Walking the Wilds Within

With 40 years of experience as student, staff, and faculty at Esalen, Steven Harper holds a tremendous range of the Institute’s history and experience. His wilderness workshops are woven into the fabric of the place, and not just because they’re offered an average nine times per year. With their emphasis on direct experience, awareness practices, and attention to the unfolding relational self, Steven’s offerings bring together much of what has made Esalen unique since the beginning.

When he first walked down the hill to Esalen in 1978, Steven was a curious college graduate. “I was working as a wilderness instructor at the time,” he says. “During extended expeditions, I watched people go through amazing changes, but as instructors we didn’t have the skill set to work with group or emotional dynamics. I got really curious and decided to go to Esalen. I quickly learned that it wasn’t so much about me learning how to be a group facilitator, it was more about me learning about my own inner landscape.” One curiosity led to another and Steven stayed at Esalen to pursue them.

He was a Work Scholar and Extended Student in the Esalen Garden, and then co-founded the Farm. He took yearlong trainings and weekend, weeklong, and month-long workshops, following his interests in massage, movement, leadership, Gestalt, and even into Esalen’s administrative side. All the while, he continued to feel his way ever more deeply into the Big Sur wilds. “There’s something in the whole of the landscape here where land meets sea that inspires imagination. Big Sur kept calling me back, and I chose to set down roots here, raise my two sons here, design and build my own home here — these all led to deeper and deeper dialogue with the land and the place.”

Steven shared a close friendship with Esalen co-founder Dick Price. They hiked extensively together, and incorporated Dick’s unique Gestalt Practice into their time on the trail. “Dick could hold a space of huge acceptance for whatever was coming up, and a huge capacity to sit with whatever was arising; no matter how much suffering was involved, or how much silence was involved. What we shared was a curiosity to go outside into wilderness, and inside into wilderness. We had hiking and Gestalt as the vehicles to do that.”

When he reflects on four decades at Esalen, Steven says one of the things he is most grateful for are his workshop participants. “In my workshops, wilderness is the primary teacher so I get to be student too. I am very lucky that people show up to be students along with me, and that we get to learn from each other. I don’t know if the participants know how much I receive every time.”
Welcome to Esalen

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

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

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

Many educational institutions recognize Esalen programs as eligible for credit in their curricula; check with your university or college. Additional information can be provided if needed. Esalen provides continuing education (CE) credit for MFTs, LCSWs, nurses, bodyworkers, acupuncturists, and more. See page 86 for details.

We also offer a residential study program for individuals interested in participating in an intensive month-long course of study.

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

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

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

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

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

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

**Accommodations**

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

**Children and Families**

Esalen offers some family-oriented workshops. Guests attending workshops who have small children should contact our Guest Services office as Esalen does not provide childcare services at this time.

**Giving Back**

The Friends of Esalen are supporters whose donations of $65 or more help advance Esalen’s mission of personal and social transformation. By becoming a Friend of Esalen, you receive a $25 discount on a future Esalen workshop. See page 85 for more information.

**Contact**

Stay connected with Esalen:

- Facebook: [facebook.com/EsalenInstitute](https://www.facebook.com/EsalenInstitute)
- Instagram: [instagram.com/Esalen](https://www.instagram.com/Esalen)
- Twitter: [twitter.com/EsalenInstitute](https://twitter.com/EsalenInstitute)

**Credits**

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

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

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

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

We look forward to welcoming you to Esalen.

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

Getting Here
Esalen is located 45 miles south of Monterey and 12 miles south of Big Sur on California State Route 1. Allow yourself ample time to travel to this remote, tranquil location due to changing road conditions. We encourage ridesharing to reduce the number of cars on the road or at Esalen. Ask an Esalen reservationist for rideshare or shuttle service options from regional airports. Visit www.esalen.org/page/getting-here for more information.

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

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

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

ACCESSIBILITY: Many Esalen paths, though paved, are steep and uneven. Access to some parts of the property may be difficult depending on your level of mobility.

Please discuss your needs with an Esalen reservationist at the time of registration (at least 72 hours prior to arrival) and we may be able to assist.

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

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

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

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

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

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

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

VALUABLES: The Front Office has no facilities to store guest valuables.
Feel Home at Esalen

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

Additional offerings include:
- Vegan and vegetarian options for all meals
- 24-hour use of the hot springs bath facilities
- Access to the Art Barn (except when a workshop is scheduled)
- Walks in the Farm & Garden
- Meditation in the Meditation Hut
- Daily movement classes
- Special Wednesday evening lectures
- Occasional impromptu discussions hosted by visiting scholars and teacher
- Subscription to the Esalen catalog

Choose Your Room
We offer a wide array of accommodations to meet different needs. Shared sleeping bag areas and bunk beds offer the most affordable rates. If you choose a sleeping bag option, you will have access to your sleeping area from 11:00 pm to 8:45 am. Standard rooms are shared housing with two to three people per room. Couples are housed privately. You may choose guaranteed single housing based on availability for an additional $150 per night.

Premium rooms and Point Houses offer greater privacy, upgraded amenities, and ocean or garden views. Point Houses also feature a full kitchen and private redwood deck. You may choose to attend a workshop and plan for off-site accommodations, although space is limited for this option. Accommodations pricing begins at $420 for weekend workshops for shared sleeping bag space. Please visit www.esalen.org for current pricing.

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

WORK EXCHANGE: Limited assistance is available for workshop participants in exchange for a work commitment in Cabins or the Esalen Kitchen.


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

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

Friends of Esalen receive a $25 discount on rates. For information on Friends of Esalen, see page 85. Special pricing applies for Personal Retreats and A Time to Reflect. Please see our website for information.
Check-In/Check-Out
Accommodations include a Friday and Saturday night stay for weekend workshops and Sunday through Thursday night stay for five-day workshops. Schedules for seven-day workshops vary; please ask at registration. Guests are welcome to arrive at Esalen anytime after 2:00 pm on the day your stay begins. Rooms become available at 2:30 pm and you may pick up your key at the gate or at the Front Office. On the day of your departure, please check out of your room before attending the closing workshop session or before 10:00 am; enjoy lunch with us and depart by 2:00 pm. Workshop schedules normally begin at 8:30 pm on the day of arrival.

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

• If you cancel or change any part of your workshop reservation at least seven days before the start of your workshop, your deposit, less a $75 process fee for weekend workshop or $150 process fee for weeklong workshop, will be refunded. No credit will be provided.

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

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

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

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

Fees for Children
Fees for children 10 and under enrolled in a family workshops are $150 for weekend workshops and $300 for five-day workshops. Fees for children ages 11-15 are $420 for a weekend and $675 for a five-day workshop. Children not attending workshops may be housed with two full-paying adults in premium or standard rooms for a meal charge of $25 a day per child ($10 for children under six). Single-parent accommodations are limited. Please inquire at registration.
Guide to Workshops

Arts & Creativity

Music / Rhythm

Aug 26-31 • The Buddha, the Brain, and Bach
Sep 7-9 • Bhakti Yoga and Music Celebration
Oct 5-7 • Singing on the Edge
Dec 28-Jan 4 • The Natural Singer

Visual Arts

July 8-13 • The Painting Process Rediscovered
Sep 2-7 • The Art2Life Workshop
Oct 21-26 • Painting the Outer and Inner Landscape
Oct 28-Nov 2 • Intimacy and Exposure: Photography
Nov 25-30 • Awakening the Creative: Painting

Writing

July 15-20 • The Traveler’s Practice
Sep 9-14 • The Way of Story
Oct 19-21 • The Sun Celebrates Personal Writing
Dec 7-9 • The Writing Life

Body & Movement

Dance

July 22-27 • Empowering Creativity through Movement
July 29-Aug 3 • 5Rhythms: A Graceful Journey
Aug 3-5 • 5Rhythms Moon Lodge
Sep 21-25 • Soul Motion: Flow and Fire
Nov 11-16 • Dance of Oneness:
Nov 16-18 • 5Rhythms and Motion Theater
Nov 18-23 • 5Rhythms and Buddhist Heart Practice
Dec 21-28 • Soul Motion: The Heart of the Dance

Healing Arts / Somatic Practices

July 1-6 • Healing Art of Deep Bodywork:
Back, Hips
July 15-20 • SomatoEmotional Release 2
July 29-Aug 5 • Healing the Pelvic Floor
Aug 10-12 • Meditation, Guided Inquiry and Feldenkrais

Aug 26-31 • Advanced CranioSacral Therapy 1
Aug 26-31 • Zero Balancing - Part 1
Sep 7-9 • Transformative Medicine: Radical Healing
Sep 9-14 • Barral Institute’s Visceral Manipulation 2
Sep 16-21 • Voice: Sound Keys for Self-Leadership
Sep 16-21 • Conquering Injury and Pain: Spinefulness
Sep 23-28 • Medical Qigong Certification
Oct 21-Nov 18 • Streams of Energy
Oct 21-26 • CranioSacral Therapy 2
Nov 4-9 • Lymphatic Balancing for the Total Body
Nov 4-9 • Healing Art of Deep Bodywork
Nov 23-25 • Essential Qi-Gong Exercises of China
Nov 25-30 • Creative Tai Ji Experience
Nov 30-Dec 2 • BodyWise: Body Intelligence
Dec 2-7 • Hands On for the Pelvic Core
Dec 21-28 • Qigong for Health and Happiness

Yoga

July 1-6 • Intermediate Yoga Practice Intensive
July 13-15 • The United States of Flow
Aug 24-26 • Power Vinyasa Yoga
Aug 26-31 • Radiant Body: Living from the Heart
Aug 31-Sep 2 • Yoga Practice
Sep 16-21 • Mindfulness and Yoga
Oct 7-12 • The Posture of Observation
Oct 21-26 • Yoga Nidra Retreat
Oct 26-28 • Meditation and Iyengar Yoga
Oct 28-Nov 2 • Groundation Celebration: Yoga
Nov 2-4 • Gratitude Retreat
Nov 9-11 • The Yoga of Deep Intimacy
Nov 11-16 • Sacred Evolution: Yoga and Meditation
Nov 23-25 • Thanksgiving Yoga Journey

Dec 2-7 • Urban Priestess Retreat for Women
Dec 14-16 • Winter Solstice Yoga Retreat
Dec 16-21 • Meditation, Raja Yoga and Mindfulness
Dec 28-Jan 4 • Shadow Yoga and Ayurveda

Leadership & Society

Leadership

July 1-29 • Leadership and Presence
July 1-6 • Leading the Edge: Extraordinary Performance
Sep 2-7 • Leading with Relational Mindfulness
Nov 2-4 • Leader of the Future (Conversations on the Edge)

Social / Political Change

Sep 21-23 • Radical Healing: Personal, Social Change
Sep 30-Oct 5 • Digital Rain: Re-Imagine Reality
Nov 4-9 • The Space Between Stories
Nov 23-25 • Social Entrepreneurship

Meditation & Spirituality

Contemplative / Spiritual Studies

July 8-13 • Know Thy Selves
July 27-29 • Igniting the Power of Empathy, Intuition
Aug 5-10 • Mindfulness, Compassion, and Awe
Aug 12-17 • Loving Awareness Retreat
Aug 17-24 • Lotus Borne Perception
Sep 9-14 • Embodying Shakti: Sound, Meditation, Voice
Nov 18-23 • Developing a Reliable Refuge
Dec 7-9 • The Way of Tea
Dec 7-9 • Entering the Temple
Dec 16-21 • Living a Mindful, Compassionate Life

Meditation / Mindfulness

July 1-6 • Mindful Education Teacher Training
July 6-8 • Consciousness Hacking
Aug 19-24 • Mindfulness as a Wisdom Practice
Oct 26-28 • Connect to Your Inner-Net
Dec 9-14 • Mindful Self-Compassion Intensive
Dec 14-16 • Solstice Meditation Retreat
Dec 28-Jan 4 • New Year Meditation Retreat

Myth/Ritual/Shamanism
Aug 31-Sep 2 • Soul Saturation
Nov 30-Dec 2 • Wild Wisdom

Personal Reflection
Oct 10-12 • A Time to Reflect: Volunteering

Mind & Psychology

Neuropsychology/Neuroscience
July 27-29 • The Psychedelic Renaissance
Sep 23-28 • Positive Neuroplasticity and Well-Being
Oct 26-28 • Meet Your Better Half: Right Brain

Philosophical/Scientific Inquiry
July 6-8 • X Series: Conscious AI
July 6-8 • Can Science Be Sacred?
July 6-8 • Impact of Technology (Conversations on the Edge)
July 8-15 • Meaningful Aliveness: Film Viewing
July 29-Aug 26 • Journey to Apotheosis
Aug 10-12 • How We Gather (Conversations on the Edge)
Aug 31-Sep 2 • Science and Technology (Conversations on the Edge)
Nov 9-11 • Future of Money (Conversations on the Edge)
Nov 9-11 • X Series: Blockchain & Cryptocurrency

Psychology/Transpersonal Psychology
July 13-15 • Arrive Already Loved
July 15-20 • Not For the Feint of Heart
July 22-27 • R.D. Laing in the Twenty-First Century
July 29-Aug 3 • The Radically Alive Leader
Aug 17-24 • EMDR Basic Training
Aug 17-19 • Healthy Empathy
Aug 19-24 • The Transformational Enneagram
Aug 31-Sep 2 • Hakomi Somatic Psychotherapy
Sep 14-16 • Loving What Is

Nature & Sustainability

Sustainable Practices
Aug 26-Sep 23 • Lean Permaculture

Wilderness/Hiking
Aug 26-31 • Big Sur Wilderness Experience
Sep 2-7 • Walk on the Wild Side: Hiking
Sep 23-28 • Way of Nature: Practice of the Wild
Oct 7-12 • The Nature of Movement

Relationship & Self

Family
July 15-20 • Music and Nature Family Workshop
July 20-22 • Music and Nature Family Workshop Part 2
Nov 16-18 • Family Mindfulness Weekend

Gender
Nov 11-16 • The Wild Woman’s Way

Life Purpose/Visioning
Nov 18-Dec 16 • Art of Skillful Living: Leadership
Nov 30-Dec 2 • Quarter-Life Calling

Relationship/Communication
July 8-13 • Hold Me Tight Workshop for Couples
July 20-22 • Speak to Inspire
July 20-22 • Getting the Love You Want: For Couples
July 22-27 • Embodying Your Love: For Couples
Aug 10-12 • The Extraordinary Couples Workshop
Oct 12-14 • Getting the Love You Want: For Couples
WEEK OF JULY 1-6

The Healing Art of Deep Bodywork: Back, Hips and Shoulders

Perry Holloman & Johanna Holloman

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

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

Our areas of focus will include relieving chronic and acute pain in the back, and around the major joints of the shoulder and hip. We will spend time learning to recognize how to feel soft tissue lesions with our hands wherever we find them, and learn why, at physiological and energetic levels, competent deep bodywork needs to be done slowly to be most effective.

The teachers will be available to answer questions of specific interest to students as they arise during our practice sessions. Professional massage experience is highly recommended for this advanced-level class. This course offers 32 continuing education credits for massage. Please visit www.deepbodywork.com for more information.

Recommended viewing: (DVD) Deep Bodywork I: Healing the Back, Shoulders and Hips, available at www.deepbodywork.com. ($30 extra tuition and $5 materials fee will be added to the workshop cost)

☆ CE credit for nurses; see page 86.
☆ CE credit for massage; see page 86.
☆ CE credit for acupuncturists pending; see page 86.

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

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

Leading at the Edge:
How to Reach Extraordinary Performance

George Kohlrieser

Why do some leaders overcome impossible barriers, go beyond unbearable pressure and frustration, and persevere in order to achieve outcomes seemingly beyond reach when others would give up? The answer has never been clearer: Through their desire for relentless improvement, leaders at the edge can unlock the highest levels of performance in themselves and others, making work a more exciting place to be. Leading at the edge enables people to “play to win” rather than simply “playing not to lose,” a mindset that focuses on survival.

Cutting-edge leaders know how to take appropriate risk, inspire
trust, drive change, and create opportunities to foster success for themselves, their teams, and their organizations. People are facing intense pressure like never before. There are so many complex changes and challenges creating the necessity for high levels of engagement to reach high performance. It requires that leaders face failure, disappointment, and loss by going through a grief process — both personal and profession — to recapture the full joy of life with full motivation. Drawing on research on High Performance from the worlds of business, sports, education, team and personal achievement, everyone can translate this knowledge to the real world of leading self and others. The next question is how successful do you want to be?

This workshop will draw on the High Performance Leadership Program (HPL), a flagship program at IMD Business School, Switzerland. It includes theory, experiential learning and opportunities to do personal work on obstacles to high performance leadership of self and others.

- Recommended reading: Kohlrieser, Hostage at the Table: How Leaders Can Overcome Conflict, Influence Others and Raise Performance; Kohlrieser, Goldsworthy and Coombe, Care to Dare: Unleashing Astonishing Potential through Secure Base Leadership.

☆ CE credit for MFTs, LCSWs, LPCCs and LEPs; see page 86.

George Kohlrieser, clinical psychologist and hostage negotiator, is professor of leadership and organizational behavior at the International Institute for Management Development, in Lausanne, Switzerland. He is creator and director of the High Performance Leadership Program (HPL) and of the Advanced High Performance Leadership Program (AHPL). He is also an award-winning author. www.georgekohlrieser.com

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**Intermediate Yoga Practice Intensive: Affirm Your Freedom!**

**Noah Mazé**

Join Noah Mazé for a week of yogic practices, community, nature, contemplation, and celebration of our freedom over this July 4th week. Each morning session begins with a mythic yoga story to awaken your imagination and subconscious mind followed by a strong and focused alignment-based yoga class to open and strengthen your body. Each afternoon session nourishes you with restorative yoga, hip-opening poses, pranayama, mantra, meditation, and journaling. Throughout the week, we will explore yogic teachings and perspectives of freedom and what those teachings may mean to us today. Expect to work hard, play deeply, and be nourished in this week of yogic practices designed to expand your capacity and connect to what lies at the foundation of your relationship to yoga. Each session will include alignment and Vinyasa techniques, applied anatomy, strong work in fundamental poses, progressive sequencing to intermediate poses, and lots of fun.

Participants should have a regular yoga practice including adho mukha vrkshasana (handstand) and urdhva dhanurasana (full bow pose/wheel pose). Please bring a yoga mat and a journal to each session.

Noah Mazé has a fierce and compassionate dedication to yoga that inspires and holds space for students to journey deeper into body, heart, mind, and spirit than they ever could have imagined. Noah teaches internationally and online, and lives with his family in Los Angeles. www.noahmazeyoga.com

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**Mindful Education Teacher Training**

**Morris Ervin & Rachel Brown**

Schools around the world are turning to mindfulness and social-emotional learning as an antidote for rising stress, emotional deregulation, and attention deficit. In school systems that have adopted mindfulness, students and teachers are happier, more focused, more compassionate, emotionally regulated, and less impacted by stress. What school would pass up a chance to raise test scores, have fewer playground fights, and cultivate a more peaceful school environment?

This Mindful Education Teacher Training helps participants gain the skills and confidence to bring the many benefits of mindfulness to children in grades K–12. Educators, counselors, parents, and child care providers will have the opportunity to deepen their own mindfulness practice and discover practical tools to incorporate mindfulness practices into daily life and work. Throughout the week, we balance professional development with personal development, and information with transformation. Participants will train in the Mindful Education Workbook curriculum, and how to apply it to children of different ages, populations, and special needs. We will examine current research and the way schools and organizations are already successfully integrating these transformative practices. Please read The Mindful Education Workbook before the workshop begins and bring it with you to Esalen.

- Required reading: Rechtschaffen, The Mindful Education Workbook.
- Recommended reading: Rechtschaffen, The Way of Mindful Education.
For continuing education syllabus, see www.esalen.org/Course-Information-Mindful-Teacher-Education-Training.

☆ CE credit for MFTs, LCSWs, LPCCs and LEPs; see page 86.

Morris H. Ervin, Jr. is an educator, motivational speaker, and wellness coach committed to helping youth, families, schools, communities, and institutions turn fear into strength, and pain into passion. Morris is a mindfulness instructor at University Hospital in Cleveland, Ohio, and he was a public school teacher for 10 years.

Rachel Brown is a mindfulness and social-emotional learning educator. She currently works at the Teaching Empathy Institute, where she designs curriculum, trains teachers, and works with students. Rachel has 10 years of experience as a special and general education teacher in both public and private schools.

WEEKEND OF JULY 6-8
X – The Exponential Humanity Series:
Conscious AI
Alison Raby & James Hanusa

Digital Raign’s Conscious AI Summit is an invitation to both experiential and conversational sessions with a focus on actionable outcomes. This segment of The X Series will go beyond the technical possibilities and application potential of artificial intelligence to include the intersection of AI, consciousness, human potential, and social impact. Our investigations will illuminate and explore the positive implementations and activations of this powerful technology. We will delve into the concerns voiced by science and technology leaders such as Bill Gates, Elon Musk, Stephen Hawking, and others about the future impact of this potent technology, and initiatives focused on the ethics of AI’s development and deployment. Now is the time to establish the ethos of AI; this technology is projected to dominate all forms of software in the next five years, and be equal to a single human’s intelligence by 2030 and the collective intelligence of civilization by 2045.

This is an invitation to technology, business, government, and cultural leaders to convene, ideate, and co-create positive, impactful strategies focused on tech for good as the Fourth Industrial Revolution continues to rapidly take shape and accelerate.

Based on Esalen’s history as the birthplace of the human potential movement and the Institute’s emerging edge of exploring technology for good, we will be navigating the social impacts of this exponential technology and themes related to inclusion, responsible AI, the U.N.’s Sustainable Development Goals, policy frameworks, and intelligence augmentation, among others.

Note: Registration for this program is by application only. For application and instructions, and to learn more about The X Series, please visit www.digitalraign.com/esalen-x-series.

Alison Raby is co-founder and inclusion advocate at Digital Raign. She is a connector, facilitator, and serial entrepreneur with more than 25 years of experience. She is a board member for The Virtual World Society and served on the Wisdom 2.0 early development team. Her current focus is on diversity/inclusion, socially conscious business, and research on augmented mindfulness through emergent tech.

James Hanusa is co-founder of Digital Raign and Venture Catalyst. A lifelong technologist and advocate for sustainability, James speaks on innovation and creativity. He is technology advisor to the Emerging Future Institute, impact advisor to UIX Global, futurist at Virtual World Society, and initiative-leader at Burning Man. His current research is at the intersection of art, technology, and immersive experience.
Consciousness Hacking: Meditation + Technology

Mikey Siegel & Dustin DiPerna

Participate in the emerging intersection of ancient wisdom, neuroscience, and modern technology. Join emerging leaders Mikey Siegel and Dustin DiPerna for a technology-augmented meditation retreat. With Big Sur and the healing waters of Esalen as a powerful backdrop, the workshop will combine guided meditative instruction with cutting-edge technology to catalyze a profound shift into group synchronization. Ancient practices and teachings from the world’s wisdom traditions can usher in direct insight into the inherent oneness of life. This insight, combined with innovative practices for authentic relating using advanced technology, reveals a new world of unity. Mikey and Dustin’s custom technology is designed to augment the traditional practice, providing subtle sound and light feedback that points us toward a deep collective resonance. We have the opportunity now like never before to synthesize science and spirituality. This unique combination of practices and technology offers a glimpse into humanity’s potential for an enlightened future. In addition to meditation, participants will engage in group discussion and inter-subjective practices to deepen community and to support one another’s exploration.

Mikey Siegel is excited by science and technology supporting human flourishing and collective awakening. He teaches at Stanford University, is founder of Consciousness Hacking, BioFluent Technologies, and the Transformative Technology Conference. He received an MS from the MIT Media Lab. www.mikeysiegel.com

Dustin DiPerna is a Harvard-trained scholar of world religions. He studies in the Tibetan meditation lineages of Mahamudra and Dzogchen with Daniel P. Brown. Through writing, teaching, coaching, and entrepreneurship, Dustin helps people find happier and more fulfilling ways of being in the world. His books include Streams of Wisdom, Evolution’s Ally, and Earth is Eden. www.dustindiperna.com

Can Science Be Sacred?

Steve Paulson

Is there a sacred dimension to science? Recent discoveries in science — from dark matter and quantum entanglement to brain plasticity and the cognitive capacities of other species — are uncovering new frontiers in the cosmos and in our own minds. This workshop will explore current debates about science and religion and the new science of consciousness, and will delve into such mysteries as near-death experiences, animism, and psychedelic visions. This workshop is for the intellectually curious who love science but also crave a new kind of spirituality. Steve Paulson, executive producer of the nationally syndicated public radio show To the Best of Our Knowledge, will lead this 10-hour workshop. Steve will begin each of the four sessions with short audio excerpts from his interviews with leading scientists, philosophers, and visionaries including E.O. Wilson, Jane Goodall, Oliver Sacks, Brian Swimme, Ken Wilber, Gary Snyder, Tanya Luhrmann, David Abram, and Jeremy Narby. These audio segments are designed to spark conversation and invite participants to share their own experiences of awe, wonder, and mystery. Please bring a journal and pen.


Touching Essence: Esalen Massage® Retreat for Couples

Carl Swanson & Daniela Urbassek

This program is specifically designed to enhance the quality and experience in loving relationships through the sense of touch. Remaining aware of self while giving attention to another is a foundational practice for all sustainable relationships, and especially important in giving and receiving Esalen Massage®.

Learning the Esalen approach to healing through touch can be a powerful skill for deepening connection in all relationships. Esalen’s stunning natural beauty and hot springs baths provide an ideal setting for heightening sensory awareness and cradling yourselves in love’s embrace. The workshop leaders will share and demonstrate the essential elements of an Esalen Massage® practice, and specific massage techniques for relieving the stresses of daily life. In addition to enhancing intimacy and communication in primary relationships, these tools learned can be shared with children, family, and friends.

This workshop is open to all couples, partners, family members, and friends who love each other and want to touch with love, care, presence, and skill. The workshop is also useful for those in the helping professions in working with their clients and patients.


☆ CE credit for massage; see page 86.

Carl Swanson is an Esalen Massage® practitioner/instructor, yoga instructor, and has been teaching yoga classes in the Esalen Movement Program since 2004. He teaches massage and yoga workshops at Esalen and abroad.

Daniela Urbassek is a longtime member of the Esalen Massage® staff. Her work is strongly influenced by her studies in craniosacral work, movement, yoga, and dance.
Conversations on the Edge
Under the Influence: The Impact of Technology on the Human Experience

If you are looking for another way to grow, in a unique container different from the traditional workshop, please join us for an Esalen original series: Conversations on the Edge. We have invited selective voices to speak to some of the most pressing issues of our time in a vibrant forum of lecture, Q&A, and idea sharing. In Under the Influence: The Impact of Technology on the Human Experience, we will engage in short lightning talks by visiting teachers and skilled experts who will explore with you the impact technology is having on the human experience now and in the future. Visiting teachers include James Duffy, a professor of clinical psychiatry at UC San Francisco, who will present on the impact of technology on the brain, and TED speaker and Time Well Spent co-founder Tristan Harris. This weekend is comprised of several short but impactful lecturettes that end in conversation among the audience. A Friday reception will kick off the weekend, and on Sunday participants will share a closing brunch for self-directed conversations and check-in. Scheduled gathering time will be significantly less than traditional workshops to allow for participation in movement and meditation classes, healing arts and hot springs, and the natural beauty of Esalen. Presenters are subject to change.

