired her to advise others, especially women. Dr. Spraker is the founder and president of Spraker Wealth Management, Inc. p. 63

Martha Stark is a clinical instructor in psychiatry at Harvard Medical School and on the faculty of the Massachusetts Institute for Psychoanalysis and the Center for Psychoanalytic Studies at the Massachusetts General Hospital. She has authored three books, including Modes of Therapeutic Action. p. 57

Kat Steele is a Permaculture activist, designer, and educator. Founder of the Urban Permaculture Guild in Oakland, Calif., she facilitates workshops on sustainability, natural building, and Permaculture, and speaks about urban eco-social design, City Repair, and the power of placemaking. p. 57, 77

Peter Sterios is an internationally recognized yoga and acting teacher over 20 years of study and practice in the US and India. He lives and teaches in San Luis Obispo, California. His yoga DVD Gravity & Grace is available at www.manduka.com and www.petersterios.com. p. 58
Making Contact with Us

Website: www.esalen.org
E-mail: info@esalen.org
Mailing address: Esalen Institute, 55000 Highway 1, Big Sur, CA 93920

General Information: 831-667-3000 (ext. 7402 to leave a message for a guest)

Workshop Reservations: Preregistration is required for all Esalen programs.

Online: www.esalen.org
Phone: 831-667-3005
Monday—Thursday, 9 AM–7 PM
Friday, Saturday & Sunday, 9 AM–5 PM
Fax: 831-667-2724
Mail: See address above

Express Reservations: If you have previously taken a workshop at Esalen.
831-667-3000 ext. 7321

Other Reservations: For Personal Retreats, healing arts appointments, and van service between Esalen and the Monterey Transit Plaza. 831-667-3000.

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 mealtime.
• Lodging: Friday and Saturday night accommodations for weekend workshops; Sunday through Thursday night accommodations for 5-day workshops; Lodging for 7-day workshops varies, please inquire at registration.
• 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.

Standard Accommodations: This is shared housing, two or three persons per room. In some cases, bathrooms are shared. Standard guaranteed single housing is available on a limited basis for an additional $100 per night.

<table>
<thead>
<tr>
<th></th>
<th>Weekend 5-Day</th>
<th>7-Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friends Rate</td>
<td>$620</td>
<td>$1105</td>
</tr>
<tr>
<td>Regular Rate</td>
<td>$670</td>
<td>$1155</td>
</tr>
</tbody>
</table>

Premium Accommodations: Premium rooms are offered as a guaranteed single or for couples. Rooms have upgraded bathrooms with walk-in showers, Ethernet connections for your own laptop, in-room telephone, and enhanced sound and climate insulation. Some rooms have in-floor heating. Call the Esalen office for more details.

<table>
<thead>
<tr>
<th></th>
<th>Weekend 5-Day</th>
<th>7-Day</th>
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</thead>
<tbody>
<tr>
<td>Friends Rate</td>
<td>$1120</td>
<td>$2355</td>
</tr>
<tr>
<td>Regular Rate</td>
<td>$1170</td>
<td>$2405</td>
</tr>
</tbody>
</table>

Point Houses: The Point Houses are nestled behind the Esalen Garden and perched at the cliff’s edge. Each is a private two-room suite with a living room with wood stove, separate bedroom, a sleeping loft, full kitchen and dining area, private redwood deck overlooking the Pacific, Ethernet connections for your own laptop, and in-room telephone. They can accommodate up to 2 adults and 2 children.

<table>
<thead>
<tr>
<th></th>
<th>Weekend 5-Day</th>
<th>7-Day</th>
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</thead>
<tbody>
<tr>
<td>Friends Rate</td>
<td>$1740</td>
<td>$3460</td>
</tr>
<tr>
<td>Regular Rate</td>
<td>$1840</td>
<td>$3560</td>
</tr>
</tbody>
</table>

Bunk Bed Accommodations: This is shared housing, four or more persons per room.

<table>
<thead>
<tr>
<th></th>
<th>Weekend 5-Day</th>
<th>7-Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friends Rate</td>
<td>$480</td>
<td>$840</td>
</tr>
<tr>
<td>Regular Rate</td>
<td>$530</td>
<td>$890</td>
</tr>
</tbody>
</table>

Sleeping Bag Accommodations: Some 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 (9 AM–11 PM).