WEEK OF JULY 8-15
Meaningful Aliveness in the Second Half of Life: A Mindful Film-Viewing Seminar
Francis Lu & Thomas Matus

The afternoon of life is just as full of meaning as the morning; only, its meaning and purpose are different. —C. G. Jung

Jung conceptualized these tasks for meaningful aliveness in the second half of life: face the certainty of death; review, reflect upon, and sum up your life; let go of roads not taken; let go of the dominance of the ego; encounter and honor the wholeness of the Self within and with others; articulate your own raison d’être; and engage creativity. In 12 feature films created by such master directors as Charles Chaplin, Akira Kurosawa, and Ingmar Bergman, among others, main characters come to embody meaningful aliveness in luminous ways. Mindfully watching what they discover trains our eyes, minds, and hearts to encompass the longings of our own psyches to discover, as we mature, what Joseph Campbell has called “the rapture of being alive.” The seminar employs methods developed over 28 film seminars at Esalen co-led by Francis Lu and Brother David Steindl-Rast from 1990 to 2016: films carefully curated and shown on state-of-the-art equipment (including 4K Blu-ray video projection and seven loudspeakers), PDF syllabus on the films, and reflection and group interaction focused on the participant’s unique experience of each film. Movies take on an exquisite cumulative power when shown and processed over seven days in a group setting at Esalen.


☆ CE credit for MFTs, LCSWs, LPCCs and LEPs; see page 86.

Francis G. Lu, MD, is the Luke & Grace Kim Professor in Cultural Psychiatry, Emeritus, at UC Davis. Since 1987 he has led 34 seminars at Esalen exploring film and the transpersonal, 28 of them with Brother David Steindl-Rast. www.francislumd.com

Thomas Matus, PhD, has been a monk at New Camaldoli Hermitage since 1962. As a teacher of comparative mysticism, he is the co-author of Yoga and the Jesus Prayer and Belonging to the Universe with Fritjof Capra and Brother David Steindl-Rast.

WEEK OF JULY 8-13
The Painting Process Rediscovered: The Magic of Spontaneous Expression
Michele Cassou with Cherie Ray & Anna Billings

For many of us, it is difficult to simply let go and create. Programmed to fear being judged, we set narrow boundaries on our creativity. The “dragons” of product, meaning, and control limit our choices of subjects, colors, and forms. However, once we find Point Zero, the ground from which creation springs, we can push these fears aside and recapture the magic of spontaneous creation. This work offers practical ways to dissolve creative blocks and find inspiration so that, in a state of infinite possibility, art becomes not a means to an end but a place we inhabit, a place to explore our true selves and the mystery of our lives. Michele Cassou has created an original approach to painting as a tool for self-discovery and spiritual exploration, guiding students for more than 20 years. This workshop is five days of painting, support, stimulation, free play, and self-realization for artists and seekers of all stripes, educators, counselors, meditators — anyone with a thirst to revitalize the creative juices. No experience is necessary, just the desire to unleash your spontaneous self-expression. Please bring an apron.
Recommended reading, viewing, and listening: All materials are available at www.michelecassou.com. Books: Cassou, Point Zero: Creativity Without Limits; Life, Paint and Passion; and Questions: To Awaken Your Creative Power to the Fullest. DVDs: Cassou, Birth of a Process, Point Zero, and The Flowering of Children’s Creativity. CDs: Cassou, Creativity Without Limits, Creativity Rediscovered, and Spiritual Aspects of Creativity.

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

Michele Cassou, artist and teacher, developed the Point Zero Painting Method, using painting for self-discovery and for exploring the spiritual dimensions of the creative process. She teaches across the U.S. and Europe, at Zen centers and other venues. www.michelecassou.com

Hold Me Tight Workshop for Couples
Sam Jinich & Michelle Gannon

The Hold Me Tight Workshop for Couples is based on practices drawn from Emotionally Focused Therapy (EFT), attachment theory, and Sue Johnson’s best-selling book, Hold Me Tight. The work will be designed around seven conversations that have been shown to be essential to successful relationships. Relationships can be a cause of stress and pain or a source of comfort and joy. Couples will learn how to understand and improve their relationships via presentations, private exercises, conversations with relationship partners, and by watching video demonstrations. By utilizing exercises drawn from EFT, Sam Jinich and Michelle Gannon help couples learn how to deal with their feelings together, reach towards each other, be responsive in more loving and positive ways, and move from isolation and frustration to security, emotional safety, and lasting relationship satisfaction. The Hold Me Tight Workshop welcomes couples of all orientations.

Recommended reading: Johnson, Hold Me Tight; Seven Conversations for a Lifetime of Love and Love Sense: The Revolutionary New Science of Romantic Relationships.

☆ CE credit for MFTs, LCSWs, LPCCs and LEPs; see leader.
☆ CE credit for psychologists; see leader.

Sam Jinich, PhD, is a San Francisco-based clinical psychologist, relationship expert, and Hold Me Tight workshop leader for couples. He is a certified trainer, supervisor, and therapist in Emotionally Focused Therapy (EFT), and co-founder of the Northern California Community of Emotionally Focused Therapy. www.HoldMeTightWorkshop.com

Michelle Gannon, PhD, is a San Francisco-based clinical psychologist, relationship expert, and Hold Me Tight Workshop and Rising Strong Workshop™ leader. She is a certified supervisor and therapist in Emotionally Focused Therapy. Michelle teaches internationally. www.HoldMeTightWorkshop.com

Know Thy Selves: Discovering Inner Personalities and Past Lives
Shama Viola

In this workshop, you will have the chance to get to know many aspects of yourself and understand how each one influences your life. Shama Viola of Damanhur, a federation of spiritual communities

Photo by Esalen seminarian Bruce Fox
and center for research in Piedmont, Italy, will lead an exploration of the possibility of past lives, and how you can learn to integrate different aspects of the self. Ultimately, discovering the many aspects that comprise your uniqueness allows you to better understand those parts, and gives you a chance to harmonize different selves, thus expressing them consciously, creatively, and constructively. In the Damanhur method of exploring past lives, you will engage in dynamic exercises, guided meditations, art, walking, theatre, and dream work, all geared to trigger memories, sensations, and intuitions related to a particular past life experience. The Damanhur method understands past lives to be experiences that each soul chooses to have in the world of form in order to learn and evolve. Through discovering an important past life, you will have the chance to understand the impact that it has on your current life.

To learn more about Damanhur, visit www.damanhur.org.

Please note: Each person must send two photos, along with full birth name, birth date, and place of birth, to shama@damanhur.it at least six weeks before the workshop begins. Damanhur will provide individualized reports based on its past lives theories. Please register early enough to meet this requirement. ($100 materials fee will be added to the workshop cost.)

Shama Viola (Manuala Terraluna) is a citizen of Damanhur, the Italian social/spiritual community dedicated to conscious living, esoteric tradition, and practical approach to sacredness. She has been living there for 17 years. She travels the world to share Damanhur’s message through group courses and individual readings. www.damanhur.org

WEEKEND OF JULY 13-15
Arrive Already Loved: Creating Sacred Attachment with Yourself in the Here and Now

Mariah Fenton Gladis

“Many people ask me how to have a fair shot at developing a healthy relationship with another human being,” says Mariah Fenton Gladis. “I advise them to arrive already loved.” What does that mean? It means the essential foundation of being loved is to first love yourself. That doesn’t mean a narcissistic pride, preoccupation with self, or conceit. It does mean that the inner life taking place in your body is a comfortable, loving, compassionate, and enjoyable place to be. It is a home to which you can always turn to receive your own solace, support, and unconditional acceptance. This prepares your internal environment to accept love from the outside, and prepares you to arrive anywhere already loved. Remember, when it comes to needing love, you cannot expect more from someone else than you are able to give to yourself.

Join Mariah as she blends her unique style of individual and group Gestalt work with her effective and innovative use of music to enrich the workshop experience. This workshop helps you:

• Realize that what’s inside is outside; you can attract what you are
• Understand thinking as a personal conversation with yourself
• Develop an active and rich inner dialogue
• Create an abundance of emotional resources
• Turn your meditations away from detachment and separation, and toward intimate meditation, by exercising Sacred Attachment
A survivor of Lou Gehrig’s disease, Mariah speaks with what she calls her “ALS accent,” which will be translated.

Recommended Reading: Gladis, *Tales of a Wounded Healer*.

**Mariah Fenton Gladis**, founder/director of the Pennsylvania Gestalt Center for Psychotherapy and Training for more than three decades, leads workshops and trainings around the U.S. and in Europe. Mariah is recognized for the sensitive and creative way she practices the art of Gestalt. [www.gestaltcenter.com](http://www.gestaltcenter.com)

**The United States of Flow**

**Schuyler Grant**

Join Schuyler Grant for a weekend of exploration into the multi-faceted ways we can access the “flow state.” Being in a state of flow, or “in the zone” is simply the experience of full integration of your physical and subtle bodies. There are many ways to get there, but a nuanced yoga practice can be one of the most direct and potent. This program will focus primarily on Vinyasa yoga asana, but we will also dabble in pranayama, kriya, and meditation techniques. These are intense times. Let’s come together at Esalen and get into the flow state.

Note: This program is appropriate for yoga teachers from all traditions, and students who have at least one year of a regular Hatha/Vinyasa practice. Please bring a yoga mat.

**Schuyler Grant** co-created the Wanderlust festival and directs Kula Yoga Project in New York City. Developer of a popular style of vinyasa called Kula Flow, known for its emphasis on intelligent alignment and creativity, she was noted by *The New York Times* as the go-to teacher for advanced practice.

**WEEK OF JULY 15-20**

**Upledger Institute International’s SomatoEmotional Release 2**

**Maggie Gill**

SomatoEmotional Release (SER) is a healing process that helps rid the mind and body of residual effects of past trauma and associated negative emotional experiences. Joint research efforts by Dr. John Upledger and biophysicist Dr. Zvi Karni led to the discovery that the body often retains (rather than dissipates) physical forces resulting from accident, injury, or emotional trauma, and then isolates the dysfunctional area, creating an “energy cyst.” Although a reasonably healthy body can work and adapt to energy cysts, extra energy is required to perform normal bodily functions. As the years pass, the adaptive pattern of the body loses its effectiveness, and symptoms and dysfunctions begin to appear which become more difficult to ignore or suppress.

SER2 was designed to teach you how the SomatoEmotional Release technique may integrate with various creative imagery and dialoguing methods. By attending this class, you will gain more experience in the SER techniques and focus on the development of therapeutic imagery and dialoguing skills. You will also review and enlarge upon the release technique for the avenue of expression. The goal is a comfortable, holistic mind-body approach to the resolution of problems and obstacles related to patient/client progress and growth.

Before participating in this course, students must complete Upledger’s CranioSacral 1 and 2 and SomatoEmotional Release 1, either at Esalen or elsewhere.

Note: Registration for this workshop is through the International Alliance of Healthcare Educators (IAHE) only. To register, please call 1-800-311-9204. Only after you have registered with IAHE and paid tuition fees will you be able to register with Esalen. For Esalen pricing chart, see [www.esalen.org/page/partner-program-pricing](http://www.esalen.org/page/partner-program-pricing).

☆ CE credit for nurses; see page 86.

☆ CE credit for massage; see page 86.

☆ CE credit for acupuncturists (24 units); see leader.

☆ CE credit for physical therapists (24 units); see leader.

**Margaret Gill, CST-D, MCSS,** is certified with the Upledger Institute as a CranioSacral Diplomate therapist and as a teacher for CranioSacral Therapy 1 and 2 and SomatoEmotional Release 1 and 2. Her main practice is in Brighton (UK), and she travels regularly to Cyprus where she treats clients. She is on the board of directors of the CranioSacral Society.
The Traveler’s Practice: Journey and Journal

Pico Iyer & Janet Fitch

The best trips continue long after we’ve returned home: in memory, in the stories we tell, and in the ways we reorient our lives. But how do we catch in words the light above the Seine, or the way the California coastline opens us up? How do we turn sights into lasting insights and use the landscape around us to unlock the treasures within? By keeping a travel journal, we can deepen our experiences and increase present-moment awareness. Writing can help us become our truest selves.

Join renowned writers Pico Iyer and Janet Fitch for an intimate exploration of your inner and outer worlds through the lens of travel writing. Pico and Janet will use readings, periods of silence, exercises, and spirited discussions to explore how to catch the smells of a souq in Morocco or the spaciousness of a Colorado mountain, and how to give life to the way they make you feel. If travel is recorded vividly and spiritually, it can be a way of waking up the senses and bringing us back to our deepest home. Invoking writers such as Annie Dillard, Henry Miller, Leonard Cohen, Anais Nin, and a chorus of others to inspire the group, you can discover how every trip can be a kind of transport and how writing about your travels can be the first step toward transformation.

Music and Nature Family Workshop

Doug Dirt Greenfield & The Banana Slug String Band

Celebrate summer in the land of rejuvenation with the world-renowned Banana Slug String Band. We will use music, theater, puppetry, poetry, arts, and games to deepen our connection to this magical earth. The program will culminate in a performance by the budding children stars and the Banana Slug String Band. Together we’ll create a community of families to laugh, connect, and renew as we explore dance, harvesting and eating delicious organic food, hiking among the redwoods and stream on the Esalen grounds, a night walk, stargazing, parent education workshop, and plenty of time to soak in the baths. (Be sure to check out the movement classes offered at Esalen each morning to start your day). Take the time to drop into your sense of wonder and reestablish your loving bond with each other and the earth. This workshop is open to children of all ages. A parent or guardian must accompany participants under 18 years old.

Doug “Dirt” Greenfield is a co-founding artist of the Banana Slug String Band and plays bass guitar, vocals, harmonica, and percussion. He served as program director for Venture West School of Outdoor Living and Exploring New Horizons, and has designed and led outdoors science camps in Northern California.

The Banana Slug String Band is a group of lovable musicians and educators from the coastal redwoods of Northern California. Since 1985 the Slugs have dedicated themselves to making great music for kids that inspires the group, you can discover how every trip can be a kind of transport and how writing about your travels can be the first step toward transformation.

Not For the Feint of Heart: Be Bold in Your Personal Growth

Mariah Fenton Gladis

If you’re “feint of heart,” you avoid confronting the emotional injuries or habits that prevent you from enjoying life to the fullest. You feint this way and that, preserving the status quo instead of moving past obstacles. This workshop is not for the faint of heart — nor the faint of heart. It’s for people who have a passionate commitment to creating healthy relationships within healthy lives. It offers opportunities to benefit from intensive individual healing 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 can help you:

• Discover the issues that are immediately obstructing the quality of your life
• Learn contact skills to authentically and effectively express yourself and assure healthy interaction with others
• Risk working deeply in an atmosphere of trust and mutual support
• Expand your capacity for generosity and compassion for yourself and others

The didactic and experiential sessions are particularly helpful for human-relations professionals and those committed to a path of personal betterment. Mariah Fenton Gladis, known for her effective and innovative use of music to enrich the workshop experience, will blend individual and group Gestalt work in an environment of trust, compassion, and emotional generosity. A survivor of Lou Gehrig’s disease, Mariah speaks with what she calls her “ALS accent,” which will be translated.

[Recommended Reading: Gladis, Tales of a Wounded Healer.
Mariah Fenton Gladis bio on page 17.]
Pico Iyer is the author of two novels and nine works of non-fiction, translated into more than 20 languages including such long-running travelers’ favorites as The Lady and the Monk, The Global Soul, and The Art of Stillness.

Janet Fitch is the author of White Oleander, a novel translated into 26 languages and an Oprah Book Club pick; Paint it Black (now a feature film); and The Revolution of Marina M., a two-volume epic released in 2017 and 2018. www.janetfitchwrites.com

**WEEKEND OF JULY 20-22**

**Getting the Love You Want: A Workshop for Couples**

Rick Brown

This workshop is designed to help couples understand at a deeper level why they were attracted to each other, why they get stuck in endless power struggles, and how to safely begin to work through those stuck places toward a safer and more satisfying relationship.

Couples share only with their partner and are able to maintain privacy.

Couples are shown:

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

Activities include lectures, written exercises, guided imagery, and live demonstrations of communication skills and processes. Rick Brown has been offering this workshop for more than 20 years, and has appeared on Oprah. The methodology is based on Harville Hendrix’s best-selling Getting the Love You Want. For more information, visit www.rickbrown.org.

This workshop is designed for couples of all gender and sexual orientations.

Recommended reading: Brown, Imago Relationship Therapy; Hendrix, Getting the Love You Want. ($20 materials fee for manuals will be added to the workshop cost.)

Rick Brown is executive director for the Institute for Relationship Therapy in Winter Park, Fla. Rick was executive director for Harville Hendrix’s Institute, and he lectures and gives workshops across the country. He has been married since 1976. www.rickbrown.org

**Music and Nature Family Workshop Part 2**

Doug Dirt Greenfield & The Banana Slug String Band

This workshop can be taken on its own or as an extension of the July 15-20 Music and Nature Family Workshop. During our time together, we will continue to deepen our connection to the natural world through music, art, games, and theater. We will put special emphasis on water, because water means everything to us in our lives and at Esalen! Water is Life...whether it is the otters, dolphins, and whales...
that make Big Sur their home, the powerful clear creek running through Esalen, or the hot springs with its healing waters. Expect to get whimsical and wild, and join the Slugs for an uplifting exploration of our Blue Planet.

This workshop is open to children of all ages. A parent or guardian must accompany participants under 18 years old.

Doug “Dirt” Greenfield bio on page 18.

The Banana Slug String Band bio on page 18.

**Speak to Inspire**

Peter Meyers with Stand and Deliver Staff

Speak to Inspire is an intensive communication and leadership seminar that can transform your ability to engage and move others through the power of the spoken word. During this dynamic, hands-on weekend, you will be shown how to elevate your ability to deliver clear, compelling messages that inspire people to action; create rapport and connect more effectively with anyone in your personal and professional life; transform the quality and impact of your conversations, presentations, speeches, and meetings; and inspire those around you to achieve new levels of excellence.

Activities will include interactive lectures, group discussions, self-awareness exercises, simulations, coaching, and personal feedback. You will have an opportunity to examine your underlying assumptions and beliefs about yourself as a communicator and leader, and to overcome inner blocks that may be holding you back. This is a unique opportunity to learn and practice cutting-edge communication skills with Peter James Meyers, author of *As We Speak* and founder of the global communication consulting and training firm Stand & Deliver. Senior members of the Stand & Deliver team will join Peter.

Note: Initial registration for this workshop is through Stand & Deliver only. To begin the registration process, please visit [www.standanddelivergroup.com/programs/invitational-programs/program-application](http://www.standanddelivergroup.com/programs/invitational-programs/program-application). Only after you have reserved your place through Stand & Deliver will you be able to register with Esalen. For Esalen pricing chart, see [www.esalen.org/page/workshop-pricing-partner-program](http://www.esalen.org/page/workshop-pricing-partner-program).

**Peter Meyers** author of *As We Speak* and founder and president of Stand & Deliver, a global communications consultancy, has worked for more than a decade helping leaders and their teams to enrich their presence and effectiveness through greater clarity, credibility, and connection. [www.standanddelivergroup.com](http://www.standanddelivergroup.com)

**WEEK OF JULY 22-27**

**Empowering Creativity through Movement/Dance and Life/Art Metaphors**

Daria Halprin & Anna Halprin with guest musicians

Jahan Khalighi & Dohee Lee

As Anna Halprin celebrates her 98th year, she and Daria Halprin return to Esalen for their annual teaching collaboration. Throughout time, movement, dance, and the expressive arts have provided individuals and communities with a means of soulful expression, healing, and connection with the spirit. This workshop will generate opportunities for participants to find such meaning connected with the real issues in their lives. Participants will immerse themselves in The Life/Art Process® pioneered by Anna Halprin and her daughter, Daria. This is an exploration of the body in movement and imagination, life and art, and individual and collective dances and stories. The group will engage in movement/dance, drawing, poetic dialogue, individual
and group dance, reflective writing, performance, and the natural environment to renew, regenerate, inspire, envision, and catalyze new resources to bring back into daily life. Daria and Anna will be joined by collaborating artists/musicians Dohee Lee and Jahan Khalighi.

Pioneers in their respective fields of dance and expressive arts-based psychology, the Halprins worked with Fritz Perls, Ida Rolf, Wolf Schultz, and others in the early years at Esalen. They were part of the groundbreaking human potential and postmodern dance movement that flourished in the 1960s and 70s. For further information on the work, visit www.tamalpa.org. This workshop is designed for everyone, with no previous experience in dance/art needed.

- Recommended reading: Daria Halprin, The Expressive Body in Life, Art and Therapy; Ross, Dance As Experience: Anna Halprin.

Daria Halprin is a dancer, teacher, therapist, and author. Co-founder and director of Tamalpa Institute, she leads workshops and trainings programs internationally. Her books include The Expressive Body in Life, Art and Therapy; Body Ensoled, Enacted and Entranced; and Foundations of Expressive Arts Therapy. www.dariahalprin.org

Anna Halprin was named one of “America’s 100 Irreplaceable Dance Treasures” by the Dance Heritage Coalition. She has created revolutionary directions for the art form and inspired fellow choreographers to take modern dance to new dimensions. She founded the San Francisco Dancer’s Workshop in 1955 and the Tamalpa Institute in 1978 with her daughter Daria.

Recommended reading: Daria Halprin, The Expressive Body in Life, Art and Therapy; Ross, Dance As Experience: Anna Halprin.

Daria Halprin
Your work with your mother, Anna Halprin, has origins at Esalen. Can you reflect on Esalen’s influence on you?
Fritz Perls, founder of Gestalt Therapy, worked with the artists in our dance company and did much of his work here at Esalen. He opened my keen interest in psychology. I began coming to Esalen when I was 16 years old when a radical body politic, if you will, was being developed and cross-pollinated here. On a personal level, my children and now my grandchildren have all spent time at Esalen. There are lots of very precious and significant memories embedded in this place for me.

What do you hope participants will take away from your workshop? Our lives can be enriched and emboldened when we learn new ways to tell our stories and make new stories, when our longings and nightmares can be drawn forth on canvas, and when we can dance what matters to us. This is the artist’s way and the universal contribution of art. I hope participants will take away new ways to bring such artfulness into their daily lives and work.

What do you love most about teaching at Esalen? When I teach here I’m also a participant in the Esalen experience. This time gives me a chance to teach without distraction — a beautiful immersion when my entire focus can rest in the here and now of the place, the people and the intuitive way the work unfolds and renders itself a bit differently each day. Esalen offers us time to fill our eyes, bodies, and souls with fresh breath, insight, and renewed commitment.

How would you describe Esalen in just one word? Sanctuary

Embodying Your Love: Explorations in Intimacy for Couples
Stella Resnick & Alan Kishbaugh

Much emphasis in couples’ enrichment focuses on verbal communication, particularly articulating feelings and mending bridges. Yet subtle nonverbal communications can elicit unresolved past emotions in a nanosecond without either partner recognizing that their facial micro-expressions, vocal tones, and gestures are triggers. Being in touch with your bodily sensations and attuned to the other’s reactions involve present-centered body awareness and skills that can help partners heal old wounds and enjoy the pleasures of love.

This workshop progresses from partnered exercises and group discussion to face-to-face Gestalt process work for couples that emphasizes body-based awareness, enhancing communication, and resolving unfinished business from the past. During the workshop we’ll also share times of laughter, playfulness, and experiences that expand intimate loving. In this full-spectrum approach, we explore three levels of intimacy:

- Emotional intimacy includes being fully present with one another; breath, body, and emotional awareness; stress-regulation; resolving issues; and embracing joy
- Physical intimacy involves presence, body-to-body attunement, and empathy; affection and soothing stress and pain; and experiencing resonance
- Sexual intimacy and pleasure involves presence, frank sex discussion, and ratcheting up arousal through “relaxed-excitement;” broadening the spectrum of erotic pleasures; and spiritual attunement

Join us to enhance the depth and scope of your embodied love. This workshop welcomes couples of all gender and sexual orientations.

- CE credit for MFTs, LCSWs, LPCCs and LEPs; see page 86.

Stella Resnick, PhD, is a clinical psychologist, author, speaker, and AA-SECT-certified sex therapist and supervisor. Her Full-Spectrum Training integrates couples and sex therapy. Her most recent book is The Heart of Desire: Keys to the Pleasures of Love. www.drstellaresnick.com

Alan Kishbaugh is a writer with many years of experience in book publishing, urban planning, and parkland and open space preservation. He is the author of the memoir Deep Waters: Frank Waters Remembered and Letters and Commentary. He and Stella Resnick have been married for 31 years and have led couples’ seminars together for even longer.

R.D. Laing in the Twenty-First Century: What is Love?
Fritjof Capra, Heather LaFace & Michael Guy Thompson

R.D. Laing devoted his career to exploring the nature of intimacy in both its emancipatory and demonic editions. In this year’s workshop, we will focus on one of Laing’s favorite themes: the nature of love. We will explore the various kinds of love including erotic, spiritual, and sacrificial, and the variety of contexts in which we encounter it. We will ask, how does love manifest in the therapy relationship? Does love heal or drive us mad? In what measure does a broken heart result in neurotic or extreme states? What is the relation between love and happiness? What are the biological aspects of love? What did Freud mean when he suggested that psychoanalysis is a cure
This workshop, designed for those in the mental health and healing professions, is a continuation of our previous Esalen workshops that focused on the nature of sanity and madness, the therapeutic relationship, and altered realities. Numerous guest speakers will join the workshop leaders to assess the nature of love in all its glory. The workshop will be comprised of theoretical presentations, panel discussions, and experiential exercises to demonstrate the kind of intimacy for which Laing’s work was famous. Guest speakers include Nita Gage, Douglas Kirsner, Steve Gans, Edie Irwin, Will Hall, Michael Cornwall, and others. Note: participants must first contact Michael Thompson at michaelguythompson@mac.com for pre-screening.


☆ CE credit for MFTs, LCSWs, LPCCs and LEPs; see page 86.
☆ CE credit for nurses; see page 86.

Fritjof Capra, PhD, is the author of several international bestsellers, including Uncommon Wisdom, which features his extensive conversations with R. D. Laing. Fritjof’s latest work, co-authored by Pier Luigi Luisi, is The Systems View of Life: A Unifying Vision. www.fritjofcapra.net

Heather LaFace, PhD, is in private practice in Los Angeles and works within a self-organizational framework of attachment and intersubjectivity theory, extended and updated by embodied-process models of healing and transformation. Her writing explores paradigm-shifting connections between philosophy, neuroscience, psychology, and social theory.

Michael Guy Thompson, PhD, is a psychoanalyst who worked with R.D. Laing for many years. He continues to work with extreme states, and has been training therapists for more than 30 years. His books include The Death of Desire: An Existential Study in Sanity and Madness. www.mguythompson.com

WEEKEND OF JULY 27-29

IGNITING THE POWER OF YOUR EMPATHY AND INTUITION

Judith Orloff

There is a powerful connection between your emotions, intuition, and empathy. The magic comes when you learn how to tap into each of them to fully access your sensitivities without going on overload or becoming drained. Join Judith Orloff to awaken your intuition and empathy to enhance your health, work, relationships, resilience as a parent, and emotional and physical well-being.

This workshop offers practical skills to help everyone, including health care practitioners, increase their empathy and intuition to improve the quality of their lives and their work with patients and clients in clinical practice. Participants will learn how to:
• Access intuition and empathy and recognize blocks
• Tell the difference between empathy and being an empath
• Use strategies to prevent sensory overload which can lead to addictions, overeating, anxiety, and exhaustion

• Avoid emotional hangovers and compassion fatigue
• Stop absorbing other people’s stress
• Combat narcissists and other energy vampires
• Express your empathic needs in relationships
• Heal with intuition and empathy
• Use oracle cards to receive intuitive guidance
• Read the body language of others

Required materials: Orloff, The Power of Surrender Oracle Card Deck (available in the Esalen Bookstore). We will work with these oracle cards during the workshop; please bring them to class.


☆ CE credit for nurses; see page 86.
☆ CE credit for MFTs, LCSWs, LPCCs and LEPs; see page 86.
☆ CE credit for massage; see page 86.

Fritjof Capra

Was there a pivotal moment that led you to your calling? Yes. It occurred in the summer of 1969 on a beach in Santa Cruz, when I had a vision of the cosmic dance of subatomic particles and its portrayal as the dance of Shiva Nataraja in the art and literature of India. This led to an exploration of the parallels between Eastern mysticism and modern physics in my first book, The Tao of Physics. My further research and writing followed on from there.

This year marks the fourth annual R.D. Laing Esalen workshop. Can you explain Laing’s continuing relevance? R.D. Laing was, arguably, the most controversial psychoanalyst since Freud. His impassioned plea for a more humane treatment of those in society who are most vulnerable established him firmly at the vanguard of an intellectual and cultural debate about the nature of sanity and madness, inspiring a generation of psychology students, intellectuals, and artists. But Laing was also a philosopher, social critic, author, jazz pianist, poet, and shaman. He was a systemic thinker whose radical ideas transcended academic disciplines, and this is something that is very much needed today.

Why does this annual gathering convene at Esalen? Esalen was in the vanguard of bringing Laing’s ideas to the public in 1968 in a summer-long seminar organized by Michael Murphy and Dick Price and titled Alternatives to Psychosis. This laid the groundwork for pioneering alternatives to treating psychosis in the Bay Area. This year marks the 50th anniversary of that important seminar.

What do you and your co-leaders hope participants will take away from your workshop? We want to give a new sense of how very common extreme suffering really is, and why conventional psychiatric treatment often misses the human element in healing extreme states.

How would you describe Esalen in just one word? Magical

**The Psychedelic Renaissance: Reconsidering Psychedelics in 2018**  
John Harrison & Ben Sessa

In this workshop, we’ll explore the remarkable potential of psychedelics for healing and self-discovery around the world. We will examine current topics of research including the use of MDMA in the treatment of post-traumatic stress disorder (PTSD) and social anxiety disorder among autistic adults. Ketamine will also be in focus as a remedy for treatment-resistant depression and anxiety in the face of terminal illness.

Also in our view will be the use of psilocybin and the therapeutic use of LSD to treat cluster headaches, alcoholism, and depression, among other maladies. We will also look at the efficacy of the African plant medicine Ibogaine and the Amazonian medicine Ayahuasca in the treatment of PTSD and addictions to opiates and other drugs.

Looking toward the future of this research, including the potential risks, we will examine what Esalen’s former resident psychedelic bard Terence McKenna dubbed “our birthright” and the primary reason many people use psychedelics: for an understanding of our universal connection and the promise of spiritual transcendence.

John Harrison, MA, PsyD(c), was principal investigator of MAPS’ pilot study investigating the efficacy of Ibogaine in the treatment of opiate addiction, and has presented this research at more than 25 conferences worldwide. He’s a psychologist in private practice, specializing in addiction treatment and personal transformation.

Ben Sessa, MD, is curator and founder of Breaking Convention, a biennial conference in the U.K. that explores the many facets of psychedelics. Ben has been a consultant and addictions psychiatrist, and now runs the world’s first MDMA study for alcoholism. He’s authored textbooks including *The Psychedelic Renaissance* and a novel about psychedelics.

**WEEK OF JULY 29-AUGUST 5**  
**Healing the Pelvic Floor: Reclaiming your Power, Sexuality and Pleasure Potential**  
Suzanne Scurlock-Durana

As women we have a unique power of creativity in our reproductive systems. That power is used not only to create new life, but also to bring personal projects into being. However, that energy can be blocked by physical, emotional, or spiritual trauma to the pelvic floor and the female organs. This workshop for women uses guided imagery, movement, and hands-on exercises (while clothed) to heal the pelvic floor, including the vagina and uterus, places that often hold our deepest wounds: sexual abuse, rape, abortions, surgeries, childbirth tearing and scars, self-esteem, and negative images about
our femininity. Because self-knowledge is important, scientific and anatomic information will be presented, as well as ongoing self-care using pelvic floor yoga and abdominal massage.

This workshop offers a rare opportunity for deep healing. During these seven days you can experience new possibilities for renewed feminine energy, greater health, and a deeper sense of pleasure in being a woman. We will spend time exploring nature and how our connection to the earth can deepen our connection to ourselves. The workshop will culminate with an evening of nurturing at the Esalen natural hot spring baths. This course is valuable for anyone who wants to learn alternative approaches to women’s health.

Note: This workshop is for women only.

- Recommended reading: Ogden, The Return of Desire and The Heart and Soul of Sex; Berman and Berman, For Women Only; Williamson, A Woman’s Worth; Northrup, Women’s Bodies, Women’s Wisdom; Wolf, Vagina: A New Biography.

☆ CE credit for nurses; see page 86.
☆ CE credit for massage; see page 86.

Suzanne Scurlock-Durana, author of Full Body Presence, CranioSacral therapy instructor for The Upledger Institute since 1987, and creator of the Healing From the Core curriculum, specializes in conscious awareness and its relationship to the healing process. She has taught at Esalen since 1994. www.healingfromthecore.com

WEEK OF JULY 29-AUGUST 3

The Radically Alive Leader: A Radical Aliveness Workshop

Ann Bradney

People in leadership positions who strive to be inspiring, influential, and highly effective must be exquisitely present, fully alive, and unafraid to know anything about themselves. When you can engage the powerful feelings of others without the need to control or tame them, that’s radical aliveness. When you can learn to hold a space where conflict and challenge are welcome because they serve as doorways to fresh insights, that’s also radical aliveness.

This workshop is designed for established or emerging leaders: therapists, businesspeople, community leaders, health care workers, ministers, educators, social activists, and other professionals who want to learn the principles and apply the techniques of Core Energetics and Ann’s Radical Aliveness approach to bring more charge and creativity to their work.

Participants will work with blocks to leadership, facing conflict head-on, and opening to the unpredictable energy of life. Everyone will be encouraged to lead, take risks, be emotionally honest, shed personal agendas, and help build a dynamic group process where every member is an essential part of the whole. The aim is to become leaders who serve the greater purpose of life.

This group process is unlike group work you’ve done before, demanding courage, committed engagement with others, and a strong desire to discover and develop your leadership potential within an accelerated, intense time frame and setting.

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

For course information including schedule, objectives, and continuing education, see www.esalen.org/Course_Information_Radically_Alive_Leader.

☆ CE credit for MFTs, LCSWs, LPCCs and LEPs; see page 86.

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

5Rhythms®: A Graceful Journey

Lucia Horan


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

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

In sitting meditation, we have the opportunity to observe the mind and body at rest. In the practice of the 5Rhythms, we engage in mindfulness while in motion. The two polarities of moving and sitting meditation together mirror the dance of life and open the door to peace, well-being, and balance. No experience is required. All workshop hours contribute to 5Rhythms teacher training prerequisites.

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

WEEKEND OF AUGUST 3-5

5Rhythms® Moon Lodge: Honoring the Sacred Feminine

Lucia Horan

Join us as we journey into the Moon Lodge, a weekend of tribal and ritual healing for women. How empowered are you as a woman navigating this world? What is your relationship to the feminine and her wisdom? Even today, many women do not feel the freedom to be fully empowered. The 5Rhythms is a direct path to embodiment and empowerment. By showing up in a practice of presence, one can begin to clear the past and live fully in the present.

This workshop celebrates the body of Woman and the sacred feminine within. Through dance, meditation, massage, and ritual baths, we will share in the Sisterhood of humanity. We will integrate the stillness of Buddhist mindfulness meditation with the moving meditations of the 5Rhythms. In sitting meditation, we have the opportunity to observe the mind and body at rest through silent introspection.

In the practice of the 5Rhythms, we engage in mindfulness while in motion. The two polarities of moving and sitting meditation together mirror the dance of life and open the door to peace, well-being, and balance. No experience is required. All workshop hours contribute to 5Rhythms teacher training prerequisites.

Lucia Horan bio on page 25.

A Call for Gay Heroes

Christian de la Huerta

What does it mean to be a hero — to live heroically — in these times? Have you known or even suspected that you had a role to play as teacher, healer, or spiritual activist? We are living in what may be the most critical juncture in the evolution of humanity. The clarion call has gone out: All hands on deck! You are needed now. We are all needed now. People we today call gay, bi, or queer have a long tradition of fulfilling spiritual roles such as teachers, healers, seekers of higher consciousness, mediators, and keepers of beauty. How are you giving expression to those roles in your life? Are you ready to step things up a bit? It’s time.

Come spend a weekend with an intimate group of like-minded, committed seekers. Identify and release whatever obstacles may have been holding you back from stepping fully into your power. Enjoy inspiring dialogue, soul-nourishing camaraderie, deep healing, and life-changing breathwork. Let’s break through past limitations to unleash our true potential. And, let’s have fun!

Recommended reading: de la Huerta, Coming Out Spiritually.

Christian de la Huerta has been a writer, speaker, and retreat and group facilitator for more than 20 years. Author of the award-winning and critically acclaimed Coming out Spiritually, he is currently working on a new book called The Soul of Power. www.soulfulpower.com
WEEK OF AUGUST 5-10
The Art and Science of Mindfulness, Compassion and Awe
Shauna Shapiro, Daniel Siegel, Dacher Keltner, Mollie McNeil & Amishi Jha

This workshop brings together a team of internationally recognized scientists, meditation teachers, and clinicians to deepen our understanding of how to live a meaningful, healthy, and joyful life. Weaving together ancient wisdom traditions with modern neuroscience, we’ll explore the transformative effects of meditative practices. We will explore simple yet potent meditation practices, including mindfulness meditation, compassion practices, mindful movement, and experiential exercises. We will also learn about revolutionary research in neuroscience that offers the hopeful message: we can change and reshape our brain to live healthier, happier lives.

We will immerse ourselves in the practice of being fully present, re-training our minds and hearts toward pathways of greater joy, compassion, forgiveness, and gratitude. Esalen’s natural beauty will support us as we engage in sunset meditations, listen to the sounds of the ocean, walk through the vibrant gardens, and open ourselves to the serenity and wisdom of nature. This workshop will deepen connections with ourselves, one another, and the larger web of life. Be prepared for unexpected delight, mystery, and stillness.

Recommended reading: Siegel, Mind: A Journey to the Heart of Being; Keltner, Born to Be Good; Shapiro, The Art and Science of Mindfulness.

☆ CE credit for nurses; see page 86.

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

Daniel Siegel is a clinical professor of psychiatry at the UCLA School of Medicine, where he is on the faculty of the Center for Culture, Brain, and Development and the founding co-director of the Mindful Awareness Research Center. His psychotherapy practice includes children, adolescents, adults, couples, and families. www.mindsightinstitute.com

Dacher Keltner, PhD. is a professor of psychology at UC Berkeley, a founder and director of the Greater Good Science Center, and author of Born to Be Good and The Compassionate Instinct, among other books. His work has appeared in The New York Times Magazine, The London Times, Utne Reader, and elsewhere. www.greatergood.berkeley.edu

Mollie McNeil is a published writer who studied English and American literature in the doctoral program of the University of Wisconsin, Madison. She taught writing there, Mills College, and De Anza College.

Amishi Jha, PhD. is a neuroscientist and associate professor in the department of psychology at the University of Miami, and director of contemplative neuroscience for the UMindfulness Initiative. She studies the neural bases of attention and the effects of mindfulness-based training programs on cognition, emotion, and resilience.
WEEKEND OF AUGUST 10-12
The Extraordinary Couples Workshop
Peter Rengel & Donna Spitzer Rengel
Do you remember the magic of the beginning of your relationship, when just seeing your partner got your adrenaline running? Perhaps you met only weeks ago, or maybe years ago, and the electricity is still there. Is it possible that the “juice” can feel even more intense?

Presented by the Human Awareness Institute, The Extraordinary Couples Workshop is designed exclusively for couples, and focuses specifically on couples’ issues. This workshop is very interactive and experiential, and focuses on you and your partner, with the goal of deepening and embodying love — between partners, and within the self. You will spend most of your time together, some time alone, and time working in small groups and the full group. It is open to adults of any sexual orientation or gender identification.

The Couples Workshop creates a safe environment in which to explore your relationship and take a fresh look at parts of it, regardless of what state your relationship is currently in. Participants may be couples who are at the beginning of their relationship or who have been together for many years; couples who are already happy and loving; or couples who are fighting or upset. Couples whose relationships were faltering or stalled (or just needed a boost or were doing great already) have come away more deeply in love than they had ever been. For more information about the Human Awareness Institute, visit www.hai.org.

Peter Rengel, MA, has been facilitating Love, Intimacy and Sexuality workshops since 1989. He has a private practice in San Anselmo, Calif. He is a Heart Meditation teacher, spiritual counselor, and has authored three heart-opening books. His greatest teacher has been his son, Kavi. www.peterrengel.com

Donna Spitzer Rengel has been facilitating Love, Intimacy and Sexuality workshops since 1994. Her background includes somatics, movement arts, and work as a Lomi Body/Mind practitioner. She leads workshops for women on expression, movement, and connection.

The Embodied Life™:
Meditation, Guided Inquiry and the Teachings of Moshe Feldenkrais
Russell Delman & Linda Delman
The breeze at dawn has secrets to tell you—don’t go back to sleep.
—Rumi

All methods devoted to human potential emphasize the importance of awakening to the present moment. All that we long for — love, joy, peace, harmony, truth — require the fundamental capacity for presence.

This seminar uses ancient and modern methods for directly and simply uncovering this natural capacity. Put simply, we need the capacity to: 1. Sit quietly with our own thoughts. 2. Mindfully welcome our feelings/emotions. 3. Find comfort in our own bodies.

The meditation we will practice is a bare-bones approach to experiencing the present moment “As It Is.” This is the basis for being at home in ourselves. Chairs are available and help is given to those who find sitting challenging. Guided Inquiry includes a variety of awareness experiments based in the Focusing method of Eugene Gendlin. Learning to bring a warm, caring, curious presence to our feelings/emotions/“negative” thoughts is truly transformative. The movement lessons of Moshe Feldenkrais are perhaps the most neurologically sophisticated and effective ways of transforming our motor patterns and self-image; these lessons are also interesting and fun. Through meditations, awareness practices, movement lessons, and conversation, we anticipate a meaningful and joyful time of learning together. This retreat is open to all people who are interested in living an awakening life.

☆ CE credit for nurses; see page 86.
☆ CE credit for massage; see page 86.

Russell Delman has dedicated his life to the study of human transformation. Deeply indebted to his more than 40 years of both Zen meditation and marriage, he has helped train more than 2,500 Feldenkrais® practitioners and founded The Embodied Life School. www.russelldelman.com

Linda Evans Delman has been teaching the Feldenkrais Method and conducting programs internationally for 20 years. Her deep passion is in connecting work through the body with the spiritual depths of the human being. www.feldenkraistraining.org

PEELING THE ONION
Esalen
A beautiful container
for peeling the onion that is me

Slowly, slowly
layer by layer
a darkness, a memory, an anguish revealed
’til all that remains
is a sweetness, a sigh, a mindful breath,
a glimpse at peace

The Esalen night sky in all his ancient wisdom and glory
exerting his pull to turn the tide...
Can I not see that he is equally pulling at me,
rearranging my thoughts and heart to his content?

My salty tears fall
and are received in gratitude
by the earth, the sea, the sky
as a knowing of oneness envelopes me

Long ago
I prayed for wisdom
and found my way to Esalen

by Caryn, February 2018
Conversations on the Edge
How We Gather: The Rise of the Unaffiliated Community
If you are looking for another way to grow, in a unique container different from the traditional workshop, please join us for an Esalen original series: Conversations on the Edge. We have invited selective voices to speak to some of the most pressing issues of our time in a vibrant forum of lecture, Q&A, and idea sharing. In How We Gather: The Rise of the Unaffiliated Community, we will engage in short lightning talks by visiting teachers and skilled content experts who will share information about the changing way America is choosing to connect and create community. Visiting teachers include Angie Thurston of Harvard Divinity School and co-author of How We Gather, who will lead short but impactful lecturettes that end in conversation among the audience. A Friday reception will kick off the weekend, and on Sunday participants will share a closing brunch for self-directed conversations and check-in. Scheduled gathering time will be significantly less than traditional workshops to allow for participation in movement and meditation classes, healing arts and hot springs, and the natural beauty of Esalen. Presenters are subject to change.

WEEK OF AUGUST 12-17
Loving Awareness Retreat
Jack Kornfield, Daniel Siegel, Shauna Shapiro, Trudy Goodman & Teja Bell

Embark on a one-of-a-kind journey into the contemplative, scientific, and healing dimensions of mindfulness with a team of meditation luminaries. Joining renowned meditation teacher Jack Kornfield are his close friends and colleagues Drs. Dan Siegel, Trudy Goodman, Shauna Shapiro, and qigong teacher Teja Bell. Jack is a trained clinical psychologist as well as leader in bringing mindfulness to the West. Dan Siegel is a clinical professor of psychiatry and founding co-director of the Mindful Awareness Research Center at UCLA. Trudy is founding teacher of Insight LA and expertly weaves together vipassana meditation and developmental psychology. Shauna is a professor of psychology whose expansive body of scientific work focuses on mindfulness as a key to health and well-being. Teja is an accomplished martial artist, teacher of the energy arts, and recognized Rinzai Zen Master and lineage Dharma teacher.

Together, the leaders will explore the theoretical and experiential realms of inner transformation. This retreat offers a unique blend of deep meditative practice, discussion of scientific research, story, metaphor, and a day of property-wide silent practice to help the teachings integrate more deeply into our lived experience. Together, these stellar facilitators will help you cultivate greater compassion and wisdom to enhance your capacity to live life with dignity and grace. You will learn how to work with and transform difficult emotions, feelings, and thoughts, and build the capacity to stay calm, focused, and balanced regardless of external circumstances. You will also learn how to bring awareness into your relationships in order to improve the quality of interactions in all spheres. Most importantly, you will discover how to tap into a limitless source of loving awareness through which the self can be nourished and healed. This process opens up the possibility to more deeply nourish and heal others. Come explore the potential to transform our individual and collective lives.


Jack Kornfield, a trained Buddhist monk, helped introduce Buddhist mindfulness practice to the West. Jack co-founded the Insight Meditation Society and Spirit Rock Center. His 16 books have sold more than a million copies. He holds a PhD in clinical psychology, and is a father, husband, and activist.

Daniel Siegel bio on page 26.

Shauna Shapiro bio on page 26.

Trudy Goodman, PhD, is one of the pioneers in Eastern and Western psychology, holding a graduate degree in developmental psychology from Harvard. Founding teacher at InsightLA and the Institute for Meditation and Psychotherapy in Boston, she has taught Zen and vipassana/mindfulness internationally for 40 years.

Teja Bell has more than 40 years of experience practicing and teaching energy arts and Buddhist meditation. A Rinzai Zen master and teacher of aikido (5th degree black belt) and qigong, he leads retreats and trainings internationally.
Angie Thurston

As a Ministry Innovation Fellow at Harvard Divinity School, where she received an MDiv in 2016, and now as a contributor to the popular public radio show and podcast On Being, Angie Thurston is exploring the boundaries of meaningful community. She is the author of *How We Gather* and *Something More*.

Angie is a featured speaker with *Conversations on the Edge – How We Gather: The Rise of the Unaffiliated Community*.

We spoke with Angie about how she first became interested in her work and where her research is taking her.

What sparked your curiosity in how people, and specifically millennials, gather as a community?

When I graduated from college, I moved to New York City and worked as a playwright. The closest thing I experienced in terms of a community, a spiritual community, was in the arts. We were co-creating something bigger than ourselves; there was something transcendent and profound in our work. Yet there was also a longing among my peers — many unaffiliated with an organized religion — for something more sustained. I started wondering, “Where do people like us go to find meaningful experiences of belonging?”

So I started a spreadsheet to identify homes for the spiritual homeless. And in the meantime, I discovered I was really part of a national phenomenon in that a third of my generation is not affiliated with a religion. I was so fascinated by the question of what was going on in terms of transitions in the religious landscape of America that I uprooted my life to attend divinity school.

Please tell us more about this spreadsheet of the spiritual homeless!

In my very first semester in divinity school, I met Casper ter Kuile, who I now refer to as my work husband. At that time we exchanged our spiritual autobiographies and I knew we should collaborate together.

So in an act of millennial intimacy, I shared my Google spiritual homeless spreadsheet with him. It includes places like Crossfit, maker spaces, gaming communities, justice movements, artists groups, and more. We started mapping these communities and speaking with their leaders. What we discovered was despite their outwardly different appearances, they were using the same words to describe the experience of gathering: personal transformation; social change; purpose; and coming from a mindset of abundance not scarcity. I thought to myself, “These people have the same script!”

What was the catalyst behind your work, *How We Gather*?

We (Casper ter Kuile and Angie) wrote *How We Gather* because we couldn’t believe it wasn’t already written. All these people from different communities aren’t talking to each other and don’t seem to know they’re doing shared work. They are lonely in their leadership, which is ironic given that they are leading communities. Unfortunately they are cut off from any infrastructure or ecosystem to be held in their work.

Where do you envision your work and research taking you?

I think we’re beginning to see leaders gathering to cross the sacred and secular divide. And what we are finding is that this work that they are all doing — we’re learning to call it ministry. It feels like we’re at a fascinating inflection point. I don’t think it’s too hyperbolic to say we’re moving from one paradigm to the next.

My hope is to begin to nurture the fledgling sprouts of this emergent spiritual ecosystem. How to bridge the ancient with the emergent — this is the next area where we’re focusing our energy.
EMDR Basic Training: Parts 1 & 2 – Transforming Trauma with EMDR
Laurel Parnell

Eye Movement Desensitization and Reprocessing (EMDR) is a powerful therapeutic method for healing trauma-based problems. Shedding new light on trauma survival—including sexual and physical abuse, accident and surgical trauma, and grief — EMDR is opening doors of the heart to genuine spiritual transformation. This course is for mental-health professionals who are licensed to provide treatment.

Through lecture, hands-on practice, and demonstrations, you will be shown:

• Protocols and procedures for using EMDR with a wide range of diagnostic categories
• Client selection criteria and cautions necessary for safe use of EMDR
• Techniques for working with blocked processing and abreactions (catharsis)
• How to unblock blocked processing
• Methods for working with dissociation
• How to use EMDR with adults traumatized as children
• Methods for developing inner resources used for interweaves, ego strengthening, and client closure

This course has been approved by the EMDR International Association. In accordance with the standards for basic EMDR training, participants must complete this course, receive ten hours of consultation from a recommended EMDRIA-approved consultant from the Parnell Institute faculty, and then take a Parnell Institute Advanced Clinical Workshop and Refresher Course (Part 3) in order to complete the requirements for Basic EMDR training. Participants will be screened and required to submit licensure documentation before attending, and must bring copies of their professional licenses or certification to the training.

Note: Initial registration for this workshop is through Dr. Laurel Parnell only. To register, contact drlaurelparnell.com/training/esalen-emdr-1-2 or call (415) 496-9471. Only after you have registered with Dr. Parnell will you be able to register with Esalen. For Esalen pricing chart, see www.esalen.org/page/workshop-pricing-partner-programs.

Required reading: Parnell, A Therapist’s Guide to EMDR: Tools and Techniques for Successful Treatment; Shapiro, Eye Movement Desensitization and Reprocessing.


For continuing education syllabus, see www.esalen.org/Course-Information-Transforming-Trauma-EMDR-1-and-2.

☆ CE credit for nurses; see page 86.
☆ CE credit for MFTs, LCSWs, LPCCs and LEPs; see page 86.
☆ CE credit for psychologists; see leader.

Laurel Parnell is the director of the Parnell Institute and developer of Attachment-focused EMDR™. She is a clinical psychologist and author. Since 1995 she has trained thousands of clinicians in EMDR both nationally and internationally. www.drlaurelparnell.com
Lotus Borne Perception: Awareness Teachings of Tibetan Buddhism and Continuum

Susan Harper & Lama Drimed

In this retreat, Lama Drimed and Susan Harper open a multi-dimensional inquiry into our spiritual, somatic, and creative human capacity. Recognizing our natural state of awareness as a foundation, we will explore a dynamic range that includes meditative stillness, fresh perceiving, and movement and sounding, which opens a vital flow of creativity.

Lama offers awareness teachings from the Dzogchen tradition. Our natural state is recognized to be all-inclusive awareness. We awaken to the fresh perception of this moment — the natural aliveness that is our birthright. This is the essence of the ancient tantric ways that celebrate the unfolding of our life as sacred.

Susan offers explorations from Continuum, a unique sound and movement practice, in which we inquire into our capacity to innovate and participate with the essential movement processes of life. The dynamics of how we perceive and relate are simultaneously physical and psycho-emotional. They offer perceptual practices to open ways that we pay attention, listen, and speak about our experience.

Lama and Susan share an innovative teaching style, and are open and attentive to each participant’s process of discovery, and to the group process. Many of our explorations will take place outside in nature, where we explore the elemental affinity between our bodies and the living lineage of our breathing planetary body.

Susan Harper has been teaching and contributing to Continuum since 1975. She is the developer of Body of Relating Training, inspired by the teachings of Christine Price’s Gestalt Awareness Practice, and she co-developed Portals of Perception with Hubert Godard.

Lama Drimed offers awareness teachings from Great Perfection/Dzogchen and Tibetan Vajrayana Buddhism. His Tibetan teacher, Chagdud Tulku Rinpoche, recognized Lama Drimed as his lineage holder in 1995. His vision is to open dialogues that include current discoveries in 1995. His vision is to open dialogues that include current discoveries and the ancient tantric arts.

WEEKEND OF AUGUST 17-19
Healthy Empathy: How to Give Without Giving It All Away

Karla McLaren & Tino Plank

Multiple studies confirm that health and healing professionals who demonstrate empathy provide better care and achieve greater patient/client satisfaction. However, empathic burnout and compassion fatigue are a constant presence in the working lives of health professionals and anyone who provides caregiving. In addition to the many other challenges, they must make sure that their empathy is intentional, self-enriching, sustainable, and most of all, healthy.

Join empathy experts Karla McLaren and Tino Plank for an exploration of Karla’s Six Essential Aspects of Empathy model in a weekend retreat for health and healing professionals. Participants will be taught how to monitor and skillfully manage their empathy in challenging situations and in the presence of intense emotions. They will also be shown specific practices as well as communication and self-care skills to nurture their healthy empathy at work, at home, and in all of their relationships — so that they can maintain their well-being and productivity throughout their lives.


☆ CE credit for nurses; see leader.
☆ CE credit for MFTs, LCSWs, LPCCs and LEPs; see leader.
☆ CE credit for massage; see leader.

Karla McLaren, MEd, is an award-winning author, researcher, and pioneering educator whose empathic approach to emotions revalues even the most “negative” emotions and opens new pathways into self-awareness and healthy empathy. Karla is the author of The Art of Empathy. www.KarlaMcLaren.com

Tino Plank, MA, MSN, RN, is a nurse educator working in end-of-life care with a background in grief counseling. Tino has degrees in nursing and multicultural spirituality, has taught postgraduate nursing courses, and is the co-developer of the Healthy Empathy® program.