<table>
<thead>
<tr>
<th></th>
<th>Weekend 5-Day</th>
<th>7-Day</th>
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</thead>
<tbody>
<tr>
<td>Friends Rate</td>
<td>$335</td>
<td>$570</td>
</tr>
<tr>
<td>Regular Rate</td>
<td>$385</td>
<td>$620</td>
</tr>
</tbody>
</table>

Off-site Accommodations: If you are attending a workshop, and staying off property, the following rates apply:

<table>
<thead>
<tr>
<th></th>
<th>Weekend 5-Day</th>
<th>7-Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friends Rate</td>
<td>$335</td>
<td>$570</td>
</tr>
<tr>
<td>Regular Rate</td>
<td>$385</td>
<td>$620</td>
</tr>
</tbody>
</table>

Reduced Rate Options

Various rate reduction options are available. Please request discounts at the time of registration.

Scholarship: Esalen is able to provide some scholarship assistance to workshop participants in exchange for a work commitment in cabins or in the 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.

<table>
<thead>
<tr>
<th></th>
<th>Weekend 5-Day</th>
<th>7-Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friends Rate</td>
<td>$300</td>
<td>$570</td>
</tr>
<tr>
<td>Regular Rate</td>
<td>$385</td>
<td>$620</td>
</tr>
</tbody>
</table>

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 off-site accommodations, or the Ongoing Residence Program. Prepayment must be made at least 5 days prior to the start date.

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:

<table>
<thead>
<tr>
<th></th>
<th>5-Day</th>
<th>7-Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weekend</td>
<td>$150</td>
<td>$300</td>
</tr>
<tr>
<td>12–14 days</td>
<td>$400</td>
<td>$900</td>
</tr>
<tr>
<td>More than 14 days</td>
<td>$600</td>
<td></td>
</tr>
</tbody>
</table>

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 nonrefundable.

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 reservation 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 remaining balance returned to you.
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 a Personal Retreat. Occasionally workshops are cancelled, so second choices are advised.

The specially discounted cost is $4880 per 26-day period for standard accommodations. 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

Personal Retreats are available on a limited basis; to honor our commitment as a workshop facility, in general Esalen does not offer Personal Retreats more than one week in advance. However, earlier bookings are available for Premium Rooms and the Point Houses. Please call the Esalen office for details. 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 the 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.

Personal Retreat cancellations must be made by phone with one of our reservations staff. If you cancel or change any part of your reservation, you will be charged a $50 processing fee, per reservation.

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 baths. In addition, other types of sessions may also be available to outside guests. Massage reservations for workshop participants or Personal Retreatants must be made and paid for in advance by credit card through our reservation line: 831-667-3005. If you are coming to Esalen for a massage only, please call 831-667-3002.

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.

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 terminals available for internet connection, though speed is slow and availability limited. There is no cell phone service at Esalen, but free WiFi is available in the Lodge, except during meal times.

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: 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, approximately 30 minutes north or south of Esalen.

Pets: Other than registered 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 see www.esalen.org/bookstore.

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 days. Lunch is provided on departure days; we ask that you leave the property by 2 PM.

Workshops: Workshop schedules normally begin on 8:30 PM on the first evening and end at 11:30 AM on the final day.

Rates include meals and are per day:

<table>
<thead>
<tr>
<th></th>
<th>Fri/Sat</th>
<th>Sun-Thurs</th>
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</thead>
<tbody>
<tr>
<td>Standard</td>
<td>$210</td>
<td>$170</td>
</tr>
<tr>
<td>(2-3 persons per room)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Premium (guaranteed single)</td>
<td>$400</td>
<td>$400</td>
</tr>
<tr>
<td>Point Houses (single occupancy)</td>
<td>$575</td>
<td>$575</td>
</tr>
<tr>
<td>Point Houses (couple occupancy)</td>
<td>$625</td>
<td>$625</td>
</tr>
<tr>
<td>Bunk Bed (4 or more persons per room)</td>
<td>$125</td>
<td>$120</td>
</tr>
</tbody>
</table>

Personal Retreat Cancellation Policy:

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. Special cancellation fees apply to Premium Rooms and Point Houses; please call for details.
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 ❑  F ❑  Couple ❑

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 off-site accommodations.
☒ 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 Ordway 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, except registered animals in service.

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.