Weekend of Advanced Esalen Massage®

Jessica Fagan & Silvia Guersenzvaig

This weekend provides practitioners with the opportunity to inspire their current massage practice. The workshop leaders are experienced Esalen Massage® and Bodywork practitioners who create a unique atmosphere of innovation and exploration in the practices of gentle stretching and deeper bodywork. Come prepared to practice and learn new methods of massage while enjoying Esalen’s natural beauty and healing waters.

Previous massage training and a good sense of humor are encouraged. This workshop is also useful for those in the helping and healing professions in working with their clients and patients.

☆ CE credit for massage; see page 86.
☆ CE credit for nurses; see page 86.

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.

Silvia Guersenzvaig is a certified Esalen Massage® teacher, astrologer, and educator since 1977. She counsels internationally and is a bilingual practitioner and teacher of transformational kinesiology from Polaris International College, Denmark. She created Openstars Somatic Astrology at Esalen in 2000.

Photo by Esalen seminarian Nicole Obst
WEEK OF AUGUST 19-24

The Transformational Enneagram: Mindfulness, Insight and Experience

Russ Hudson

A growing number of people are aware of the Enneagram as an accurate and profound map of personality. The nine Enneagram types are based on the three primary centers of intelligence: thinking, emotion, and instinct. However, in almost all human beings, distortions or blockages in these centers have led to a loss of connection with our essential nature and to the arising of ego structures to compensate for this loss. Thus, while our Enneagram type usually obscures our true nature with a characteristic web of defenses, it can also serve as an opening to the deeper reality of spirit.

This workshop will emphasize recognizing the ways that each of the nine types plays out in our own personalities. It will combine psychological insight into the inner workings of the types with meditation practices and exercises to lead participants toward a more direct experience of qualities of essence such as presence, clarity, compassion, and joy. Conversational instruction will be combined with group meditations, small-group work, physical movements, and music so that participants can more fully integrate the richness of the Enneagram material into their daily work and relationships.


☆ CE credit for nurses; see page 86.

Mindfulness as a Wisdom Practice

Brad Lewis & Vignesh Swaminathan

Mindfulness teachings often isolate the practice from larger cultural, spiritual, and expressive contexts. This workshop goes the other direction: it integrates secular mindfulness practices with the wisdom of World philosophies and with the creative arts. The workshop is for those new to mindfulness, those with an established practice, and for psychotherapists interested in integrating mindfulness into their clinical work. It is co-taught by a psychiatrist and cultural scholar from New York University, and an experienced meditation teacher. We approach mindfulness in a cosmopolitan fashion as a way of life and a practice of freedom. This approach can foster the participant’s ability to cope with the stresses of contemporary times and to access higher levels of consciousness and flourishing. It opens our hearts to the possibility of a more spiritual, compassionate, and honest experience of life. Mindfulness practiced this way provides a deeper level of reserves with which to engage in our worldly projects. And, most of all, it gives us the capacity to delight in the process of being here on this world now, as it is, regardless of what happens and what fates befall us. We welcome new and returning seminarians, and as such the content for this workshop shifts a little each time it is given.
WEEKEND OF AUGUST 24-26

Power Vinyasa Yoga
Susan Hauser

Power Vinyasa Yoga connects breath with movement using a vigorous, fitness-based approach to vinyasa-style yoga. It emphasizes strength and flexibility, and practitioners gain many physical, mental, and spiritual benefits with this practice. This weekend retreat will consist of a fast-paced sequence that is athletically based. We will rapidly flow from one asana to another while focusing on our breath. This retreat is open to all levels of yoga experience, and Susan Hauser will give different variations for different levels. The Power Yoga practitioner is rewarded with many physical benefits to the bones, muscles, and joints. Flexibility and muscle tone increase and concentration improves. Power Yoga is intense and utilizes the entire body, working muscles in arms, shoulders, back, legs, feet, and abdomen so that the body grows stronger and healthier and the joints, tendons, and muscles all become more flexible. Please bring a yoga mat.

Susan Hauser founded Now Power Yoga, a diverse multi-modality studio in the San Francisco Bay Area. Susan credits yoga with getting her through raising her two sons after her husband passed away from cancer. She shares her passion for yoga through teaching. www.susanhauseryoga.net

WEEK OF AUGUST 26-31

The Buddha, the Brain, and Bach
Clifford Saron, Barbara Bogatin & Nikki Mirghafori

Join us for an exploration of the benefits of practice from three distinct, intertwined perspectives. Mornings will begin with intensive mindfulness and loving kindness meditation led by Dharma teacher, lay contemplative, and scientist Nikki Mirghafori. She will facilitate sitting and walking meditations and help participants refine and integrate their practice and insights. UC Davis neuroscientist Clifford Saron will lead a voyage of scientific discovery into brain function. He will share findings from “The Shamatha Project,” which investigates the effects of meditation on attention, emotion, and human flourishing. San Francisco Symphony cellist Barbara Bogatin will play musical interludes and give behind-the-scenes narratives illustrating how musicians turn their daily instrument practice into contemplative practice. She will provide a rare glimpse from within the discipline of maintaining a high level of craft, performing music by Bach and exploring the composer’s creative process to better understand the depths of human expression in his music.

Days will consist of meditation, didactic presentations, informal talks, and extensive discussion interwoven with guided listening and exulting in the joy of music. This workshop, well suited to practicing clinicians, is open to all. No previous experience in meditation, music, or brain research necessary. For a glimpse into music and meditation, watch this three-minute video by Barbara Bogatin: http://www.sfsymphony.org/barbarabogatin.

Radiant Body: Living from the Heart
Kia Miller

Connect to your inner self and create new possibilities in your life. To truly thrive, one must develop the ability to listen to the quiet voice of the soul. Yoga and meditation give us the tools to access the place where deep listening happens. In this exciting and comprehensive workshop, Kia shares her deep experience and love of yoga by providing keys to thriving in these turbulent times. Participants will explore ancient yogic teachings that have been passed down from teacher to student for thousands of years, as well as practice Vinyasa Flow yoga to open and strengthen the body, and Kundalini yoga and meditation to shift through energetic blockages and build vitality and awareness.

Take this “time out of time” to rejuvenate yourself in the healing waters of Esalen, connect with like-minded individuals, and establish a practice that can enable you to connect to the infinite wisdom of your heart, and learn to live from your intuitive mind. This workshop is for anyone looking for a toolbox for elevation, ways to excel in life, and to be a “lighthouse” for all those around you. All levels welcome. Please bring a yoga mat.

Kia Miller is a Kundalini yoga teacher who has an ability to translate the subtle teachings of Kundalini in a highly accessible way. Kia’s study of yoga began when she was 15. She is also certified in Hatha yoga and teaches workshops, retreats, and teacher trainings throughout the world. www.kiamiller.com
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 be taught the detailed anatomy and physiology of the craniosacral system, its functions in health, and its relationship to the disease processes. Half of the class time will be hands-on, developing the sensitive palpatory skills needed to detect subtle stimuli in the human body.

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

Note: Registration for this workshop is through the International Alliance of Healthcare Educators (IAHE) only. To register, please call 1-800-311-9204. Only after you have registered with IAHE and paid tuition fees will you be able to register at Esalen. For Esalen pricing chart, see www.esalen.org/page/partner-program-pricing.

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

CE credit for nurses; see page 86.

CE credit for massage; see page 86.

Susan C. Steiner, trained as an occupational therapist, has been affiliated with The Upledger Institute since 1989, and has been an instructor for CranioSacral Therapy and SomatoEmotional Release II since 1994. She maintains a private practice in Providence, R.I. www.Susansteiner.com

**Zero Balancing - Part 1**

Fritz Smith & Todd Williams

Zero Balancing (ZB) is a non-diagnostic system of healing which clarifies and coordinates energy fields in the body, balances body energy with body structure, and focuses on bone energy and the skeletal system. Science has shown that energy and matter are fundamentally coupled; psychology has shown that the mind and body are interconnected. ZB embodies both perspectives. It is based on the experience that balancing the body’s energy with its structure has a direct positive effect on physical, mental, emotional, and spiritual health. Imbalances often lead to loss of vitality, chronic pain, and decreased potential for vibrant health. The body’s structural/energetic interface is beneath conscious awareness. When imbalances occur at this level, the body tends to compensate around them rather than resolve them. Rooted in both Eastern healing and energy and Western medicine and science, ZB brings unique touch and relevant design to overcome imbalanced patterns.

This program, part one of a two-part Core Zero Balancing series, is the entry-level program. Didactic and experiential, it is open to all health care professionals. The workshop will teach newcomes how to perform a complete hands-on session, and for the experienced, it will deepen understanding and enhance skills. It also includes theory and practice of the ZB protocol, methods for evaluating and balancing the body’s structural/energetic interface, and how to use energy as a tool. This workshop qualifies for credit toward Zero Balancing certification.


CE credit for nurses; see page 86.

CE credit for massage; see page 86.


Todd Williams has practiced and taught Zero Balancing for nearly two decades under the guidance of Dr. Fritz Smith. He is also a dance artist and movement educator, as well as a lifelong yoga and meditation practitioner.

**Enjoy Esalen after your visit with our free podcast, Voices of Esalen, hosted by former Extended Student Sam Stern. Listen to Esalen co-founder Michael Murphy, author Cheryl Strayed, mindfulness teacher Shauna Shapiro, Byron Katie, and many more.**
Big Sur Wilderness Experience

Steven Harper

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

Participants in this weeklong workshop will venture out into the richness of the late summer season of Big Sur on five day hikes, four–10 miles in length. The leader will draw from a wide range of contemporary and age-old wisdom traditions, borrowing from psychology, meditation, aikido, and the natural sciences to weave together a holistic experience of self and the natural world. Each hike begins after breakfast and concludes in time to enjoy the hot springs and dinner at Esalen. Evening sessions include informal sharing, basic awareness practices, and useful outdoor skills, with attention given to incorporating what is learned during the week into our daily lives. All levels of experience are welcome. Be prepared for the invigorating challenge of physical activity and the opportunity to simply sit still in quiet reflection. More information and a waiver will be sent upon registration.

For an equipment list and frequently asked questions about Steven’s workshops, visit www.stevenkharper.com/faqs.html. ($60 permit and park entrance fee will be added to the workshop cost.)

Steven Harper is a wilderness leader, author, consultant, and Big Sur resident. He has led both traditional and experimental wilderness expeditions internationally for more than 40 years. He has an MA in psychology and his work focuses on mindfulness, Gestalt and somatic practices, and wild nature as a vehicle for awakening. www.stevenkharper.com

Weekend of August 31–Sept 2

Soul Saturation: Ignite an Intimate Relationship with Your Soul

Sera Beak

Deep in our bodies, where our truth burns the brightest, we know we cannot be free, we cannot be of service, and we cannot truly come alive if we aren’t consciously connected to our soul. Soul Saturation is an intimate, dynamic, and radically real experience of our soul within a group setting. While most religions and New Age and modern spiritual practices focus on spirit, emphasizing the importance of transcendent, enlightenment, and Oneness, this retreat focuses on soul and celebrates the importance of immanence, embodiment, and our distinct divine identity.

While our soul has many different aspects, and all are significant and sacred, the part of our soul we specifically invoke on this retreat is what we might call our Soul with a capital “S,” or our True Self, or our inner Beloved. This is the part of us that is eternal and connected to All That Is, but also is extraordinarily unique and eagerly seeks to incarnate through us and as us.

Using fiery meditation, meaningful ritual, intuitive journaling, provocative dialogue, and conscious movement, we will allow our souls to guide us towards authentic experiences and expressions of life and love. Please bring a journal, an open mind, and a sense of humor.

Recommended reading: Beak, Redvelations: A Soul’s Journey to Becoming Human (May 2018) and Red Hot and Holy: A Heretic’s Love Story.


Yoga Practice: Refining and Magnifying Body, Mind and Spirit

Thomas Michael Fortel

One of the fundamental tenets of yoga philosophy is that every human being is, at the core, an expression of divine light and love. The yogis refer to this as the Supreme Self or Inner Self. Many of us glimpse this from time to time, yet a primary focus of our journey is to honestly address the physical, mental, and emotional heaviness which covers up our inner luminosity. This is a necessary paradigm shift as we move into a fuller expression of our true nature.

Yoga practice is a double-edged sword requiring both effort and surrender. Effort is necessary as we purify, refine, and integrate body, mind, emotion, and spirit. Surrender is critical in the face of alchemical transformation; letting go leads us into the restoration and edification of our true nature, divine light. These principles unfold in the yoga room as we place our bodies into postures (asanas), focus our awareness on breath (pranayama), and enter the sanctuary of the heart (meditation or dyana).

Everyone is welcome. Please have a minimum of three months of recent yoga experience, and bring a yoga mat.

Thomas Michael Fortel is a longtime yoga practitioner/teacher, influenced by the Iyengar, Ashtanga, and Anusara styles of yoga, and drawing from his devotional experience in Bhakti yoga. He travels widely, sharing his love for yoga. www.thomasfortel.com
Essentials of Hakomi Mindfulness-Based Somatic Psychotherapy: Journey to the Depths of the Psyche

Robert Fisher

This workshop, designed for therapists and other healing professionals, provides an overview of the Hakomi Method. It is designed to provide advanced skills of assessment and intervention that use present-moment experience in elegant and gentle ways to approach and transform core material. Hakomi mindfulness-based experiential psychotherapy offers somatic ways of illuminating how we organize and embody core beliefs at the most fundamental levels of our experience. Through a combination of the awareness that mindfulness offers, the wisdom held in the body, and the safety of the therapeutic relationship, core issues can be explored.

In this workshop we will engage in a number of practices that elucidate the Hakomi Method, and provide immediately applicable skills for working experientially with clients in creative and heartfelt ways. Through talk and discussion, live demonstrations, internal exercises, and practices to develop therapeutic skills, you will be taught the following:

• Basic principles and techniques of the Hakomi Method
• How to use mindfulness in experiential psychotherapy
• How to notice present-moment experience and the underlying models of the world that shapes us
• How to connect deeply with clients based on their moment-to-moment experience
• How to engage in mindful exploration of the psyche

• Creative approaches that bring live experience into therapy
• How to become an ally to your client’s defenses and resistance


☆ CE credit for MFTs, LCSWs, LPCCs and LEPs; see page 86.

Robert Fisher, MFT, is an international Hakomi trainer, adjunct professor at CIIS and JFK Universities, and author of Experiential Psychotherapy with Couples. He is the lead instructor of the Certificate Program at CIIS for Mindfulness and Compassion in Psychotherapy and a keynote speaker at national psychotherapy conferences. www.robfishermft.com

Conversations on the Edge
Science, Technology and Critical Self-Reflection in a Changing World

If you are looking for another way to grow, in a unique container different from the traditional workshop, please join us for an Esalen original series: Conversations on the Edge. We have invited selective voices to speak to some of the most pressing issues of our time in a vibrant forum of lecture, Q&A, and idea sharing. In Science, Technology and Critical Self-Reflection in a Changing World, we will engage in short lightning talks by visiting teachers and skilled content experts who will discuss how advancements in science and technology are rapidly changing the way we understand and experience the world.
Leading with Relational Mindfulness: Regenerating Ourselves and the World

Nina Simons & Deborah Eden Tull

In this time of so much change, we are all called to be leaders. Join us to practice a kinder, more inclusive and aware embodiment of leadership for your life and work. What if attentiveness, relational awareness, and deep listening are a leader’s most essential qualities for today’s world? This is an opportunity to practice leading from our whole selves while honoring a commitment to personal sustainability and accountability, and acknowledging the necessity for cultivating our own well-being while advancing the life-enhancing changes the world is calling for.

During this deeply restorative retreat, we will explore regenerative leadership through meditation and mindfulness, deep listening, interactive time in nature, reflective writing, storytelling, experiential practices, and embodied learning. Relational mindfulness offers tools, guidance, and clarity for bringing deeper presence and compassion to all of our relationships — with ourselves, one another, and our world. This workshop is for passionate, engaged people of all kinds, and change agents who seek to cultivate compassionate awareness and outer change at the same time. In this way, we can gracefully embody bold and effective leadership while bringing ourselves purposefully, lovingly, and wholeheartedly to life.

Nina Simons, co-founder of Bioneers, is a social entrepreneur, author, activist, storyteller, and facilitator of transformative gatherings. Her purposes and passions include regenerative leadership, women’s leadership, indigenous wisdom, and social practices. Nina speaks and teaches internationally, and is a recent winner of the Goi Peace Award. www.ninasimons.com

Deborah Eden Tull, founder of Mindful Living Revolution, is a Zen meditation and mindfulness teacher, author, activist, and sustainability consultant who teaches the integration of compassionate awareness into every aspect of our lives. Her latest book is Relational Mindfulness: A Handbook for Deepening Our Connection with Ourselves, One Another, and Our Planet. www.deborahedentull.com

Esalen Massage® and Meditation

Oliver Bailey & Nora Matten

Esalen Massage® is a moving meditation, a practice in presence and mindfulness, and a loving healing art. When practiced with focused attention, massage comes from a deep, quiet place that resides inside each of us. The practice of meditation can help access the parasympathetic nervous system, where healing originates. As we give a massage, this healing state of mind can permeate the field that practitioner and receiver create together.

In guided sessions, we will explore the practice of sitting meditation to prepare and quiet our minds, walking meditation to bring awareness to our movement, and the fundamentals of Esalen Massage® as a meditative practice in giving. There will be time for supervised practice each day, as students exchange massages, with the support of the teachers.

Beginners as well as seasoned practitioners are welcome for this week to explore Esalen Massage® and meditation, while enjoying the natural beauty of the Esalen grounds. This workshop is especially useful for those in the helping and healing professions in working with their clients and patients.

☆ CE credit for massage; see page 86.
☆ CE credit for nurses; see page 86.

Oliver Bailey is a practitioner and instructor of Esalen Massage®. His background includes training in Gestalt Practice, neurolinguistic programming, intuitive work, and meditation.

Nora Matten is an Esalen Massage® teacher as well as teaches dance and yoga at Esalen. Her work draws on Forrest yoga, Soul Motion, vipassana meditation, Gestalt Awareness Practice, and the Diamond Approach, among other modalities.
Esalen welcomes a blending of music, movement, and mediation in the first workshop of its kind, the Bhakti Yoga and Music Celebration.

Join avid yoga teacher and practitioner Gopi Kallayil, along with a collective of musicians and dancers, to explore the restorative power of devotional music, yoga, and mediation.

Be part of a collective celebration featuring:

Fanna-Fi-Allah
The group’s founding members have spent more than 20 years learning the classical art of Sufi Qawwali music which celebrates the great Sufi mystics of old and relishes in the love of the Divine through poetry. Sung with a powerful soaring chorus and accompanied by the energetic rhythms of tabla and group clapping, the Beloved is celebrated with ecstatic devotion.

The Kirtaniyas
The Kirtaniyas is a global collective of Kirtan musicians, producers, and dancers who push the boundaries of genre by combining traditional call and response singing of ancient Sanskrit mantras with melodious electronic dance music, subsonic bass, and live acoustic instruments.
**Walk on the Wild Side: Hiking the Big Sur Country**

Steven Harper

“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 (four-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 and a waiver will be sent upon registration. For an equipment list and frequently asked questions about Steven’s workshops, visit [www.stevenkharper.com/faqs.html](http://www.stevenkharper.com/faqs.html). Muir wrote, “The mountains are calling me and I must go.” ($60 permit and park entrance fee will be added to the workshop cost.)

Steven Harper bio on page 35.

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**WEEKEND OF SEPTEMBER 7-9**

**Bhakti Yoga and Music Celebration: Kirtan, Sacred Music, Yoga and Meditation**

Gopi Kallayil, Fanna Fi Allah & Kirtaniyas

From breath to voice to chant, there is an undeniable restorative power to the collective experience of devotional music. This property-wide weekend workshop will be a celebration of healing that joins yoga and meditation with the sacred Indian musical traditions of kirtan and qawwali.

Through music performances, workshop sessions, and yoga and meditation sessions, we invite deep connection with the musicians, one another, and ourselves. Joining Gopi Kallayil are two renowned musical ensembles. Fanna-Fi-Allah is a traditional Sufi qawwali ensemble that performs the ancient devotional music of India and Pakistan. Sung with a powerful soaring chorus and accompanied by the energetic rhythms of tabla and group clapping, Fanna-Fi-Allah celebrates the Beloved with ecstatic devotion. Kirtaniyas is a global collective of kirtan musicians, producers, and dancers. The Kirtaniyas push the boundaries of genre by combining the traditional call and response singing of ancient Sanskrit mantras with melodic electronic dance music, subsonic bass, and live acoustic instruments. Join us for this special property-wide yoga and music experience. Please bring a yoga mat.

**Gopi Kallayil** is chief brand evangelist, brand marketing, at Google, the founder of the yoga program for Googlers called Yoglers, and the self-proclaimed “Happy Human,” a title his business card bears above his name. Having become a yoga teacher by studying at the Sivananda Ashram Neyyar Dam, Kerala, India, Gopi is an avid yoga practitioner.

**Fanna Fi Allah** is a traditional Sufi qawwali ensemble that has been touring internationally since 2001. Their 10 albums, in-depth studies with Sufi masters in Pakistan and India, peace tours, and other projects make them cultural ambassadors in the West, not only sharing music but also creating understanding of Sufism and Islam.

**Kirtaniyas** is a global collective of kirtan musicians, producers, and dancers. Since 2009 they have toured internationally, infusing the ancient tradition of kirtan with youthful spirit and energy. Kirtaniyas combines melodic electronic dance music and subsonic bass, with the call and response singing of ancient Sanskrit mantras, accompanied by live acoustic instruments.

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**Transformative Medicine: A Journey toward Radical Healing**

Ruediger Dahlke

What if health issues, from acne to injuries to cancer, aren’t random, meaningless events but a somatic language that holds clues to existential questions such as: What is my purpose? How can I change the way I approach life to create patterns of health and vitality?

During this nourishing weekend, you can learn the rudiments of that somatic language, and go home with new tools to care for yourself — body and soul. Transformative Medicine is a holistic model created by Ruediger Dahlke that offers insight into some of the psycho-spiritual influences on your health. In this paradigm, illness is not an enemy but a messenger with clues about how to transform yourself. A side effect of the process may or may not be the end of the illness. This workshop is for you if you suffer from nagging health issues, need new insight on a serious issue, want to prevent illness, or long for a rich new lens through which to see your life’s journey. This workshop is not designed to cure specific ailments. After registration, participants will receive materials including a comprehensive individual intake to fill out that focuses on psycho-spiritual and physical history. Dr. Dahlke and his apprentices will review these in detail and support you in addressing your personal situation as desired.

- **Recommended reading:** Dahlke, *The Healing Power of Illness*; Ford, *The Dark Side of the Light Chasers*.

**Ruediger Dahlke, MD,** is the founder of Transformative Medicine, author of 60 books, and trainer of thousands of doctors, psychologists, and laypeople in Europe. He leads the Certificate in Transformative Medicine, a year-long program offered by the Center for a New Mainstream. [www.anewmainstream.com/ruedigerdahlke](http://www.anewmainstream.com/ruedigerdahlke)

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**WEEK OF SEPTEMBER 9-14**

**The Way of Story: The Craft and Soul of Writing**

Catherine Ann Jones

The Way of Story offers an integrative approach to writing narrative, combining solid craft with the experiential discovery of the intangible dimensions of writing, because craft alone is not enough. This unique workshop is for writers of all levels and all narrative forms including plays, screenplays, short stories, novels, and memoirs.
In this workshop, you can explore and gain insight into these elements of the craft and soul of writing:

• The seven steps to story structure
• How to create memorable characters and dialogue
• How to balance craft with intuitive skills
• How to access and free your potential story

Catherine Ann Jones has served on the writing faculties of several universities, and has been published widely. For more information visit www.wayofstory.com.

Recommended reading: Jones, The Way of Story: The Craft & Soul of Writing and Heal Your Self with Writing.

Catherine Ann Jones, MA, is an award-winning playwright and screenwriter. She also is a writing consultant and author of fiction and nonfiction, including The Way of Story and Nautilus Book Award winner Heal Your Self with Writing. www.wayofstory.com

Barral Institute’s Visceral Manipulation 2

Dee Dettmann Ahern

In this course, you will begin with a review of functional anatomy, hand placements, and manipulations that were covered in Visceral Manipulation: Abdomen 1, followed by additional concepts and techniques. Emphasis is on the kidneys, greater momentum, peritoneum, spleen, and pancreas.

Note: Registration for this workshop is through the International Alliance of Healthcare Educators (IAHE) only. To register, please call 1-800-311-9204. Only after you have registered with IAHE and paid tuition fees will you be able to register at Esalen. For Esalen pricing chart, see www.esalen.org/page/partner-program-pricing.

☆ CE credit for nurses; see page 86.
☆ CE credit for massage; see page 86.
☆ CE credit for physical therapists in CA; see leader.

Dee Dettman Ahern, RPT, has been a manual physical therapist since 1978 and has studied with The Upledger Institute since 1984. A practitioner of Visceral Manipulation since 1987 and a teacher since 1994, she teaches and speaks internationally for the Barral Institute.

Embodying Shakti: Awakening Sacred Power through Sound, Meditation, and Voice

Sally Kempton & Silvia Nakkach

This workshop explores sacred technology that can dissolve energetic blocks and awaken empowering energies. We’ll open up a pathway for new insights through initiatory experiences from both Eastern mysticism and Western shamanic healing. During this workshop, Silvia will offer healing sessions using sound, voice, and Indian ragas that combine with Sally’s meditative and mythopoetic teachings that spring from goddess-based practice. We’ll chant medicine melodies, practice mindful movement, meditate with deity qualities, and deepen our relationships with devotional sound. Through contemplative visualization and subtle touch, we’ll deepen awareness of the inner body. During this week, you’ll receive mantra initiations and have the opportunity to discover both your personal and transpersonal connections to goddesses like Saraswati (sacred inspiration and flow), Durga (warrior strength), Lalita (fully empowered sacred sexuality), and Chinnamasta (pure Awareness).


Silvia Nakkach, MA, MMT, is a GRAMMY®-nominated musician and vocal artist. She is the creator of the Sound, Voice, and Music in the Healing Arts certificate program at California Institute for Integral Studies. She also founded the Vox Mundi School to teach and preserve indigenous musical traditions. www.voxmundiproject.com

WEEKEND OF SEPTEMBER 14-16

Loving What Is

Byron Katie

Byron Katie has one job: to teach people how to end their own suffering. As she guides people through her simple yet powerful process of inquiry, called The Work, they find again and again that their stressful beliefs — about the world, other people, or themselves — radically shift. This shift allows the mind to return to its awakened, peaceful, creative nature. Join Katie in a workshop designed to take you on a journey of self-discovery. With her humor and lovingly incisive
clarity, Katie will show you how to identify and question the stress-
ful thoughts that cause all the suffering and violence in the world.
Anyone with an open mind can do The Work. Participants will have
the opportunity to ask questions and to do The Work with Katie.

Eckhart Tolle, author of *The Power of Now*, says, “The Work is
like a razor-sharp sword that cuts through illusion and enables you
to know for yourself the timeless essence of your being.” Always
accessible through her books, at worldwide events and workshops,
and on the web at www.thework.com, Katie’s wisdom and
unconditional love are tangible.

Byron Katie created The Work, which has been bringing freedom to
millions of people for more than 20 years. Her books include the best-
selling *Loving What Is, I Need Your Love—Is That True?* and *A Thousand
Names for Joy*. www.thework.com

**WEEK OF SEPTEMBER 16-21**

**Cultivating Meaning and Happiness through Mindfulness and Yoga**

Ira Israel

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

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

☆ CE credit for MFTs, LCSWs, LPCCs and LEPs; see page 86.
☆ CE credit for nurses; see page 86.

Ira Israel is a licensed psychotherapist and counselor. Ira is the author
of *How To Survive Your Childhood Now That You’re An Adult: The
Path to Authenticity*, as well as *A Beginner’s Guide to Happiness, A
Beginner’s Guide to Mindfulness Meditation, Mindfulness for Anxiety,
and Yoga for Depression and Anxiety*. www.IraIsrael.com

**In the Body of Your Voice: Sound Keys for Self-Leadership**

Chloë Goodchild

This retreat will introduce you to core sound and vocal practices that
can help transform and embody your sound, express your truth,
and empower your life. Your “naked” or authentic voice is a unique
bridge between you and the rest of the world. Your vocal sound is a
catalyst for conscious, caring communication. Once fully embodied, your unique sound can help dissolve alienation and loneliness, shift conflict into creative expression, and ignite the courageous, compassionate heart. Your true voice can become a shining torch that dissolves shadow and melts the frozen music of old narratives. The natural sound and music of your soul bypasses the rational mind, and activates a quality of surrender or kenosis (letting go) that can release self-limiting beliefs or habits of mind.

In the Body of Your Voice invites you into a direct experience of unconditional loving presence — the foundation and anchor point of true self-leadership — accessed through the alchemy of spoken, sung, and silent sound. Working with energy movement, unique sound keys, and vibrational building blocks, you can integrate your highest aspirations with your grounded purpose on earth and come home to yourself, to live fully inside your own skin. For more information, visit www.thenakedvoice.com.


Chloé Goodchild is a singer, educator, and acclaimed recording artist. She is the founder of The Naked Voice (1990) and its UK Charitable Foundation (2004), and author of The Naked Voice: Transform Your Life through the Power of Sound. Chloe is also a Sounds True author and a teacher for the Shift Network. www.thenakedvoice.com

Brilliant Body:
Fundamentals of Conquering Injury and Pain via Spinefulness

Jean Couch & Jenn Sherer

Do chronic tension, stress, or aches and pains plague you? Are you fit, but injured? Do you feel tight all the time? In our cultural love affair with muscles, we have overlooked a key component of wellness: our skeleton. Whether you are a high-performance athlete or sit in a chair all day, making your bones work for you instead of against you can put you on a path of unimaginable wellness and efficiency. Spineful healing begins with an understanding of alignment patterns that cause premature aging, tension, pain, and/or injury. This course will re-examine alignment patterns of everyday activities including sitting, standing, bending, sleeping, and walking. With new Spineful patterns for these daily fundamentals, you can shed pain and tension and go home with a healthy regimen that easily and timelessly integrates into everyday life. Simple yet profound changes will give you a new relationship with your body — one you used to have as a child. This course will bust many exercise, health, and pain myths of our time. Each participant receives individualized understanding of his or her specific vulnerabilities in the back and joints through hands-on adjustments, and photographic and video feedback. What you learn about your patterns in these fundamental activities can be applied to your physical activities of choice and make you a stronger, more efficient, longer-lasting human machine. Join us and never look back. Spinefulness directly helps nurses understand alignment mechanics of their bodies so they can prevent and recover more quickly from
injury as well as become more efficient in the physical component in working for and with clients/patients.


☆ CE credit for massage; see page 86.
☆ CE credit for nurses; see page 86.

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 50 physicians and their spouses, one of whom wrote, “I now have hope for me and my patients.” [www.balancecenter.com](http://www.balancecenter.com)

Jenn Sherer is a certified Balance Instructor, and she co-owns and co-directs the Balance Center, in Palo Alto, Calif. [www.BalanceCenter.com](http://www.BalanceCenter.com)

**Fundamentals of Esalen Massage**

Pamélia Espinoza & Brita Ostrom

This 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, including the long, balancing strokes and gentle stretches that are the foundation of Esalen Massage. The principal elements of bodywork, including breath and sensory awareness practices, grounding, movement, and quality of contact will also be introduced and practiced, creating a firm foundation for learning massage. This workshop is also useful for those in the helping and healing professions in working with their clients and patients. Come prepared to enjoy the healing waters of the natural hot springs and the magical beauty of the Esalen grounds. All levels of experience are welcome.

☆ CE credit for massage; see page 86.
☆ CE credit for nurses; see page 86.

Pamélia Espinoza is an Esalen Massage practitioner/teacher who weaves the interconnective relationships of the body through spiral patterning and movement. She has been involved with the healing arts since 1972.

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

**WEEKEND OF SEPTEMBER 21-23**

**Radical Healing: Bridging Personal Transformation and Social Change**

Kerri Kelly

These times are calling us to wage truth on all fronts: personal, social, and political. There is a call to speak out, reclaim our power, and fight for love and justice. Right now is a time for truth telling, reconciliation, and transformation from the inside out, and we can start with a radical yoga practice.

Yoga is not meant to follow the rules. It is a powerful system of the body, mind, and spirit designed to disrupt old patterns of limitation and transform them into innovation and possibility. This practice will cut to the core of who we are and what we stand for. It will be a courageous practice that helps us cultivate the inner strength and boldness to fiercely dive into the stuck and disconnected places in ourselves and in our world. We are being called to rise to the occasion — not only for ourselves, but also for the well-being of people and planet.

Sessions include:

- **We Were Made For These Times:** A grounding practice to presence ourselves and reconnect to what matters most. Through yoga, meditation, and discussion, we will orient ourselves in relationship to the world around us and explore the role of healing and practice in our collective well-being.
- **Radical Healing:** A compassionate practice that centers love and relationship in how we navigate chaos and catalyze change from the inside out.
- **Truth and Reconciliation:** A purifying practice using the chakra system to confront our limitations and liberate our life. Together we will practice courageous truth telling and compassionate dialogue as we navigate change, uncertainty, and healing. It will be a restorative practice that centers love and relationship in how we transform systems from the inside out.
- **Taking Back Our Power:** An empowering practice to reclaim our power and unleash our potential. We’ll explore how to live on purpose and activate change at a personal and collective level. We’ll get clear in purpose and ready to act.

Join Kerri for a radical practice where personal transformation meets powerful change. Please bring a yoga mat.


Kerri Kelly is the founder of CTZNWELL, a movement to mobilize the well-being community into a powerful force for change. Her work was sparked on 9/11, when she lost her fireman step-dad in the towers. She discovered the power of mindfulness, not just as a tool for personal healing, but also as a catalyst for collective change. She has been teaching yoga since 2004. [www.ctznwell.org](http://www.ctznwell.org)
Soul Motion®: Flow and Fire
Vinn Arjuna Marti

In this Soul Motion immersion, we’ll enfold the body and its surrounding fields in flow and fire. We will use guided movement inquiries, open dance, and intentional pause passages to recognize and embrace these elemental movement qualities.

Flow is our heritage. It is the first movement quality we inhabit in embryonic stages. The flow of breath is what keeps us alive and supple. The flow of blood sustains our everyday dance, carrying us along its continuum of change in effortless shifts of form and force.

Fire is energy and will, a motivator that moves us along in space. It commits us to action and overcomes inertia. It transforms and cleanses our activity. We are moving in a purified, or open, stance, free from the dross of drudgery and mental blocks. Its flames of force can energize us.

Soul Motion is a conscious dance practice that supports students in an inquiry of dance as creative expression, and as a conversation of relationship to self, other, and reality. Soul Motion values each participant for their unique and distinct voice in the body choir. All are welcome. No previous experience necessary.

Vinn Arjuna Marti melds philosophy, deep body awareness, and unique dance to create a conscious awareness of body and soul. A master of movement ritual, he supports his students in listening to their bodies, as a pathway to understanding their inner critics and inhibitions. Arjuna created Soul Motion® Conscious Dance Practice. www.soulmotion.com

WEEK OF SEPTEMBER 23-28

Positive Neuroplasticity and Resilient Well-Being: Growing an Unshakable Core of Calm, Strength and Happiness
Rick Hanson with Jan Hanson

The world is increasingly volatile and uncertain, so we need to develop psychological strengths such as grit, gratitude, and compassion. This unshakable core is the essence of resilience and the foundation of lasting well-being in a changing world. During this workshop, we’ll explore how to use modern neuroscience informed by ancient contemplative wisdom to turn everyday experiences into powerful inner strengths hardwired into your own nervous system. You will be introduced to effective ways to steady the mind, cool stress and reactive emotions, communicate resiliently, and heal from past painful experiences. We will also discuss research-based nutritional neurochemistry. As you train your brain in these ways, you’ll meet the next moment feeling already centered in happiness, love, and peace. This workshop is especially useful for those in the helping and healing professions.

Recommended reading: Hanson, Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness.

Rick Hanson, PhD, is a psychologist, senior fellow of the Greater Good Science Center at UC Berkeley, and New York Times best-selling author. His books include Resilient, Hardwiring Happiness, and Buddha’s Brain, among others. Founder of the Wellspring Institute for Neuroscience and Contemplative Wisdom, his work has been featured on the BBC, CBS, and NPR. www.RickHanson.net
vascular fitness, endorphin production in the brain, brain plasticity, enhancing effects, including increased blood flow, improved cardiovascular fitness, endorphin production in the brain, brain plasticity, and elsewhere. Throughout the training, you will explore the reasons for your own healing and transformation and that of others.

What do you hope participants will take away from your workshop? If psychological resources such as mindfulness, determination, happiness, and love are like superpowers for well-being and fulfilling relationships, positive neuroplasticity is the superpower of superpowers: the capacity of the nervous system to be changed by its own activity. During the workshop, we’ll explore positive neuroplasticity in depth — how to use your mind to change your brain for the better and cultivate lasting well-being in a changing world.

Why are places like Esalen more important than ever? As the world outside gets increasingly volatile and unreliable, it is more important than ever to build up inner strength and resources. Esalen offers experiential, lasting learning in a physical setting and community of like-minded people that is unique in the world. I love the chance to be with people who value their own healing and transformation and that of others.

How would you describe Esalen in just one word? Wonderful

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Jan Hanson, MS, is an acupuncturist and nutritionist whose private practice focuses on women’s health and on temperament problems in children. In addition to developing protocols for preventing and reversing maternal depletion, she has written articles and presented workshops on family health and on holistic approaches to childhood illnesses. www.janhealth.com

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Tai Chi Easy™ Practice Leader Certification Training

Roger Jahnke

Tai Chi Easy is a practice that combines gentle exercises, breath practices, self-massage, and meditation to help you experience a refreshing, healing boost to body, mind, and spirit. Developed by master teacher Roger Jahnke, Tai Chi Easy enhances energy (qi) to strengthen and cleanse the body and mind. According to Chinese Medicine and philosophy, qi is the vital essence that creates health, well-being, and harmony.

During this workshop, you will learn how to teach tai chi principles including breathing, relaxation, and mindfulness in an easy format to share in your classes. The Tai Chi Easy Practice Leader Certification Training is a step-by-step program to support you in creating powerful practice sessions. It is appropriate for all ages and ability levels, and provides a gentle yet powerful practice for you to share in your local community including schools, hospitals, social service agencies, and elsewhere. Throughout the training, you will explore the reasons why the slow, flowing movements of tai chi have so many health-enhancing effects, including increased blood flow, improved cardiovascular fitness, endorphin production in the brain, brain plasticity,

better sleep, and improved mood. ($65 fee for digital access to video and manual will be added to the workshop cost.)

☆ CE credit for nurses; see page 86.
☆ CE credit for massage; see page 86.
☆ CE credit for acupuncturists; see page 86.

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

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Way of Nature: The Practice of the Wild

Steven Harper

You didn’t come into this world. You came out of it, like a wave from the ocean. You are not a stranger here. — Alan Watts

Ever since the supposed “primordial soup,” nature has been our teacher. We were born of this earth and throughout recorded time people have turned to wilderness to awaken, become whole, and know their belonging to this world.

With wilderness as our primary teacher, we’ll explore the way of nature, discovering as contemporary humans what it means to walk this pathless path. Hiking the wilderness trails of Big Sur, we’ll balance the days between walking and quiet contemplation, active awareness exercises, and simply being. As seekers immersing ourselves in the natural world, we’ll also read and share the ancient and ecstatic voices of prose and poetic imagination. This wisdom passed through the ages deepens our intimate connection to ourselves, each other, and to our wild nature.

The workshop includes day-hikes (four–eight miles) into the Big Sur backcountry. Indoor sessions will include an eclectic mix of informal sharing, awareness practice, and more poems of the wild. Previous wilderness experience is not necessary, although participants should be prepared for some vigorous physical activity. More information and a waiver will be sent upon registration. For an equipment list and frequently asked questions about Steven’s workshops, visit www.stevenkharper.com/faqs.html. ($60 permit and park entrance fee will be added to the workshop cost.)

Steven Harper bio on page 35.
Digital Raign Re-Imagine Reality Summit

Join industry pioneers, technologists, philanthropists, academics, creatives, and consciousness researchers for the third annual Digital Raign summit at Esalen. This year’s gathering focuses on the nexus of transformation and innovation, and we’ll explore the intersection of virtual and augmented reality/artificial intelligence/blockchain, social impact, and mindfulness. Over the last two years, the Reality Summit achieved not only gender equity among participants in a conversation rooted in technology, but also led high-impact forums on diversity and inclusion and emerging tech futures. We will continue to explore our relationship to the convergence of emerging technology, neuroscience, and collective social initiatives in the digital age. We will also expand our “I to We” framework to include a new element: I (personal development), We (collaboration) framework, and now “X,” focused on experiential and somatic engagements. This property-wide gathering will also invite increased co-creation from our partners, attendees, and the Digital Raign global community. Please visit www.digitalraign.com/ for more information. Note: Registration for this program is by application only. For application and instructions, please visit www.digitalraign.com/reimagine_reality.

Alison Raby bio on page 12.
James Hanusa bio on page 12.

WEEKEND OF OCTOBER 5-7
Singing on the Edge: A Property-Wide Community Singing Festival

Ysaye Barnwell, Laurence Cole, MaMuse, Melanie DeMore & Lisa G. Littlebird

We are at our best when we stand together and sing.
—Ronnie Gilbert

Community singing is an art of stepping to the edge together — to the edge of our own unfolding and to the edge of the conversations most needed in our collective communities. A world-class lineup of community song leaders from around the country is coming together for this celebratory and unprecedented property-wide singing event. We will use the power of singing together in the oral tradition to craft a recipe for our hungry world that includes empowerment, connection, and joy. This will be a highly collaborative weekend among the faculty, who will offer a mix of breakout sessions as well as daily gatherings of the whole group. This event is accessible and welcoming to all voices with every level of experience. Come ready to offer your voice in a potent exchange designed to sow deep seeds of inspiration, community, and action on the path of justice. In addition to those listed, faculty also includes Barbara McAfee, Maggie Wheeler, Emile Hassan Dyer, Kate Munger, Aimee Ringle, Heather Houston, Marian Van Namen, Liz Rog, Glen Phillips, and Jayson Fann.

Ysaye Barnwell, a former member of the African-American female a cappella ensemble Sweet Honey in The Rock, is a composer, arranger, author, and actress. A vocalist with a range of more than three octaves, she appears on more than 30 recordings with Sweet Honey and other artists. She is the curator and composer for The Fortune’s Bones Project®. www.vocalcommunity.com

Laurence Cole has led song circles at gatherings and festivals across North America. He is an advocate for reclaiming our natural right to sing together as a most basic and primal technology of belonging and connection. Through singing we regain the enlivening power of group singing using our hearts, souls, voices, and love. www.laurencecole.com

MaMuse is a decade-long musical collaboration between Sarah Nutting and Karisha Longaker that stirs an ancient remembering of kinship within the family of all beings. With five albums and total commitment to kindness, MaMuse is magical, whimsical, and sublime. www.mamuse.org

Melanie DeMore is a preeminent vocal artist helping to preserve the African American folk tradition through song and Gullah stick pounding. She is a singer/songwriter, composer, conductor, and vocal activist who believes in the power of voices raised together. www.melaniedemore.com

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

Singing on the Edge:
A Property-Wide Community Singing Festival

As Lisa Littlebird tells it, she was literally born into her calling. Her mother was a professional opera singer and on tour when she was eight months pregnant with Lisa. As a child she was exposed to music as an integral part of her life, and she learned what is involved in the technical mastery of the art and craft of singing. However, her experience of singing changed when she joined a community chorus and discovered the profound effect of singing with others. “Something shifted in me,” says Lisa. “To me (singing in community) is an extraordinary permission slip for our self-expression. There’s a certain safety that happens in the blanket of group sound. We don’t have to focus and listen to ourselves.” She also describes the power of a collective energy that swirls very quickly around a singing group. “I see songs as an energy prescription for whatever we want to cultivate. We sing into it. It is so much easier to do this together than on our own.”

This October’s workshop is Esalen’s first property-wide experience dedicated to community singing. Lisa has invited song leaders nationwide to join her at Esalen with the intention of inspiring each other and bringing songs back to their own communities to use as prescriptions of joy for whatever healing is needed. Lisa, who first came to Esalen in 2005, credits the Institute for giving her the foundation from which her song leader career has bloomed. In community, she is inspired to use her voice in community for the good of the world.
**WEEK OF OCTOBER 7-12**

**The Posture of Observation**
Thomas Michael Fortel

One of the great benefits of on-going yoga practice is the development of our ability to pause, and to rest in the posture of observation: an inner state of conscious awareness. This can mean being in a place of deep relaxation, yet alert and aware as we observe our inner reality and outer environment. Yogically speaking, this occurs primarily through the practices of pranayama (conscious breathing), dyana (meditation), and asanas, the postures of yoga. Also, in many of the great psychological practices of the present era, we engage this state by creating space to observe our thoughts, shadow areas, and the light of consciousness moving through us. This posture of observation can be a doorway to greater self-awareness and personal freedom in life. Please join us for this week of yoga practices as we calm and rest deeply in perception through our inner and outer eyes.

Please have a minimum of three months of yoga practice, and bring a yoga mat.

**Thomas Michael Fortel bio on page 35.**

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**Transforming Trauma into Healing Energy: An Integrative, Mystical Approach**
Renée Jennings & Sarah Weiss

Deep within the heart lies the living energy of transformation. This energy radiates our true essence: a whole and multidimensional self. Individually and collectively, trauma and shame can veil us from becoming whole, and can have profound effects on the body and relationships. Therapy modalities derived from epigenetics, neurobiology, and attachment and field theory can offer relief; however, emancipating the soul from trauma’s grasp also requires spiritual medicine.

This integrative and immersive workshop is for therapists and others called to engage in approaches to heal fragmentation and move into a place of self-affirmation, love, and forgiveness. Activities and explorations include the transformative modalities of Gestalt/somatic practices, energy psychology, modified Eye Movement Desensitization and Reprocessing (EMDR), hypnotherapy, and practices from qigong, Andean shamanism, and Sufism. Journaling, large and small group processing, practicum, and lectures will be integrated throughout the week.


Renée Jennings, MA MSW LCSW, is a Gestalt therapist/trainer, energy/intuitive healer, spiritual guide, and teacher/consultant with 25 years of experience in healing arts. She is especially interested in the embodied evolution of consciousness, and mentoring therapists to integrate mystical arts into practice. [www.reneejennings.com](http://www.reneejennings.com)

Sarah Weiss, MA LMT, is a medical intuitive, spiritual teacher, and founder of SpiritHeal Institute. Sarah has been a pioneer in the healing/energy arts for over 40 years. She is adjunct professor at Baldwin Wallace University and contributes regularly to the *Sedona Journal*. [www.spirithealonline.com](http://www.spirithealonline.com)

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Photo by Esalen seminarian Sheva Carr
To be in Big Sur is to swim in the diversity of how water shows itself on earth.

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

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

Steven Harper

Throughout the ages and across cultural traditions, nature has inspired the human spirit. The wilderness of Big Sur allows us to imprint the collective wisdom of this alive and wild coast in our bodies. The ancient redwood-forested canyons, dramatic meeting of earth and sea, and soft grassy hills remind us of the presence, wisdom, and deep sense of belonging that live in each of us.

This workshop will present simple yet profound practices designed to access our capacity to innovate and participate with the essential movement processes of life. Through physical practices, work in pairs, group discussions, and direct experience of nature, we draw on ancient movement traditions of tai chi and aikido and contemporary somatic practices that offer ways of centering, grounding, and knowing our belonging to the greater community of being.

We will venture out on hikes four-eight miles in length. During this time in the wild, we can literally come to our senses. We can experience increasingly refined awareness and perceptual practices to enhance our sensitivity to all that wilderness can offer, and reawaken the elements of wilderness within. With awakened senses we can receive nature’s richness and beauty, inspiring our deepening relationship with ground, center, and embodiment.

All evenings and most meals will be at Esalen. All levels of experience are welcome, although participants should be prepared for some vigorous physical activity. More information and a waiver will be sent upon registration. For an equipment list and frequently asked questions about Steven’s workshops, visit www.stevenkharper.com/faqs.html. ($60 permit and park entrance fee will be added to the workshop cost.)

Steven Harper bio on page 35.

WEEK OF OCTOBER 10-12

A Time to Reflect through Volunteering

This is a special opportunity to experience Esalen without taking a workshop. During this period, we have a limited number of spaces available for people who would like to participate in the Esalen learning culture in their own unstructured way. During this time, Esalen invites you to join in a hands-on experience of working in one of the many departments that are an integral part of the Esalen experience. Working hand-in-hand with Esalen staff, you might experience getting your hands dirty by planting a tree, dusting flour from your apron after baking fresh bread, or watering the carrot seeds you have sown in the garden. Deeply nourish your body, mind, heart, and soul through beautifully prepared and healthy meals, daily yoga and movement classes, the hot springs and massages, time in the meditation center, tea with new friends, or even an evening program, lecture, or open workshop session, when available.

Space in the program is limited; please register early. We recommend you bring the following: journal, digital camera, art supplies, hiking/walking shoes, a good book, and a map of the Big Sur coast. Note: For this program, there is a work exchange adjustment of $150 to the pricing.

Photo by Esalen seminarian Nicole Obst
**WEEKEND OF OCTOBER 12-14**

**Come As You Are: The Surprising New Science that will Transform Your Sex Life**

**Emily Nagoski**

During this workshop, which is designed for individuals of all gender and sexual orientations, we’ll begin with the science of sexual response like you’ve never heard it before, and then blow away five myths about women’s sexuality. When does a woman’s desire for sex start? (Way sooner than you think.) What happens to her body when she’s turned on? (Nothing in particular.) What kinds of sensations are erotic? (In the right context, ALL OF THEM.) What’s the single best predictor of a woman's sexual satisfaction? And how can you have great orgasms reliably? As a bonus, I’ll teach you Emily’s Top 5 Sex Tips for Having Better Sex Than Anyone You Know.

[Recommended reading: Nagoski, *Come As You Are: The Surprising New Science that will Transform Your Sex Life*.]

Emily Nagoski, PhD, is the author of *Come As You Are: The Surprising New Science that will Transform Your Sex Life*. Her degrees are in Health Behavior and Counseling, with concentrations in human sexuality and women’s well-being.

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**Getting the Love You Want: A Workshop for Couples**

**Rick Brown**

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

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

Activities include lectures, written exercises, guided imagery, and live demonstrations of communication skills and processes. Rick has been offering this workshop for more than 20 years, and has appeared on Oprah. The methodology is based on Harville Hendrix’s best-selling *Getting the Love You Want*. For more information, visit [www.rickbrown.org](http://www.rickbrown.org).

This workshop is designed for couples of all gender and sexual orientations.

[Recommended reading: Brown, *Imago Relationship Therapy*; Hendrix, *Getting the Love You Want*. ($20 materials fee for manuals will be added to the workshop cost.)]

Rick Brown bio on page 19.

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**Introduction to Gestalt**

**Michael Clemmens**

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

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

For continuing education syllabus, see [www.esalen.org/intro-to-gestalt](http://www.esalen.org/intro-to-gestalt).

☆ CE credit for MFTs, LCSWs, LPCCs and LEPs; see page 86.

Michael Craig Clemmens, PhD, is a psychologist and trainer in Pittsburgh. He is a faculty member of the Gestalt Institute of Cleveland and teaches at the Metanoia Institute in London, and at Esalen. He is the author of *Getting Beyond Sobriety* and numerous articles on Gestalt therapy, body process, and addiction.
WEEKEND OF OCTOBER 19-21

Into the Fire: The Sun Celebrates Personal Writing
Sy Safransky

Since 1974 The Sun has published the kind of brave, revealing writing that lives up to the magazine’s motto: “What is to give light must endure burning.” We invite you to join Sun readers and contributors — including John Brehm, Frances Lefkowitz, Heather Sellers, Sparrow, Joe Wilkins, and editor and publisher Sy Safransky — for a weekend retreat celebrating the written word. The authors will lead workshops geared to bring forth the best in your own essays, short stories, and poems. A Readers Write session will help get your pen moving. There will be opportunities to speak with Sy, and the weekend will include readings by him and the authors.

You don’t have to think of yourself as a writer to attend, because the best part of a Sun gathering is getting to meet people who appreciate the magazine’s compassionate, unflinching view of the world as much as you do. We hope you’ll join us. The Sun is offering four full scholarships to writers. Please visit www.thesunmagazine.org for details. A large enrollment is expected; we recommend registering soon.

Sy Safransky is editor and publisher of The Sun.

WEEKS OF OCTOBER 21-NOVEMBER 2

Esalen Massage®
Teacher Training Module One
Peggy Horan & Perry Holloman

Today, Esalen Massage® is practiced internationally and renowned for its long, flowing strokes inspired by the ocean waves audible from the Esalen baths. Now for the first time, we’re offering a comprehensive teacher training program in Esalen’s unique form of massage. If you love massage, bodywork, and the healing arts, and you’re practicing Esalen Massage®, we invite you to become part of a growing community of leading-edge teachers aligned with Esalen’s mission to help facilitate individual and collective transformation.

This first module is a two-week-long program designed for certified Esalen Massage® and bodywork practitioners. If you have already completed an Esalen Massage® certification course, this program is for you. Immerse yourself in Esalen’s elemental beauty, delicious cuisine, and daily experiential classes while learning how to teach Esalen Massage® to others. Led by Esalen Massage® School faculty, the program will provide education and leadership skills designed to develop a life practice that offers a pathway to a more flourishing future.

Here’s a sample of the program’s focus areas:

• Esalen Massage® history, fundamental teaching and presentation skills, teaching the signature long-stroke of Esalen Massage®
• Awareness practices fundamental to Esalen Massage® including sensory awareness, mindfulness, and Esalen Massage® Life Practices (daily meditation and movement)
• Building teaching expertise through detailed work on specific areas of the body, anatomy, customizing teaching style to different audiences, building professional networks including marketing, understanding individual and group dynamics, ethics fundamentals, and self-, peer, and teacher assessment

Upon successful completion of this program, teacher-candidates will be invited to attend the second teacher-training module, which moves them one step closer to gaining the title “provisional teacher of Esalen Massage®” at an introductory level. This title will be awarded to teacher-candidates who successfully complete the third and final module of this training. Teacher-candidates who complete 12 months of professional and personal life practice plus additional class hours that may be required will become certified Esalen Massage® teachers.

Tuition for this program is $3,847 for standard shared accommodations and $2,779 for bunk bed accommodations. Sleeping bag, guaranteed single, and premium accommodations may also be available. Participation in this program is by application only. Please contact massageschool@esalen.org for application instructions or with any questions.

Peggy Horan has been practicing and teaching massage at Esalen for more than 40 years. She has also been involved in childbirth education and practiced midwifery in Big Sur since 2003. Peggy is the author of the book Connecting Through Touch.

Perry Holloman bio on page 10.

WEEK OF OCTOBER 21-26
Upledger Institute International’s CranioSacral Therapy 2
Lisa Desrochers

CranioSacral Therapy 2 studies cranial-base dysfunctions as diagnosed and treated by Dr. William Sutherland, the “father” of cranial osteopathy. The course material and hands-on sessions will focus on cranial-base dysfunctions, the masticatory system-hard palate, mandible and temporomandibular joint; whole body evaluation; and the energy cyst with regional unwinding. An introduction to Somato-Emotional Release will also be presented.

The prerequisite for this course is Upledger Institute’s CranioSacral Therapy 1 (CS1) and thorough working knowledge of the 10-Step Protocol.

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

Recommended reading: Upledger & Vredevoogd, CranioSacral Therapy (chapters 7–15); Upledger, CranioSacral Therapy II: Beyond the Dura (chapter 3).

☆ CE credit for nurses; see page 86.
☆ CE credit for massage; see page 86.
Workshop participants will learn from individual instruction and each studio. Basic oil technique, instruction in setting up a palette, mixing immerse themselves in the practice of oil painting. Daily sessions will paintings give evidence of that new vision.

With ourselves. We begin to see the world as never before, and our with nature’s dynamic forces, we develop visual sensitivity, fl exibility, with introspection, contemplation, and healing. One of the most our senses, our minds, and our spirits. It brings together observation in your past. Allow emotions to be experienced knowing that you have the capacity to feel them from a grounded and calm inner presence. Then, take this felt sense of being back into your personal life, family life, work life, and love life.

We will move our bodies, clear our minds, and create intentions to live not from your unconscious past programming but from a new perspective — the perspective of knowing your true self. All you have to do is show up, lie down, and let go; yoga nidra will do the work. We will use two diff erent lineages of yoga nidra: iRest, and Integrative Amrit Method for our inner exploration. Join us as we deeply rest, restore and rewrite our life.

Please bring blankets, yoga mat, eye pillow, and anything you need to lie comfortably on the floor for yoga nidra.

John Vosler is a senior teacher at the Amrit Yoga Institute who leads yoga nidra certifi cation programs, and an iRest teacher certifi ed by the Integrative Restoration Institute. He teaches internationally, leading trainings and retreats on the profound healing benefi ts of the ancient meditation practice of yoga nidra. www.johnvosler.com

Painting the Outer and Inner Landscape

Adam Wolpert

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

This workshop invites both beginners and experienced painters to immerse themselves in the practice of oil painting. Daily sessions will be devoted to painting out of doors as well as doing exercises in the studio. Basic oil technique, instruction in setting up a palette, mixing colors, and brushwork will be balanced with slide presentations. Workshop participants will learn from individual instruction and each other as they share their paintings and experiences in a supportive environment. The spectacular beauty of Esalen, with its radiant gardens, flowing waters, and rugged coastline, provides the perfect setting to explore this exciting practice. You may supply your own materials (material list provided upon registration) or course materials can be provided for you with a $125 materials fee paid directly to the leader.

Adam Wolpert is a painter, facilitator, teacher, and art program director at the Occidental Arts and Ecology Center (www.oaec.org) in Sonoma County, Calif. He has offered workshops and exhibited extensively throughout California. www.adamwolpert.com
Connect to Your Inner-Net: Mindful Practices for Life and Work
Gopi Kallayil & Mirabai Bush

How can the modern workplace become a source of inner peace and global transformation? During this workshop, Mirabai Bush and Gopi Kallayil will explore why and how organizations such as Google teach mindfulness and emotional intelligence skills and offer yoga programs at work. These wellness initiatives are offered through innovative experiential learning programs such as Search Inside Yourself (SIY) and Yoglers. The SIY curriculum and methodology is based on the realization that the solutions to many of our problems lie within ourselves, and that by practicing mindfulness at work, we can become more emotionally intelligent, recover from adversity more easily and swiftly, and create possibilities for ourselves and our organizations to flourish. Building on these ideas and best practices, participants can learn how to create a community of mindfulness in their workplaces.

Come explore contemplative practices including methods designed for the workplace, like mindful emailing and mindful listening. At work, these methods have been shown to enhance mental fitness and clarity, develop agile and adaptive mindsets, reduce stress responses, increase resilience, enhance creativity, develop greater self-awareness and communication skills, and increase overall well-being. This workshop is designed for individuals and also for workplace managers.

Gopi Kallayil bio on page 39.

Mirabai Bush teaches contemplative practices and develops programs through the application of contemplative principles and values to organizational life. A key contributor to Google’s Search Inside Yourself curriculum, Mirabai has taught mindfulness in many organizations and co-authored Compassion in Action with Ram Dass.
www.mirabaibush.com

Meet Your Better Half: Unlock Your Right Brain
William Donius

Learn to activate the right side of your brain to unlock the insights necessary to break through self-limiting patterns. Based on a Nobel prize-winning discovery in neuroscience, this methodology helps you think outside the box and live a more creative, productive, and happier life. William Donius, author of The New York Times bestseller Thought Revolution, spent a decade researching and developing this brain-enhancing methodology. He has taught these skills to a wide range of people, from students and corporate executives to scientists and artists. This innovative approach inspires more creative solutions than conventional thinking or brainstorming sessions. Through easy-to-learn exercises, you can discover ways to harness your intuition and uncover profound insights about yourself that make change possible. By the end of the weekend, you’ll have practical tools you can apply each time you face an important decision or obstacle in life. You can go home with new ways to unlock your own inner genius and create the life you long for. Please bring a notebook or journal and a pen.

Recommended reading: Donius, Thought Revolution: How to Unlock Your Inner Genius.

William Donius was a left brainer for most of his life. Twenty years ago, however, he discovered how to tap into his right brain and it revolutionized his life. New York Times and Wall Street Journal best-selling author, ideation facilitator, and speaker, Bill assists both individuals and organizations in getting “unstuck.” www.williamdonius.com

WEEK OF OCTOBER 28-NOVEMBER 2
EFT Tapping Professional Skills Training
Dawson Church

Emotional Freedom Techniques (EFT) has helped transform the practices of thousands of professionals including life coaches, therapists, and health care workers. EFT uses elements of cognitive and exposure therapy combined with acupressure in the form of fingertip tapping on 12 acupuncture points. Clinical trials have shown that EFT tapping can rapidly reduce the emotional impact of memories and incidents that trigger emotional distress. Clinical EFT is the evidence-based form of the method, with efficacy demonstrated in more than 100 studies. These show that it reduces cortisol and regulates the expression of inflammation and immunity genes.

Develop your EFT skills by joining us for this professional training in Clinical EFT. It offers advanced tools to help your clients and trains you in two-minute exercises that can reduce your own stress throughout the workday. You will explore how traumatic experiences are encoded in the brain and how EFT techniques can quickly remove the emotional charge around negative childhood experiences, severe trauma, and emotional flooding.

The workshop has 16 learning modules that build your skill, step-by-step, in understanding and practicing the 48 core EFT techniques. It includes more than 12 hours of hands-on demonstrations, supervised exercises, extensive guidance, and feedback from the author of The EFT Manual (3rd Ed). Please join us and discover the difference EFT can make to your practice. Prerequisite: In order to maximize practice time and minimize lecture time in this professional training, please familiarize yourself with basic EFT concepts by
Dawson Church, PhD, is the award-winning author of The Genie in Your Genes. He founded the National Institute for Integrative Healthcare to study promising new healing techniques. He shares how to apply these new practices to health and athletic performance through EFT Universe.

www.eftuniverse.com

Groundation Celebration: [R]evolution through Writing, Ritual and Yoga

Nadine McNeil & Sienna Creasy

Groundation, a term coined by Jamaica’s indigenous Rastafari people, describes a potent Jamaican way of life — being balanced, grounded, and centered within one’s purpose. The journey through this experiential and highly intuitive workshop begins slowly with a supportive and grounding asana practice. Next, we rise into writing, breath, joy, and release. Then we soften into sharing, cultivating courage, and setting intention. Drums, movement, and writing are integrated throughout the experience.

In honoring their respective ancestral cultures, the facilitators call heavily upon the Rastafarian and Native American ritual throughout this five-day process. Participants emerge with a sense of belonging — to a larger collective consciousness, a clear purpose and direction for their lives, thus creating a rippling effect that spreads infinitely. Groundation Celebration creates and sustains an inclusive, intimate, and sacred space where one is invited to focus on the process of evolution, transformation, and celebration. Open to all levels. Participants are encouraged to bring an amulet or sacred item to place on the altar. Also please bring along any solid-colored scarves and a small hand mirror. Limited supplies will be provided by the facilitators.

Recommended reading: Rea, Tending the Heart Fire; Kempton, Awakening Shakti: The Transformative Power of the Goddesses of Yoga; Singer, The Untethered Soul.

Nadine McNeil is a Jamaican-born yogini, humanitarian, and passionate storyteller. She is an evolutionary catalyst committed to global transformation. Intricately, she weaves yoga wisdom into a tapestry of former U.N. service, primarily in emergency response and crisis management. In 2010 Nadine founded Universal Empress to amplify her mission. www.universalempress.com

Sienna Creasy is a Prana Vinyasa yoga instructor who studied with Shiva Rea for more than a decade. Sienna creates an experience of movement that integrates fierce embodiment with the energy of Jamaica, where she resides. A former U.S. Peace Corps volunteer, reciprocity is integral to her being. www.siennacreasy.com

Photo by Esalen seminarian Addison Olian
Intimacy and Exposure: The Alchemy of Photography

Andy Abrahams Wilson

Photography is a profound exchange of light energy. Yet in this age of unprecedented picture taking and sharing, we’re often blind to the ways in which the camera can help us experience truer connection and even transcendence. In a time of virtual and hyper connectivity, how can we bring a deeper awareness to the photographic process to enrich our art and lives? At every step, photography is a balancing of relationships (light and shadow, time and space, subject and object, seen and unseen), the union of which brings forth a still moment and new creation. In this way, the camera becomes an alchemical tool for both distilling and dissolving duality.

This workshop is a dive into the natural beauty of Esalen and Big Sur, and offers the opportunity for hands-on creativity while challenging basic assumptions about how we see and engage with our environment. Daily photo assignments and group feedback encourage deeper intimacy with place and people, and highlight our unconscious personal patterns. In fact, the principles we discover through photography are metaphors and guides for living.

This workshop is best suited for people with at least a beginner’s understanding of photography, but all levels can find a comfortable fit. Bring your own digital SLR camera and photo editing software like iPhoto. Or, if you’d like to experiment with your iPhone or iPad camera, that’s okay too. Enrollment is limited for an optimal and intimate group experience.

Andy Abrahams Wilson is an award-winning, Oscar®-shortlisted filmmaker and photographer. President of Open Eye Pictures, Andy emphasizes using the camera as a way to bridge – and heal – disparate parts and people, and to connect to nature, ourselves, and each other. www.openeyepictures.com

Weekend of November 2-4
Conversations on the Edge: The Leader of the Future

Mark Nicolson & Heather McLeod Grant

According to author and leadership activist Margaret Wheatley, as old paradigms die, the sparks of the new paradigm find each other and connect, helping usher the new movement into the mainstream. During this weekend, we — as sparks of the new paradigm — will inquire into how we are experiencing our own evolution as leaders, and who we want to become. Our goal is to inspire, to be inspired, to connect, and to collectively imagine a better future.

If you are currently taking on a substantial leadership role in business, nonprofit, or other organization and want to spend a weekend in conversation with like-minded peers about your own evolution as a leader, this is the place for you. Five possible themes to explore include the following:
• Discovering deeper purpose — what we’re here to do in the world
• Bringing our whole self to our work
• Exploring the role of profit and money
• Generating shared value, not exploitation
• Developing the capacity to transform ourselves, our organizations, and our communities

Other themes are possible too, and will be generated by the group. This gathering breaks from the traditional “expert leader” workshop model and is an experiment in radical co-creation. While there will be skilled and experienced facilitators to support our process, the format of this event is focused on learning from one another and the community that shows up for the conversation. Space in the group is limited and by application only. Please contact mark@nicsongroup.com to apply.
Mark Nicolson is an organizational consultant based in Silicon Valley, Calif. He specializes in leadership and team development for visionary entrepreneurs and catalysts for social change. He is also the co-founder of T12N, a transformative leadership training. www.nicolsongroup.com

Heather McLeod Grant is a consultant, social entrepreneur, and co-founder of Open Impact, a strategic advisory firm that partners with social change leaders. She is the author of Forces for Good: The Six Practices of High-Impact Non-Profits, among other books.

Gratitude Retreat
Janet Stone

We gather at Esalen for a weekend to remember — with our bodies, minds, and spirits — all that we have to be grateful for. This experience includes yoga, reflection, renewal, soaking in the healing baths, walking on Esalen property, and detoxifying the body, mind, and spirit. Before you step into the swirl of the holidays this year, give yourself the gift of looking within. Immerse yourself in a dynamic ritual of asana, pranayama, chanting, meditation, and yoga nidra. Let’s recognize each breath as a gift, as we’re nourished by delicious organic meals, the natural hot springs, walks among the majestic redwoods, or simply curling up in an ocean-view chair. Whether you come alone or with loved ones, you are sure to return to your daily rhythm with a newfound sense of ease, inspiration, and deep gratitude for the life you’re living. Please bring a yoga mat.

Janet Stone traveled to India in 1996, where she dedicated herself to a conscious evolution through yoga. Janet blends a wealth of knowledge and yoga experience to create a unique, vigorous-yet-sumptuous approach to Vinyasa yoga. She teaches in San Francisco and leads retreats internationally. www.janetstoneyoga.com

WEEK OF NOVEMBER 4-9
The Space Between Stories
Charles Eisenstein

The world is in a time of transition in the deep mythology that runs our civilization. Many of us personally are in such a transition as well. Often, it is a crisis that initiates this transition, a crisis in work, health, or relationship. For some, the breakdown happens in every area simultaneously: an initiation into a new phase of life. In this transition, the old story of who we are, what is normal, what is possible, what is real, and how to live life falls apart, as we prepare to step into a new story. Before that happens, we pass through a special phase: “the space between stories” The old answers no longer work, and the new answers haven’t emerged yet. Who am I? Why am I here? How do I navigate life? The ground has shifted beneath us.

Please consider joining this workshop if you:
• Are navigating the space between stories right now
• Recognize you are still in an old story that is no longer able to hold you, and you perceive that it is coming to an end
• Recently emerged into a new story but are still uncertain there
• Feel an unreasonable Yes toward this retreat!

Note: Initial registration for this workshop is through Charles Eisenstein only. To begin, please visit www.charleseisenstein.net/events/space-stories-esalen-november-2018. Only after you have completed this process will you be able to register with Esalen. For Esalen pricing chart, see www.esalen.org/page/workshop-pricing-partner-programs.

Charles Eisenstein is a speaker and writer focusing on themes of human culture and identity. He is the author of several books, most recently Sacred Economics and The More Beautiful World our Hearts Know is Possible. He lives in Asheville, NC, with his wife and four children. www.charleseisenstein.net

Upledger Institute International’s Lymphatic Balancing for the Total Body
Kerry D’Ambrogio

Lymphatic Balancing (LB) is a curriculum specifically designed to utilize the philosophy, approach, and specialized manual lymphatic drainage techniques, which were originally designed to treat lymphedema, and apply them to the orthopedic patient. LB is designed to treat excess fluid or swelling, fluid stagnation or lymphedema in the cranium, spine, rib cage, visceral system, and the upper (shoulder, elbow, wrist, and hand) and lower extremities (hip, knee, ankle, and foot).

This workshop includes lecture, demonstration, and practice for each technique presented. Students will gain a thorough under-
standing of Lymphatic Balancing Techniques used for the specific evaluation and treatment of excess body fluid or swelling in the body. This class teaches you a total body approach to lymphatic balancing. LB is useful place to start for new patients before performing specific LB on local regions of the body, or as maintenance for the patient.

In this workshop you will:

• Understand the history, principles, and neuromuscular basis of Lymphatic Balancing
• Conduct a thorough specific orthopedic evaluation
• Understand the indications and contraindication of Lymphatic Balancing
• Be able to chart your results of the evaluation and formulate a treatment plan
• Determine the proper sequence of treating the Total Body Lesion
• Perform Lymphatic Balancing on the nodes, vessels, and tissues of the cranium, spine, thorax, abdomen, and upper and lower extremity
• Understand the clinical importance of Lymphatic Balancing
• Integrate Lymphatic Balancing with other treatment modalities

☆ CE credit for nurses; see page 86.
☆ CE credit for massage; see page 86.

Kerry D’Ambrogio is a lecturer, author, physical therapist, osteopath, and board-certified acupuncture physician. He is the president and director of Therapeutic Systems, Inc. (TSI). TSI is an internationally known seminar company as well as a treatment center. www.tsitherapy.com

The Healing Art of Deep Bodywork: Thoracic Outlet Syndrome and Disorders of the Temporo-Mandibular Joint

Perry Holloman & Johanna Holloman

There is growing demand for massage practitioners who have mastered the art of moving deeply into the body with skill and sensitivity. The capacity of Deep Bodywork to alleviate acute and chronic pain has made it an indispensable tool in treating difficult conditions such as thoracic-outlet syndrome and disorders of the temporo-mandibular joint. Understanding how the body’s soft tissues (muscles and fascia), can be brought into “organizing relationship” with its bony elements (the skeleton) through competent bodywork is crucial to alleviating the type of suffering typical of these two conditions.

This new Deep Bodywork workshop, designed for professional massage and bodywork practitioners, will focus on healing the relationship between the base of the neck, upper ribs, clavicle, and scapula—the structures that create the thoracic-outlet. The scalene, sterno-clido mastoid, sub-clavius, and trapezius muscles will be of particular interest to us in this regard. Understanding the role of the pectoralis-minor in creating and sustaining this painful condition will be emphasized. Our attention will then turn to organizing on the masseter and temporalis muscles (face and head) as we transition into healing the temporo-mandibular joint. As we learn to work with these complex conditions, we’ll examine issues of the pace and depth of our work. Learning to slow down and sense tissue opening and changing is a fundamental skill vital to master as a professional bodyworker. It is the key to restoring normal function to structures that have become short, hard, and lifeless through trauma, poor posture, or repetitive stress injuries.

Professional massage experience is highly recommended for this advanced-level class. This seminar is part of the Deep Bodywork for Massage Practitioners series developed by Perry and Johanna Holloman. This course offers 32 continuing education credits for massage. For more information, visit www.deepbodywork.com.

★ Recommended viewing and reading: The Healing Art of Deep Bodywork DVD series, available at www.deepbodywork.com; Juhan, Job’s Body. ($30 extra tuition and $5 materials fee will be added to the workshop cost.)

☆ CE credit for nurses; see page 86.
☆ CE credit for massage pending; see page 86.
☆ CE credit for acupuncturists pending; see page 86.

Perry Holloman bio on page 10.
Johanna Holloman bio on page 10.

Sharing Your Life Story: From the Page to the Stage

Ann Randolph

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

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

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

Recommended reading: Pressfield, War of Art.

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

WEEKEND OF NOVEMBER 9-11
X – THE EXPONENTIAL HUMANITY SERIES:
BLOCKCHAIN AND CRYPTOCURRENCY
Alison Raby & James Hanusa

Digital Raign’s Blockchain and Cryptocurrency Summit is an invitation to both experiential and conversational sessions with a focus on actionable outcomes. This segment of The X Series will explore how cryptocurrencies and blockchain are revolutionizing and disrupting markets, industries, and governance.

Prognosticators foresee these distributed technologies as the end of many pillar institutions and associated economic, legal, and political structures of society, but also as mechanisms for democratizing and reinventing the functions those institutions serve — with wide-ranging applicability to the growing challenges humanity faces today. Revolutionary new applications have been implemented across numerous sectors and industries to address issues including poverty, the environment, human migration, and digital identity. This summit’s intent is to shift the conversation from today’s hype to tomorrow’s impact on society, and to identify the way projects can be crafted and a community fostered to realize the power of these technologies for the benefit of humanity.

This is an invitation to leaders in the blockchain and cryptocurrency industries to convene, ideate, and co-create positive, impactful strategies focused on tech for good as the Fourth Industrial Revolution continues to rapidly take shape and accelerate.

Esalen’s history as the birthplace of the human potential movement and facilitating emergent movements, and current exploration of collective potential provides the foundation for a collaborative journey that seeks blockchain and cryptocurrency’s ultimate potential. Invited global partners will provide insights on latest development initiatives, collaboration opportunities, and policy frameworks including ID2020 and the U.N. Sustainable Development Goals.

Note: Registration for this program is by application only. For application and instructions or to learn more about The X Series, please visit www.digitalraign.com/esalen-x-series.

Alison Raby bio on page 12.
James Hanusa bio on page 12.
The Yoga of Deep Intimacy
Michaela Boehm

Whether you are starting an intimate relationship or want to deepen passion with your partner, the principles of Intimacy and Polarity—the spark that keeps passion alive—are always available to deepen your experience. The process of cultivating masculine purpose and feminine love-light is the basis of passionate relating and deeper intimacy.

In this experiential course, you will be shown the building blocks, practices, and disciplines of creating deeper connections in your life.

During this weekend together you can:
• Learn about the principles of creating and deepening passion and intimacy
• Understand the difference in offerings of the feminine and masculine, and the distinct gifts they bring to intimacy
• Discover how to bring your partner into his or her essence and induce the play of polarity even after a day at work
• Explore new ways of bringing depth and excitement into your loving
• Bring home skills and tools for intimate connection

Note: This weekend workshop is open to singles and couples of any sexual orientation. Participants should be prepared for extensive experiential practice. Sex and nudity are not involved.

Michaela Boehm teaches and counsels internationally in intimacy and sexuality. Born and raised in Austria, Michaela combines her background in psychology with in-depth training in the yogic arts as a classical Kashmiri Tantric lineage holder. Michaela teaches internationally and traveled and co-taught with David Deida for 13 years. www.michaelaboehm.com

Conversations on the Edge
The Future of Money: The Role of Blockchain and Cryptocurrency

If you are looking for another way to grow, in a unique container different from the traditional workshop, please join us for an Esalen original series: Conversations on the Edge. We have invited selective voices to speak to some of the most pressing issues of our time in a vibrant forum of lecture, Q&A, and idea sharing. In The Future of Money: The Role of Blockchain and Cryptocurrency, we will engage in short lightning talks by visiting teachers and skilled experts who will explore with you the impact of blockchain and cryptocurrency on our future. This weekend is comprised of several short but impactful lecturers, which end in conversation among the audience. A Friday reception will kick off the weekend, and on Sunday participants will share a closing brunch for self-directed conversations and check-in. Scheduled gathering time will be significantly less than traditional workshops to allow for participation in movement and meditation classes, healing arts and hot springs, and the natural beauty of Esalen. Presenters are subject to change.

WEEK OF NOVEMBER 11-16
Sacred Evolution: Yoga and Meditation
Charu Rachlis

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

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

Bio-hacking the Language of Intimacy
Mike Lousada & Louise Mazanti

Our hearts yearn for love, but patterns in our neurobiology can inhibit us. The way we currently know how to relate with others emotionally and sexually is our language of intimacy. This language is inherited from parents, peers, and culture, and operates mostly unconsciously, hijacking our nervous system to recreate experiences that compromise our dreams and desires. Bio-hacking your language of intimacy means understanding your emotional patterning around
Michaela Boehm is passionate about helping others to enhance deep intimacy, foster lasting attraction, and support full embodiment. Michaela combines her background in psychology and clinical experience with her training in the yogic arts as a classical Kashmiri Tantric lineage holder. She teaches and counsels internationally and co-taught with David Deida for more than a decade. We spoke with Michaela about early influences, obstacles to intimacy, and evolving notions of masculine and feminine.

Michaela’s workshops include *The Yoga of Deep Intimacy*, November 9-11 and *The Wild Woman’s Way: Embodied Feminine Practice*, November 11-16.

We spoke with Michaela about creating deep intimacy and her upcoming workshop.

Was there a specific moment or experience that drew you to your calling?

For my 12th birthday I received a copy of *The Mists of Avalon*. This book was a great influence; through it I received my introduction to spirituality as well as intimacy and sexuality. I remember specifically being very heartened about the idea in the Celtic traditions — exactly like in the Tantric traditions — that there were masculine and feminine forces in each of us that you could work with, and also that there were strong female-led spiritual lineages as well as male ones.

What is Kashmiri Tantra?

The Kashmiri Tantra lineage is handed down from woman to woman. It is a life-affirming, life-involving tradition. This tantra is an engagement with life itself, so that in relationship as well as in life you can learn how to stay open, be engaged, feel fully, and connect deeply so that you can be intimate with life itself and your whole life becomes a sacred offering.

What are some common obstacles that prevent deep intimacy?

The main obstacle many people encounter is losing the spark in an otherwise good, loving relationship. Another aspect I often find is that people have never really created a common purpose for their relationship, so they are misaligned and not able to communicate with each other to get on the same page. Intimacy is like a muscle — you have to be with your own feelings and be with someone else at the same time. My workshops give people a skill set in how to create and sustain intimacy.

Given the wide range of gender identities, how do you adapt and evolve notions of masculine and feminine in your work?

To me, the principles underlying the work go beyond gender identities. Rigidly conflating masculine with men and feminine with women causes a lot of misunderstandings. In each human there are both. I work with people across gender identities and sexual orientations to address what I see as universal desires: How can I have deep intimacy? How can I love and be loved? And how can I have an exciting sex life?

What makes teaching your workshop at Esalen so unique?

There is so much at Esalen that supports this work: the beautiful environment, the baths, the ocean, the food, and the daily classes to engage the body. This is all so conducive to a sensual engagement with oneself, nature, and another. It also allows me as the facilitator to use all those aspects of Esalen as part of the teaching, and it is such a rich experience for those attending the programs.
sex, relationship, and intimacy, and using neuroscience and biochemistry to change it.

This workshop combines a heart-centered, humanistic approach with neuroscience to increase your ability to be authentic, sensitive, vulnerable, playful, innovative, deep, and powerful in your intimate life. You will bring consciousness to the ways you hold back, and learn how to let go, to create the love, intimacy, and connection you’re longing for. Based on the pioneering approach of Psychosexual Somatics® Therapy, bio-hacking your intimacy will engage your brain, body, and emotions in new ways of engaging with life itself. There is no nudity in the workshop, and it welcomes both singles and couples.

Recommended reading: Lousada and Mazanti, Real Sex: Why Everything You Learned about Sex is Wrong.

**Mike Lousada** is the founder of pioneering Psychosexual Somatics® Therapy based on psychotherapy, neuroscience, trauma therapy, and bodywork. He is a Hay House author, psychotherapist, clinical sexologist, and international teacher. He teaches alongside his wife and fellow psychotherapist, Louise Mazanti. [www.mazantilousada.com](http://www.mazantilousada.com)

**Louise Mazanti, PhD** co-developed Psychosexual Somatics® with her husband and fellow psychotherapist, Mike Lousada. She is an international teacher, Hay House author, and works in private practice as a psychotherapist specializing in sex, relationship, and intimacy issues and female empowerment. [www.mazantilousada.com](http://www.mazantilousada.com)

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**The Wild Woman’s Way: Embodied Feminine Practice**

**Michaela Boehm**

The Wild Woman is an archetype that represents a connection with our “wildish” nature. This is the part of us that connects to the earth, feels the movement of tides and stars, submerges in the waters, and dances through realms of mystery. This is the part of each woman that intuitively knows. Our wildish nature is unique in each of us; no two women feel it alike. Yet, we all yearn to be more, move more, feel more, and be fuller and more passionate. This experiential course is a chance to discover who your Wild Woman really is, and how she expresses herself. Through exercises, movement, dance, immersion in the Esalen baths, and art, you can discover how you express yourself as a woman and experience a deepening of your relationship to yourself and those around you. This workshop is for women only.

**Michaela Boehm** bio on page 60.

**Dance of Oneness®: Rumi and the Dance of Light**

**Banafsheh Sayyad with Tony Khalife**

How would you like to bring all of yourself to the dance and be the living YES?

Dance is the joy of the soul and the body. The soul’s entry into the body is a dance. Regardless of what you do and what your work is,
your soul wants to dance, touch, and kiss the infinite, and that can only happen through trusting, letting go, and listening to your own divine essence. Rumi’s vision of sacred passion in action is returning to galvanize our hearts and minds. Dive in and embody his passionate and transformative message and immerse yourself in a sacred field of empowering grace that supports you in living with reverence and light from your deepest passion.

Sacred dance is not just about feeling blessed out and flying into transcendent light. It’s about uncovering your purpose for being alive and doing the real work of radical embodiment, where you feel yourself as light and matter, male and female, your divine self and shadow, all at once — simply right here, right now as an instrument of love in the world. Banafsheh and Tony will lead a nurturing weave of structured and free-style dance, whirling, chanting, live music, meditation, wisdom teachings, and lots of laughter. Open to all.

Banafsheh Sayyad, MFA, LAc, is a Persian sacred dance artist, transformational teacher, and licensed acupuncturist. She is the founder of the pioneering synthesis of embodied spirituality known as Dance of Oneness® which beckons ALL to exalt. She teaches and performs worldwide. www.banafsheh.org

**Art as a Spiritual Path: Paintings that Awaken the Soul**
**Paul Heussenstamm**

The practice of painting is healing and meditative. No experience is necessary as we transform our everyday consciousness into the inner artist that lives in each of us. The week is designed to introduce the possibility that you are an artist, and that the artist path is one of joy, insight, and awareness. It’s amazing that in just a few days, you can finish a colorful painting that reveals many of the deep inner patterns that connect you with your soul. After seeing mandalas made during Paul’s workshop, Eckhart Tolle commented, “These paintings carry a healing presence.” Deepak Chopra said, “These paintings are archetypal manifestations of higher consciousness.” After the workshop, you will have the foundation for painting sacred art and mandalas at home, as you continue on this path of self-discovery and the new-found relationship to art and your soul.

- **Recommended reading:** Heussenstamm, *Divine Forces: Art that Awakens the Soul* and *Color Yourself Calm*. ($50 materials fee will be added to the workshop cost.)

Paul Heussenstamm comes from a family immersed in art and spirituality. At 35, he began painting in earnest after a single art class expanded into a consuming passion, a new profession, and a new perspective on life. He understands mandalas as psychic maps and symbols of wholeness. www.mandalas.com

**Thriving in Uncertainty: A Workshop in Sensory Awareness**
**Lee Lesser**

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

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


☆ CE credit for nurses; see leader.
☆ CE credit for massage; see leader.

Lee Klinger Lesser led Sensory Awareness workshops with Charlotte Selver. She has taught workshops in English and Spanish for almost 40 years. She also leads diversity and equity trainings, and has been developing a program to support returning veterans through sharing mindfulness and meditation practices. www.returntooursenses.com

**WEEKEND OF NOVEMBER 16-18**
**The Rhythms and Stories of Our Lives: 5Rhythms® and Motion Theater®**
*Lucia Horan & Davida Taurek*

“Movement is medicine.” — Gabrielle Roth

Experience the freedom and transformative power of self-expression through the catalytic practices of the 5Rhythms and Motion Theater. Motion Theater, a form of improvised autobiographical storytelling grounded in a lively physicality, simultaneously functions as performance art, healing method, and spiritual practice. The 5Rhythms is a dynamic moving meditation practice that invites us to embody our psyche and awaken our soul. Together we will dance, vocalize, share our stories, and play simple theater games that ignite the creative collective spirit. The skills and tools you will learn will inform your daily life, bringing acceptance, grace, and play wherever you need it.

This workshop will provide techniques to translate our inner life stories into art, while offering the opportunity to express ourselves freely in a safe and supportive environment. Expect to surprise yourself and perhaps even leave with a greater sense of vitality, ease, and joy.

Lucia Horan bio on page 25.

Davida Taurek, MS, has a diverse academic background in counseling psychology, the creative arts, and body-centered therapies. She is a certified instructor of Watsu, WaterDance, Motion Theater, and the 5Rhythms®. She leads classes, trainings, and workshops worldwide. www.davidataurek.com
Developing a Reliable Refuge
Noah Levine

We are always taking refuge in something. For most, it is seeking safety and happiness in material things and sensual pleasures. During this holiday of American Thanksgiving week, there is so much pressure to be with family and friends. For some, family has been a refuge. For others, family has been a source of great difficulty. Those of us who have seen the truth that our happiness will never come from outside ourselves begin to seek a reliable internal refuge — a way of practice and lifestyle that supports being wise and compassionate. In Buddhism this is called taking refuge in the Dharma, the path to awakening (dharma), and the community that supports us on the path (sangha).

In this workshop, you will be taught the core teachings of the Buddha’s Four Noble Truths. You also will be guided in meditation practices and will have the opportunity to formally commit or recommit to the path of awakening. There will be a celebratory Thanksgiving dinner in the Esalen Lodge.

Noah Levine is the founder of the Against The Stream Buddhist Meditation Society with centers in Los Angeles and San Francisco, Calif., and affiliated groups internationally. He created a process of addiction recovery based on the teachings of the Buddha called Refuge Recovery. He is the author of Dharma Punx and other books. www.againsttheflow.org

FAMILY MINDFULNESS WEEKEND: ACKNOWLEDGE, RELEASE AND INVITE POSSIBILITY
Samantha Snowden

Is your family going through a transition? Do you all need space to reflect, commune, and discover new possibilities for relating to what is happening? This workshop is open to families who have a history with issues concerning addiction recovery, depression, anxiety, motivation, self-esteem, and changes in family dynamics.

When difficulty arises in our families, we are often given well-meaning advice but experience a lack of space to process and allow what is happening to be just as it is. This weekend workshop offers families with adolescents and young adult children both solitude and community, space to share stories and reflections, and time to meditate. With mindfulness as our foundation, we will explore our relationships to difficulty, releasing through forgiveness, and opening to possibilities for healing. The weekend’s activities incorporate art, meditation, and group discussions.

The weekend will flow between meditative solitude and exercises that include the following themes:
- Compassion for self and family members
- Equanimity and radical acceptance
- Open communication
- Value clarification

Note: Tuition for youth aged 11-17 enrolled in weekend workshops is $420. Those 18 and over pay regular tuition.

Samantha Snowden is a mindfulness coach for youth, adults, and families. She has taught courses at the graduate level at Columbia University in subjects such as mother-child matrix, adjustment, and mindfulness with youth. She developed a well-funded mindfulness program at Columbia while leading researcher in the mindfulness lab. www.utmostself.com

WEEK OF NOVEMBER 18-23
Developing a Reliable Refuge
Noah Levine

Heart to Heart: 5Rhythms® Heartbeat and Buddhist Heart Practice
Lucia Horan

Heart to Heart: 5Rhythms® Heartbeat and Buddhist Heart Practice is a weekly heart practice that brings the body, mind, and spirit together in a dynamic way to embody the power of compassion. This practice is based on the teachings of Buddhism and the 5Rhythms by Gabrielle Roth. The practice includes meditations, movement, and guided reflections.

Heart to Heart: 5Rhythms® Heartbeat and Buddhist Heart Practice is a weekly heart practice that brings the body, mind, and spirit together in a dynamic way to embody the power of compassion. This practice is based on the teachings of Buddhism and the 5Rhythms by Gabrielle Roth. The practice includes meditations, movement, and guided reflections.

Lucia Horan bio on page 25.
WEEKEND OF NOVEMBER 23-25

TENDING THE HEART FIRE: REGENERATING THE BODY OF LOVE THANKSGIVING YOGA JOURNEY

Shiva Rea

Join our annual Thanksgiving retreat to tend your heart fire as the center of wisdom, soul satisfaction, and most of all the transforming power of love. For many years, we have retreated to the warm springs of Esalen during the Thanksgiving weekend for a ritual deepening and renewal of the heart fire. This popular retreat always changes and yet is constant in the regeneration of the “body of love.”

From our physiology to spiritual realization, tending the fire of love is one of the highest and most regenerative practices we can offer ourselves, our partners, our families, and the world. This practice releases a positive cascade that elevates every aspect of being alive. In a distressed world, tending the heart fire is the practical awakening of the regenerating power of the body of love as a living practice in yoga and daily life.

Together we will explore:

- **Prana Flow Movement Alchemy: Energetic Vinyasa Ritual Practice (morning)**
- **Mudra, Mantra, and Yoga Nidra (Deep Relaxation) Meditation**
- **Ayurvedic and Tantric practices for Cultivating Ojas**
- **Fire-ritual under the night sky (weather permitting)**

The retreat is open to experienced practitioners and all yogadventurers familiar with the sun salutations.

![Photo by Esalen seminarian Nicole Obst](image)

**Recommended Reading**: Rea, *Tending the Heart Fire – Living in Flow with the Pulse of Life.*

Shiva Rea is a yogini firekeeper, sacred activist, global adventurer, and innovator in the evolution of Vinyasa Flow yoga that integrates the tantric bhakti roots of yoga, Krishnamacharya’s teachings, and a universal, quantum approach to the body. [www.shivarea.com](http://www.shivarea.com)

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**THE ESSENTIAL QI-GONG EXERCISES OF CHINA**

Chungliang Al Huang

This weekend, Chungliang Al Huang will teach the most essential qi-gong exercises of China for all who wish to sustain a daily practice for personal mind-body-spirit well-being. Master Huang will teach easy-to-absorb and adaptive exercises of this ancient qi-gong practice, and assist the seminarians through metaphors, visualization, sonic chanting mediation, and deep circular breathing methods. It will be joyful and fun for all levels and all ages of the practitioners, to catch this healthy habit for good: “Wei Wu Wei”—doing by not doing, spontaneously. Beginners and “advanced beginners” are welcome.

Chungliang Al Huang teaches Tai Ji philosophy, East/West synthesis, and the art of movement meditation. He is the founder-president of the Living Tao Foundation and director of Lan Ting Institute in the Sacred Mountains of China. He is the best-selling author of numerous books including *Embrace Tiger, Return to Mountain* and *Tao: The Watercourse Way*, co-authored with Alan Watts. [www.livingtao.org](http://www.livingtao.org)

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**RESILIENCE: FACING THE MESS WE’RE IN WITH CLARITY, COMPASSION AND COURAGE**

Linda Graham

Challenges and crises are part of the human condition: for ourselves, for people we care about, for our communities, and for our larger world. This workshop offers practical tools informed by modern neuroscience to strengthen our somatic, emotional, relational, and reflective intelligences to deal with any disruption to coping, across the spectrum from barely a wobble, to genuine upset, to being dumped completely out of our boats. The group will be taught practices including mindfulness, compassion, empathy, and forgiveness that can shift the functioning of the brain out of contraction and reactivity.
into more receptivity and openness. Through this process, we can reduce the impacts of stress and trauma, recover inner stability, and move into thriving and flourishing.


CE credit for MFTs, LCSWs, LPCCs and LEPs; see page 86.

**Linda Graham, MFT**, integrates modern neuroscience, mindfulness practices, and relational psychology in her international trainings. She is the author of the award-winning *Bouncing Back* and posts weekly resources for recovering resilience on her website. [www.lindagraham-mft.net](http://www.lindagraham-mft.net)

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**WEEK OF NOVEMBER 25-30**

**Creative Tai Ji Experience in Daily Living**

**Chungliang Al Huang**

This week, we will reinvent Tai Ji forms playfully with ancient Tai Ji rituals, Five Moving Forces of Nature, as well as traditional Tai Ji motifs. We will explore, improvise, and evolve, to find renewal and refreshed ways to dance the open structures of this ancient wonder of movement meditation.

To be truly creative is to learn not to consciously control yourself with pre-conceived restrictions, but to allow yourself the freedom to flow. Taoist wisdom calls it Wu Wei: Not interfering with what is already happening. With more than 50 consecutive years of teaching experiences since Esalen was founded, Master Huang will share his unique ways of imparting Tai Ji experience to all levels of practitioners. Come enjoy this creative “Living Your Tao” Tai Ji experience.

**Chungliang Al Huang** bio on page 65.

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**Social Entrepreneurship: From Spiritual Values to Effective Action**

**Susan Collin Marks & John Marks**

Many of us feel a growing longing to have a positive impact on the world. We hold a vision of infusing our spiritual values into the political, economic, and social life of our planet to create a kind and dignified world for all.

During this workshop, Search for Common Ground Founder John Marks and Peace Ambassador Susan Collin Marks take you deep within yourself to unfold and define your personal vision. You can discover the Principles of Social Entrepreneurship, and the possibilities that abound when you grasp your inner potential to make a real difference, right now. Search for Common Ground grew out of meetings at Esalen in the early 1980s into one of the world’s largest non-profit peace-building organizations, with offices in 35 countries. The keys to Search’s success have been profound creativity, nimbleness, and an unswerving, compassionate vision, reflected in the range of their work: TV and radio soap operas that reach millions, countering extremism in the Middle East, participatory theater in Africa, and Congressional conversations on race in the U.S. Participants are expected to attend all workshop sessions.

For more information, visit [www.sfcg.org](http://www.sfcg.org).

**Susan Collin Marks**, a South African, has been an international peacemaker for more than 25 years, and works as Peace Ambassador for Search for Common Ground. She is a Skoll Awardee for Social Entrepreneurship and holds an honorary doctorate from the University for Peace. [www.sfcg.org](http://www.sfcg.org)

**John Marks** founded Search for Common Ground, a peace-building NGO with offices in 35 countries. He was a best-selling, award-winning author, a U.S. Foreign Service Officer, a U.S. Senate aide, a Skoll Awardee for Social Entrepreneurship, and an Ashoka Senior Fellow. [www.sfcg.org](http://www.sfcg.org)

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**Relational Gestalt Practice: The Transformative Power of Emotion**

**Dorothy Charles**

Each of us finds our true selves through our emotions. In order to become whole, we must discover how our experience is organized in limiting, unconscious patterns and through that process, learn how to organize our experience in new ways. When we begin to expand and integrate a broader range of emotions, we move toward wholeness because the ability to experience and to express emotions is integral to the experience of aliveness. Learning to fully experience feelings and to be able to articulate them in healthy, meaningful ways enables us to have more pleasurable and fulfilling relationships.
This experiential and didactic workshop will blend individual and group Relational Gestalt work. The intention of Relational Gestalt Process is to expand emotional range by feeling, expressing, and building emotional tolerance in order to strengthen our relationships. We will experiment with tracking our emotions, learning to recognize them as signals that call for awareness and attention, rather than as something to be avoided.


- **CE credit for MFTs, LCSWs, LPCCs and LEPs:** see page 96.

**Dorothy Charles** has been a student and teacher at Esalen since 1982. A student of Esalen co-founder Richard Price, she combines Esalen body-centered Gestalt with relational Gestalt theory, and leads workshops in Asia, Europe, and the U.S. [www.dorothycharles.com](http://www.dorothycharles.com)

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**Awakening the Creative: The Painting Experience**

**Stewart Cubley**

Explore the world of spontaneous creation, an unpredictable territory beyond the expected where no rules apply. In a respectful and nurturing studio environment, you’ll receive individual attention and gentle guidance to help you open to inspiration, creativity, growth, and change. Using the powerful tool of “process arts,” you’ll be supportively invited to:

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

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

- **Recommended reading:** Cassou and Cubley, *Life, Paint & Passion*. ($50 materials fee will be added to the workshop cost.)

**CE credit for MFTs, LCSWs, LPCCs and LEPs:** see leader. **CE credit for nurses:** see leader.

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

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**WEEKS OF NOVEMBER 30-DECEMBER 16**

**100-Hour Esalen Massage® Certification Program**

**Esalen Massage® Staff**

Esalen offers numerous levels of basic massage certification. For an overview of these offerings, please visit [www.esalen.org/page/esalen-massage-certification-programs-overview](http://www.esalen.org/page/esalen-massage-certification-programs-overview). The 100-Hour Professional Certificate in Esalen Massage® program offers a comprehensive training for certified bodyworkers who wish to add the Esalen approach to their professional repertoire. Esalen pioneered many approaches that integrate body, mind, and spirit, and Esalen Massage® builds on this rich history in the depth of its curriculum. It also offers an experience of the “bigger picture” of how to use simple human touch to support healing within the whole person.

The course begins with training in centering, grounding, awakening the senses, and developing the art of being present. The initial focus is on quality of touch, Esalen’s holistic approach to massage, and the signature long strokes. By means of lectures, demonstrations, and supervised practice, the course moves into
detail work and assisted movement, with attention to body mechanics and somatic considerations. Relevant anatomy and physiology concepts are also highlighted. You also will learn communication skills for interacting with clients in a clear, compassionate manner. This certificate in Esalen Massage® is open only to massage practitioners with 150 hours of massage training at a state-approved school, and some massage practice.

Upon satisfactory course completion, successful evaluation sessions, and documentation of 30 additional massages at your home site, an Esalen Institute-recognized Certificate in Esalen Massage® for 100 hours will be issued. The certification fee is $115. Esalen is an approved School by the Bureau for Private Post-secondary Education (school code 2700571) and the California Massage Therapy Council (school code SCH0010). This course is especially useful for those in the healing professions in working with their patients and clients. This is a professional training with limited admission. Tuition is $5,110 for standard shared accommodations and $3,690 for a limited number of bunk-bed accommodations. Bunk bed and other scholarship are awarded based on financial need and social impact.

Please request an application form by contacting massagecert@esalen.org.

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

☆ CE credit for massage; see page 86.

WEEKEND OF NOVEMBER 30-DEC 2

BodyWise: Discovering Your Body Intelligence for Lifelong Health and Healing
Rachel Abrams

What might it feel like to live a life your body loves? We are born to be bodywise — able to listen to the messages of our body, both simple and deeply intuitive, to navigate our health and our life. Are you tired? In pain? Sometimes anxious or depressed? Struggling with low libido? Or just curious how you can live the vital, deeply connected life that you deserve? During this workshop, you’ll have the opportunity to gain new tools to help you be bodywise, to sense what your unique needs are for food, sleep, movement, love, and purpose.

The group will use active exercises, interactive group support, and self-exploration in support of discovering what your individual health and wellness challenges are, and how you can access body wisdom to navigate life in the direction of vitality, joy, and contribution. This workshop is open to people of all ages and life stages. Don’t you deserve a life that your body loves?

Recommended reading: Abrams, BodyWise: Discovering Your Body’s Intelligence for Lifelong Health and Healing.

Rachel Carlton Abrams is an award-winning integrative medicine physician, treating men, women, and children since 1997. She authored four books, most recently BodyWise, and teaches dynamic workshops throughout the world. www.doctorrachel.com

Photo by Ed Caldwell
Releasing Pain, Healing Grief and Remembering with Love

David Kessler & Paul Denniston

Many people in grief dread the holidays after a loss. Join grief expert David Kessler and grief yoga teacher Paul Denniston for a weekend of healing. You can discover how pain may be inevitable after loss, but suffering is optional. The heart aches, the body remembers, and the mind can get lost in all the guilt, what ifs, and regrets. Using many different techniques, you can learn how to deal with yearning and sadness, and to imagine a life beyond loss. David and Paul teach therapists ways to help clients find peace in loss and learn how to live again. Now you can learn to heal directly from them. Begin to remember your loved one with more love than pain and bring about a more meaningful new year. Please bring a yoga mat.

CE credit for MFTs, LCSWs, LPCCs and LEPs; see page 86.

CE credit for nurses; see page 86.

David Kessler is a grief and healing expert whose work has been featured on CNN, PBS, Oprah.com, and elsewhere. His latest book is You Can Heal Your Heart: Finding Peace After Breakup, Divorce or Death co-authored with Louise Hay. He also co-authored two bestsellers with Elisabeth Kübler-Ross. He founded Grief.com. www.davidkessler.org

Paul Denniston created Grief Yoga and studied with William Worden and Peter Levine. He also studied with yoga masters Gurmukh and Seane Corn. Paul has taught Grief Yoga to therapists, counselors, and health care professionals to use with their clients in the U.S., England, and Australia. www.griefyoga.com

Wild Wisdom: Free Your Instinctual Knowing

Llyn Cedar Roberts

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

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

• Track the wild wisdom threads of deep longing
• Work with images, metaphors, and allies to follow wild wisdom pathways
• Transform personal and societal ideas and fears that suppress wild intelligence
• Open your sense and feeling channels to communicate with the creative power of the Earth
• Enact practices and ceremonies to enliven your connection to the spirit that lives in all things

Join us in recovering our natural human capacity for grace and a deep sense of belonging with the Earth.

Recommended reading: Roberts and Ingerman, Speaking with Nature and Roberts, Shapeshifting into Higher Consciousness.

Llyn Cedar Roberts, MA, is an acclaimed teacher of shamanism. She wrote the Nautilus Gold award-winning book Speaking with Nature, co-authored with Sandra Ingerman, Shapeshifting into Higher Consciousness, and Shamanic Reiki. She has studied with diverse indigenous shamanic groups in remote locations. www.LlynRoberts.com
We spoke with Coby about her personal path as a leader which began in her 20s.

You invite workshop participants to step into lives centered in purpose and passion. How is this essential for leaders?

Leaders are interested in who they really are, passionate about how they can contribute to a better world, and ready to take responsibility for how they want to live. Leaders listen deeply for their unique calling, act in ways that make them and those around them feel more alive, and have reverence for surrendering only to begin again — every day.

Can you share how you started on your own path of leadership?

In my 20s I had a long period when I couldn’t move, I couldn’t walk, and I couldn’t do what other people my age were doing. I was supposed to have a routine knee surgery which ended in nine surgeries, six years on and off crutches, and a bit of an identity crisis. My entire life I had known myself as an athlete. The “me” that I knew could run, could swim, could bike, and could “do yoga.” For the first time in my life I wasn’t in action, and I began to think, a lot. I ruminated on the questions that many ask: Who am I really? Why am I here? How do I want to live? What happens when I die? It was like a broken record. And there was nowhere for me to go. I just sat there, and thought. While I was bedridden, I started to understand that yoga was so much more than what I could do with my physical body. During my time in bed, I learned how to journey into my inner world for the sake of being able to come back out, shift my life as needed, share, and hopefully make a difference in the lives of other people — particularly young adults.

This is your seventh year at Esalen teaching Quarter-life Calling, a workshop for people in their 20s. Why is this course so relevant today?

We are living in a season of transformation; things are falling apart. Disintegration is necessary in order for rebirth to occur. This part of the cycle can be scary and disruptive because what we’ve known is going away as something new emerges. But what if this actually is good news? We are alive at a critical time, also known as a choice point: a junction where we can choose how we want to move forward. My workshop is an invitation for those who wish to evolve and expand their capacity to live more skillfully and co-create a new world. By transforming oneself, the world transforms.

This is leadership.
Quarter-Life Calling: Creating an Extraordinary Life in Your 20s
Coby Kozlowski

Your twenties can be a time of possibility, inspiration, and the discovery of your deepest values and truths. This decade can also be a time of challenge and doubt as you begin creating the kind of life your soul is calling for.

This workshop is designed for young adults aged 20 to 29 who are interested in cultivating an authentic life. Surrounded by a community of peers and guided by an expert facilitator, you can embark on a journey to the heart of your spiritual quest for meaning and purpose. Through experiential exercises, lecture, powerful coaching, expressive arts, group sharing, yoga (asana and philosophy), and meditation, you can connect with your personal calling, find strength amidst doubt, and find comfort in the unknown. You will also be shown how to explore yoga and meditation as tools for personal empowerment, how to discover paths to authenticity and accountability, and how to tap into your inner leader.

You will be supported in the process of tuning into your inherent wisdom and making decisions from that place. You can go home with the tools and strength to create an extraordinary life.

Coby Kozlowski, MA, E-RYT, founded Karma Yoga Leadership Intensive, Souluna Life Coach Certification, and Quarter-Life Calling. She is on the faculty for Kripalu School of Yoga and is a lead trainer for Radiance Sutras Meditation Teacher Training. www.cobyk.com

Week of December 2-7
Urban Priestess Retreat for Women
Ashley Turner & Sianna Sherman

Join the rising movement of radical yoginis, priestesses, and luminaries currently mobilizing to serve the world. This offering is a rare opportunity to study with Sianna and Ashley together in person as they share ancient lore and dive into the mysteries of the Priestess Way. This is a revolutionary call to soul sisters, trail blazers, thought leaders, change agents, booty shakers, magic makers, and wise women of all ages! We invite you to join us in the wild forest and legendary healing waters of Esalen to embrace and wield power in the feminine way — with authentic voice, intuition, embodied wisdom, beauty, and inner confidence.

In our efforts to “have it all,” we often feel we are never enough. Bust the myths and break through the limiting beliefs that hold you back from your full power. The world needs women everywhere to ignite, rise up, and bring their magic to the world. Rooted in the Urban Priestess Mystery School, this five-day journey is a priestess pilgrimage and celebration of the Goddess in every woman. This soulful journey is a groundbreaking immersion for the modern day woman with daily ritual, yoga, meditation, shadow work, connection with nature, and earth ceremony. Ashley Turner and Sianna Sherman powerfully embody the path of the priestess to serve with love.

Note: Initial registration for this workshop is through Urban Priestess. To begin, please visit http://urban-priestess.com retreat/. Only after you have completed this process will you be able to register with Esalen. For Esalen pricing chart, see www.esalen.org/page/workshop-pricing-partner-programs.

Ashley Turner is a yoga-meditation instructor, licensed psychotherapist, and writer. She is the founder of Yoga Psychology, co-founder of Urban Priestess, a modern-day mystery school for women, creator of nine best-selling yoga DVDs, and co-author of Aroma Yoga. www.AshleyTurner.org

Sianna Sherman is an internationally known yoga teacher, community activator, evocative storyteller, and passionate speaker. She is the founder of Rasa Yoga, Mythic Yoga Flow®, creator of the Goddess Yoga Project in partnership with Yoga Journal, and co-founder of Urban Priestess. www.siannasherman.com

Deeper Ground: Hands On for the Pelvic Core
Tom Myers

During this workshop designed for licensed manual therapists, you’ll have the opportunity to learn deep treatment options for the pelvis. A student of Ida Rolf and Moshe Feldenkrais, Tom will help you more deeply understand and apply yourself to the psoas, pelvic floor, adductors, and deep gluteus muscles in order to shake loose the holding patterns that keep our clients and ourselves from experiencing full, flowing energy in walking, digestion, and even sex. Over these five days, the group will explore anatomy and deep skills for the pelvic core. Open up to the wellsprings of movement and let go of deeply held tensions — and learn to do so for others. This course is open to all licensed manual therapists.


Tom Myers directs Anatomy Trains, which runs continuing education classes for manual therapists and movement educators worldwide. He is the author of Anatomy Trains and co-author of Fascial Release for Structural Balance. Tom studied with Ida Rolf, Moshe Feldenkrais, and Buckminster Fuller, and has practiced integrative bodywork since 1975. www.anatomytrains.com

Photo by Esalen seminarian Sheva Carr
WEEKEND OF DECEMBER 7-9

The Writing Life
Ellen Bass & Roxan McDonald

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

This workshop 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, and take new risks. With the safety, support, and inspiration of this gathering, you will have the opportunity to create writing that is more vivid, more true, more complex and powerful than you've been able to do before.

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

Recommended reading: Bass, Like a Beggar; ed: Dawes, When the Rewards Can Be So Great: Essays on Writing and the Writing Life.

Ellen Bass is a poet whose work frequently appears in The New Yorker and The Sun. Among her many books are Like a Beggar (poetry) and the best-selling The Courage to Heal. A Chancellor of the Academy of American Poets, she teaches in Pacific University’s MFA program. www.ellenbass.com

Roxan McDonald dedicates herself to helping people find their voice both on the page and in their lives. She teaches at California State University and leads writing groups throughout the San Francisco Bay Area. She taught creative writing to at-risk youth and won the Mary Lonnberg Smith Award in poetry. www.roxanmcdonald.com

Couples’ Heart Tantra
Peter Sandhill & Sarah Sandhill

Couples’ Heart Tantra offers couples an introductory exploration into the tender, exciting, and empowering dance of Tantra. There are exercises to enrich your relationship, emotional intimacy, communication, and sex life, and bring out the adventurer in you. It is designed to bring you closer in heart, body, understanding, and spirit. The workshop includes experiential processes and demonstrations, truth telling, playfulness, lots of sharing, sensuality, touch, and time with your lover to practice and just “be.”

A beautiful part of the course is the honest and often profound sharing that you’ll witness as other couples allow us all into the joys and challenges related to their communicating and their relationship experiences together. In a sense, we all end up as teachers for one another, having a lot of depth and joy along the way. And the weekend includes creating a plan, with your partner, to bring the intimate connection into your life at home.

This workshop is designed for couples of all gender and sexual orientations. Please bring a notebook and pen.

Peter Sandhill, MA, is a workshop facilitator, counselor, and executive coach. He passionately assists people of all ages and backgrounds to create lives filled with joy, love, purpose, and possibility. Peter has been involved in the men’s movement for most of his adult life.

Sarah Sandhill has been a sex educator and workshop facilitator for more than 20 years. She leads workshops for the Human Awareness Institute (HAI), she is a counselor (individual and couples), and has trained in Process Therapy.
CHA DAO, THE WAY OF TEA: A DAILY PRACTICE OF MINDFULNESS

Wu De

Tea is the second-most consumed substance on Earth after water. In addition to its nourishing herbal medicines, tea is offered as hospitality and received as kindness in cultures across the globe. It is one of our greatest connectors, and traditional tea ceremony can be a powerful practice in mindfulness and community. Wu De, author of The Way of Tea, will be leading Esalen’s workshop to explore tea ceremony.

“When we sit in tea ceremony we are reminded of what is important and who we really are,” he says. “Tea is a current from outside inward, a gentle stream that leads to the heart. When we drink tea, we arrive at the present moment, where our true self resides. In this moment, I shed all the things that are not real, not present, and there is only tea and moment. Resting deeper in this moment, I follow that current to my true self.”

Tea not only can connect us to self and one another, but also to nature and the cosmos. With its unique perch between mountain and sea, and the flow of nature’s elements so strongly felt, Esalen and tea ceremony share a beautiful synergy. “Tea has within it the mountain, minerals, and water,” he observes. “Tea is different every year due to the weather, so when we sit for tea, we are drinking the weather. Tea, like all plants, also reminds us that we are light, since these leaves photosynthesize sunlight into energy we can consume. This connects us to the stars we are born from. Nature is always talking to us, and tea helps understand what She is saying. Esalen’s powerful surroundings can amplify the peace we shall strive to create in our hearts and for the good of all beings.”

The Way of Tea to Esalen. When we drink tea in a sacred ceremonial space, we can feel that we are a part of the nature that gave us the tea, while it streams into us and becomes our body, mind, and soul. Together, we’ll delve into the ancient tradition of Cha Dao uniting awareness and tea medicine and discover how tea can teach us mindfulness in our daily lives.

Each day will begin with a morning guided meditation and then a shared tea ceremony. Throughout the day, in discussions and group practices, Wu De will explore tea as a great connector that brings calm joy and presence, while also providing guidance for participants about how to start their own personal bowl tea practice. During the course of the weekend, the group will experience the three different ways of bowl tea brewing while sharing unique and ancient living teas.

Recommended reading: Aaron Fisher (Wu De), The Way of Tea, Tea Medicine, and Zen and Tea One Flavor.

Wu De is a writer and teacher of the ancient practice of serving tea. His monthly magazine, Global Tea Hut, connects thousands of tea lovers in more than 30 countries. He has authored four books, including The Way of Tea and Tea Medicine. www.globalteahut.org

CHA DAO, THE WAY OF TEA: A DAILY PRACTICE OF MINDFULNESS

Streams of Wisdom

Recommended reading: DiPerna, Streams of Wisdom.

• Practice the art of savoring and self-appreciation
• Teach simple self-compassion practices to others

This program is an intensive training program rather than a retreat. It is a condensed version of the eight-session, empirically-supported Mindful Self-Compassion training developed by Christopher Germer and Kristin Neff. MSC is an experiential journey — an adventure in self-discovery and self-kindness — supported by the beautiful Esalen campus. This program fulfills a prerequisite for becoming an MSC teacher.

Note: Initial registration is through the Center for Mindful Self-Compassion. Registration will open in April. Please check here for updates: centerformsc.org/course/category/msc_intensives. Please email gail@centerformsc.org with questions. Only after you have registered with the Center for Mindful Self-Compassion and paid tuition ($795 early bird) will you be able to register with Esalen. For Esalen pricing chart, see www.esalen.org/page/workshop-pricing-partner-programs.

Recommended reading: Neff, Self-Compassion: The Proven Power of Being Kind to Yourself; Germer, The Mindful Path to Self-Compassion. For continuing education syllabus, see: www.esalen.org/Course_Information_Mindful_Self_Compassion_Intensive_Training.

☆ CE credit for nurses; see page 86.
☆ CE credit for MFTs, LCSWs, LPCCs and LEPs; see page 86.
☆ CE credit for psychologists; see leader.

Kristin Neff, PhD, is an associate professor of human development at the University of Texas at Austin. She is a pioneering researcher into the psychological health benefits of self-compassion. She is the author of Self-Compassion and Self-Compassion: Step-by-Step, and is featured in the book and documentary The Horse Boy. www.self-compassion.org

Christopher Germer, PhD, is a clinical psychologist in private practice, a lecturer on psychiatry (part-time), and a founding faculty member of the Institute for Meditation and Psychotherapy. He leads workshops internationally on mindfulness and self-compassion, and is author of The Mindful Path to Self-Compassion. www.MindfulSelfCompassion.org

WEEKEND OF DECEMBER 14-16
ALIGNING WITH NATURE:
A WINTER SOLSTICE YOGA RETREAT

Sarana Miller

For centuries, winter solstice has been a time of reflection. Today, the holidays can be a hectic time of doing, leaving us feeling stressed and depleted. During this retreat, we will use the practices of yoga (asana, meditation, and chanting) in the exquisite and healing natural environment of Esalen to revitalize the body and calm the mind. Together, we will focus our attention on being rather than doing. The word solstice is derived from the Latin sol (sun) and sistere (to stand still), because at the solstices, the seasonal movement of the sun’s path appears to come to a stop before reversing direction. Winter solstice is a time to pause and reflect; a time to cultivate vitality and take extra care to nurture ourselves. Moving into stillness, we can return to our lives refreshed and strengthened for the new year to come. Please bring a yoga mat.

Solstice Meditation Retreat

Mark Coleman & Lori Schwanbeck

Following ancient traditions on this winter solstice, we will take this poignant time to retreat, slow down, and enter stillness, silence, and inner exploration. While the natural world appears to be dormant, the inner realms are alive with transmuting the passage between the old and the new. The solstice asks how we stand openhearted in face of the darkest night while holding faith in the returning light. On a practical level it is a time of sorting what wants to be released that is no longer serving our potential, and what wants to be called in to help us fulfill that journey.

In this retreat we will be exploring these questions:
• What needs to end to make space for a new beginning?
• How do you resist letting go of things that need to be released?
• What are you welcoming in?
• What is your relationship to transitions — to beginnings and endings?
• How is it to stand in the unknown?

During this retreat, we will use meditations, ritual, time in nature, inquiry, and group exercises and discussion as ways to explore this theme of transition. You can leave clear and courageous in taking the next steps to create an inspired life.

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

Lori Schwanbeck is a mindfulness-based somatic psychotherapist. Lori developed Sense and Sensibility, a sensory-focused mindfulness treatment for emotional regulation, which she teaches internationally. She is co-founder of Mindfulness Therapy Associates, located in San Francisco. www.mindfulnesstherapy.org

WEEK OF DECEMBER 16-21
LIVING A MINDFUL AND COMPASSIONATE LIFE

Mark Coleman

Awareness and love (metta) are essential and beautiful aspects of any spiritual life. Awareness as developed through mindfulness practice leads to clarity, insight, and understanding. Love opens the heart, allows a kind embrace of ourselves, and connects us intimately with life. The fusion of love and mindfulness supports a compassionate response to the pain that we encounter in ourselves and in life.

In this creative week of meditation practice, you can discover how these qualities are intimately related and mutually supportive, and why they are necessary in any journey of awakening in learning to live wisely and kindly in the world. We will draw guidance from the teachings and practices of the
Buddha, and inspiration from the other great teachers and poets who beautifully expressed in words and actions the power of awareness and compassion in the world. In this retreat there will be comprehensive meditation instruction for sitting and walking meditation, as well as talks, group discussions, and mindful movement. Suitable for beginning and experienced students.

Note: For one day mid-week, the entire Esalen campus will be practicing noble silence, including time in and out of workshops, during meals, at the hot springs, and in the evenings. There will be an orientation on noble silence.

Mark Coleman bio on page 74.

**Deepening Your Life Experience: Meditation, Raja Yoga and Mindfulness**

**Michele Hébert & Mehrad Nazari**

The ancient spiritual discipline of meditation, the core of many wisdom traditions, has integrated itself into modern life and become an increasingly familiar word in our vocabulary. Physicians, psychologists, and neuroscientists endorse meditation as a powerful tool for relieving stress, maintaining health, and promoting creativity and vitality.

During this workshop, you will be guided in pre-breakfast morning meditation practices from different wisdom traditions: Raja Yoga, Buddhism (vipassana, Zen, and Tibetan), and practices of Judeo-Christian mysticism that can lead to higher states of consciousness. A late morning yoga practice will give attention to the physical body, and an afternoon session will combine discourse with mindfulness practices. Experience a variety of traditional methods that can help you achieve a peaceful state of being, greater mental clarity, and mindful awareness. If you are a practicing yogi and/or meditator, the retreat can serve to deepen your practice. If you are a new practitioner, it provides a solid base and a time-tested tradition from which to grow. Experience the power and simplicity of yoga and meditation to master your mind, breath, and well-being through simple but profound practices.

Note: For one day mid-week, the entire Esalen campus will be practicing noble silence, including time in and out of workshops, during meals, at the hot springs, and in the evenings. There will be an orientation on noble silence.


**Michele Hébert, E RYT-500.** co-founder of the Raja Yoga Institute, has been teaching yoga and meditation since 1977 in private practice, yoga teacher trainings, and group retreats. She is the author of *The Tenth Door: An Adventure through the Jungles of Enlightenment*. [www.rajayogis.net](http://www.rajayogis.net)

**Mehrad Nazari, PhD, E-RYT 500.** co-founded Raja Yoga Institute. He received initiation from Yogi Raj Walt Baptiste, Swami Veda Bharati of India, and the Zen Master Kyozan Joshu Roshi of Japan and H.H. the Dalai Lama. Dr. Nazari also is the founder of Enlightened Negotiation, where he promotes the application of yoga principles in our daily life. [www.EnlightenedNegotiation.com](http://www.EnlightenedNegotiation.com)
Qigong for Health and Happiness

Mingtong Gu

Join Master Mingtong Gu for a week dedicated to healing and balancing body, mind, heart, and spirit through the powerful movement, sound, and visualization practices of qigong. This retreat is a great way to take a vacation for yourself, journey inward with deep nourishment, and recharge with renewed energy, clarity, and vitality. Qigong supports you in releasing limitations and expanding into new possibilities for balance, wellness, deep fulfillment, and lasting joy. By bringing the mind back into the body, this technique and teaching of awakened consciousness not only can be life changing, but also a gift for lifelong health and happiness.

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

By participating in this healing retreat, you can:

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

There will be a celebratory Christmas Eve dinner in the Esalen Lodge.

☆ CE credit for massage; see leader.
☆ CE credit for acupuncturists pending; see page 86.

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

Soul Motion®: Tenderness at the Heart of the Dance
Zuza Engler & Scott Engler

Soul is flow, an ever-changing cloudscape of textures, hues, sensations, scents, and feelings. Soul is how the deathless Presence meets and moves a finite human body. In this workshop, we will reclaim the body-in-motion as a doorway to the soul’s flow, to the life that is unfolding just under the surface of everyday forgetting.

Soul Motion is a meeting with self and other in a dance that is deeply nourishing, creative, intelligent, emotionally savvy, heart-breaking, soul-making, spirited, and transforming. It is a movement toward the dynamic stillness at the center of all things, the place of rest at the heart of sound and motion. We will gather to listen deeply and hover on the threshold between doing and being, solitude and togetherness, awkwardness and grace.

“Dancing at the edge of the continent, the edge of another beginning, the edge of Love despite all odds, we will move with our delight and our sorrow, inspired by the promise of light returning into the heart of darkness,” writes Zuza. “This formless dance form allows for passionate, full-bodied movement as well as mindful inner explorations, art making, ritual, and luscious lounging. To follow the divine choreography, we learn to fall and flounder. Going deeply into contact with self, we awake enveloped in communion. The permission to relax, restore, and rejoice in community invites a shift from alone to All One — from ‘my dance’ to the One Dance.”

Bring an object, a poem, or an image for the altar to be created as a symbol for the simultaneous possibility of self-expression and belonging.

Zuza Engler has been on the spiral path of kinesthetic investigation into consciousness for close to three decades, through motion, stillness, and process inquiry. She is a teacher of Soul Motion® and Open Floor Movement, creatrix of Embodied Inquiry, and a long-term practitioner of Buddhism and Gestalt Practice. www.zuzaengler.com

Scott Engler, a longtime student of presence and healing, supports adults, children, and infants through Biodynamic Craniosacral Therapy and workshops in trauma resolution for the family. He holds a second-degree black belt in aikido. www.heartofstillness.com

WEEK OF DECEMBER 28-JANUARY 4

The Natural Singer: Finding Your True Voice
Claude Stein

Come and celebrate the awesome healing power of your voice. Whether you already sing or have always wished you could, this workshop can change your life. During this week, you will be shown how to find and use your true, natural voice. There will be great
individual attention with exercises to relax the throat, build confidence, increase range, sing in key, and project with power. Then, using favorite songs, participants will develop the extraordinary gifts we are all born with. It is a thrilling, positive experience for everyone. The results can be simply amazing as each of us, no matter what level of experience, triumphs over the physical, emotional, and self-conscious patterns that limit us — even if you’ve never been able to carry a tune!

You can find confidence through the gentle whisper of a lullaby, release emotion with the cry of the blues, or rekindle your passion with a driving rhythmic chant. No special talent or previous experience is necessary. Whether you already sing in public and want to take the next step, or you just want to hit the notes when you sing in the car, you’ll find yourself communicating freely and singing like you’ve always wanted to. Therapists, coaches, and workshop leaders will also find the techniques valuable for use with their clients. Space is limited. Please register early. Please visit www.naturalsinger.com for stories, videos, testimonials, and pictures. Note: Bring instruments, CDs, and songbooks if you like.

Claude Stein has 30 years of experience blending psychology and voice training. His clients include RCA, Warner Bros., Sony, Atlantic, Island Records, Juilliard, the New York Actors Institute, Sprint, Siemens, JPMorgan, NASA, and the U.S. House of Representatives. www.naturalsinger.com

**Shadow Yoga and Ayurveda: Cultivating a Personal Practice**

*Scott Blossom & Chandra Easton*

Like the whales who gracefully navigate their winter migration down the California coast each year, we must cultivate a fluid mixture of perseverance, clear reckoning, skillful navigation of life’s currents, and devotion to arrive at the extraordinary health and spiritual insight that yoga and Ayurveda promise. It is a deeply personal journey that is nourished by a fulfilling and sustainable personal practice. Three essential questions to ask before setting off are: What do I really want in my life? What do I really need? What are the most effective means for tapping into the source of healing and wisdom within myself?

This seven-day retreat will explore how to find truly satisfying answers to these questions and encourage a flexible approach to committed practice using the tools of Shadow Yoga and Ayurveda. A set sequence of Shadow Yoga practices will be taught in a step-by-step progression to promote body memory, refinement, and to facilitate home practice. All levels are welcome; yoga experience is recommended. Please bring a yoga mat and a journal.

- **Recommended reading:** Remete, *Shadow Yoga*; Svoboda, *Hidden Secret of Ayurveda* and *Prakriti*.

*Scott Blossom* is a Traditional Chinese Medical practitioner, Shadow Yoga teacher, and Ayurvedic consultant. He has studied yoga for more than 18 years and taught for 12. His primary teachers are Zhander Remete, founder of Shadow Yoga, and Dr. Robert Svoboda, Ayurvedic physician and scholar. www.shunyatayoga.com

*Chandra Easton* studied Buddhist philosophy, meditation, and Tibetan language at the Library of Tibetan Works and Archives in Dharamsala, India, and translated Tibetan Buddhist texts on meditation with B. Alan Wallace. Chandra has taught meditation and yoga since 2001. www.shunyatayoga.com

**New Year Meditation Retreat: Self-Love and Kindness that Benefits All**

*Mark Abramson*

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

The week will be spent in periods of noble silence with two extended periods a day in various meditation practices. Participants will have the opportunity to enjoy eating lunch at a silent table and continuing their meditation or joining the open activities of the day at Esalen in mindfulness. Mark will guide you through a series of practices of both stillness and movement, which will build the momentum of concentration and awareness. We will practice mindfulness meditation utilizing the rich, sensual experience of Esalen, with the sounds of the ocean, the feeling of the air, and the beauty of seeing the colors and textures as well as the rich experience of our own bodies and minds. Evenings will be open to mindfully enjoy Esalen’s beauty and community or choose to continue silence in inner retreat. New Year’s Eve at Esalen usually includes a community-wide celebration of some kind, which is an option for participants, but not required.

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

Residential Study Program

Explore the mystery and wonder of who you are in a remarkable place where you can quiet the distractions of everyday life to establish a more meaningful connection with yourself, others, and the land. Through Esalen’s unique 28-day Residential Study Program, you are invited to deepen your self-awareness, self-knowledge, and self-responsibility among a vibrant living and learning community. This is an opportunity to transform “service” and “study” into a creative contribution to your life and to others.

Under the direction of an Esalen faculty member, you will explore a specific field of transformative practice. Through your experiential learning within your cohort (up to 16 students), your service work, and through an introduction to general Esalen practices, you also will be encouraged to step out of your comfort zone to push your personal growth edge and open yourself up to greater learning and discovery. This four-week program invites you to consider new perspectives in how you view yourself and others, giving you the tools to unlock your greatest potential.
THE STUDY COMPONENT: Engage in a rigorous course of study with more than 36 hours taught by a faculty member as well as additional instruction on essential teachings and awareness practices of Esalen and the human potential movement. Subject areas could include Gestalt, massage, yoga, and permaculture, among others.

THE SERVICE COMPONENT: As a complement to your studies, you will be asked to dedicate 26 hours of service per week in one of Esalen’s departments, usually lodging or the kitchen.

ACCOMMODATIONS: Esalen provides multi-gender, dorm-style student housing only. Esalen is located in a very rural, rugged environment on the central California coast. Both staff and students live in close contact with one another with approximately 100 guests visiting every week. Privacy is at a minimum and the closest major town is Monterey, which is approximately one hour away by car.

RESIDENTIAL STUDY PROGRAM FEES: Housing and meals are included with your residential fee of $1,500. Once applicants have been accepted, a non-refundable deposit of $400 will hold their space in the program.

APPLICATION: Visit www.esalen.org/page/apply-esalen-work-study-program to download an application. Please call 831-667-3010 for more information. For additional offerings, please visit: https://www.esalen.org/page/upcoming-work-study-programs.

JULY 1 – 29, 2018

LEADERSHIP AND PRESENCE
Suzanne Scurlock-Durana

Presence is the hidden key to successful leadership. The more present we are in ourselves, the more present we can be with someone else. This program offers experiential work designed to help you pay attention to the subtle cues you receive from your body and the surrounding environment all the time. This will give you access to your own, highly valuable inner landscape — the wisdom of your body-mind-spirit, which significantly enhances your ability to be more fully present as a leader. In this month we will share how to assess your energy reservoir and refill when you are depleted; increase your capacity to be present versus doing all the time; grow awareness of, but not absorb, the emotions of others; make healthy connections (empathy vs. sympathy); stay open-hearted and clear-headed; and have more powerful leadership conversations. The deeper layer of this program will help you more fully utilize the navigational system of your body, including wisdom of the heart, gut, bones, pelvis, feet, and legs.

If you feel overwhelmed at times by your feelings or those around you, this program will help you develop your body and energy field into a container that can hold and modulate the whole range of human emotions. Learning to build this capacity within your navigational field enables you to have feelings and learn from them. Please bring a journal for reflection time and notes, as well as a binder for handouts.


Suzanne Scurlock-Durana bio on page 24.

JULY 29 – AUGUST 26, 2018

JOURNEY TO APOTHEOSIS: WHEN HUMANS REACH THEIR HIGHEST POTENTIAL, THEY BECOME DIVINE
Vipin Thekk with Angie Thurston

This program revolves around exploring human potential — how to reach your own and activate other people in doing the same. This offering is intended for anyone seeking a deeper sense of meaning, purpose, and belonging in their life and those who feel called to activate the potential in others. Our journey will take us through the three faces of Spirit as articulated by philosopher and theoretical psychologist Ken Wilber. This journey deepens our relationships with the spirit in ourselves, others, and in the systems we inhabit. We will play with modalities that support us in accessing the intelligence of mind, body, spirit, and shadow.

Vipin Thekk will draw on his training as an Integral Life Coach to help students design experiential journeys at the individual and collective levels. Practices will focus on listening deeply into what life is inviting us to birth through mindfulness, self-reflection, journaling, time in nature, meditation, kundalini yoga, integral theory and Theory U. Vipin will be joined by guest teacher Angie Thurston to help us explore the DNA of deep community. We will develop and implement prototypes to explore our passions and channel the insights from the experiences to create an inspiring and meaningful road map for our unfolding lives — to discover the sacred within and around us. By the end of our time together, students will have greater clarity on their passions and purpose in life, a mindset of curiosity, and trust in the unfolding journeys of their lives.
The glistening specks up above break up the sky in its darkest shade of blue. I had forgotten what stars looked like, but know they are the same ones I used to gaze at as a child in the countryside. The cold presses my cheeks and aches my exposed ankles. My furry jacket is my remedy with the warm mug in my hands. I take a deep breath of salt water in... and out. After a while, my neck aches from looking up too long, so I put my head down in a prayer position and close my eyes. Without the sounds of honking horns, revving engines, barking dogs and passing sirens, the quiet is eerie. It is as if something isn't right, but everything feels right. I listen instead, in anticipation, for the shushing waves below me.

That week, I saw the butterflies. Their orange and black patterns filling up the trees by the hundreds. I saw the dolphins chasing each other in the waves. I saw the raccoons scurrying across the grassy hill, hunting for food. I saw the hummingbird, so elegantly blessing me with its presence. I saw the towering sequoias, the birches and the cacti. I saw the river running down through the woods into the ocean. I saw the sun, the moon, the rain and the fog. I saw them not with my eyes, but with me in them and them in me.

Nature is God in every being. In the animals and trees and me. My chants summoned them, thanked them and honored them as they came and went. Being here has revealed how manmade life is devoid of spirit. I will mourn the obvious manifestations of God in this place. I will loathe the weight of concrete, traffic and cynicism blocking what is so abundant and available here. The memories of the sounds, the air, the colors and the feelings must stay with me as I venture back. I take one last deep breath and feel my spirit full and complete.
Vipin Thekk founded Parenting Changemakers and co-founded The Wellbeing Project, an initiative to support social entrepreneurs to create well-being in their personal and professional lives. He is also a director at Ashoka, where he leads Changemaker School Districts in working to integrate empathy and change-making skills.

Angie Thurston is a Ministry Innovation Fellow at Harvard Divinity School who works to deepen spiritual community amid increasing religious disaffiliation. She is the co-author of *How We Gather* and *Something More*, two reports profiling new forms of meaningful community. She is dedicated to connecting and supporting innovative community leaders nationwide.

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**AUGUST 26 – SEPTEMBER 23, 2018**

**Lean Permaculture: Towards a Pattern Language of Sustainable Design**

Misha Rauchwerger

There is so much talk today about sustainability, but do we really know what it means to live in a sustainable way on this planet? Permaculture aims to create human systems in ways that mimic how ecosystems work in nature. Food production, energy, housing, water, communities, cities, and organizations can all be reimagined according to permaculture principles. The need for true sustainability is forcing us to reevaluate everything we do at every scale with a new lens.

This program integrates concepts such as the lean approach, which is already widely used in business planning, as an iterative and incremental approach in sustainable systems design. We will combine tried and true engineering concepts of problem solving with practical and novel principles to create a new means of dealing with our most pressing issues and introduce a series of patterns and principles to create a new language of design. We will utilize small groups and real issues using an Open Space format to work through the process and learn the patterns and principles of the design methodology. You will identify problems — some personal, some related to issues at Esalen, others on a larger, global scale — and learn how to distill the essential question driving the problem, and then work through a series of steps to move toward solution-oriented design. Upon conclusion of this program, you will have lived the process and will have created and shared with the rest of the group a complete cycle of design.

Misha Rauchwerger began his career studying engineering and physics at Cal Poly, San Luis Obispo. In addition to years of public school teaching, Misha has taught numerous classes in sustainable design, permaculture, natural building, and fermentation over the last 20 years. He has spent much of his adult life in the building trades, and has studied biodynamic agriculture, permaculture, and environmental studies.

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**SEPTEMBER 23 – OCTOBER 21, 2018**

**Embodied Relational Gestalt**

Michael Clemmens

This program is focused on Gestalt as a group process. Gestalt offers the opportunity to experience and explore our own process in relation to others and the context of the present moment. We will create a group that can contain the varieties of each person’s unique way of being and allow us to experience the power of the greater whole, the group. Because of the importance of creating an ongoing collective, it is crucial that you attend each session. No prior experience with Gestalt or group process is necessary. The structure of the program will be experiential exercises, practice sessions, and group discussion to develop our awareness of self and the group. We will begin with our earliest movements (prior to birth) and then explore how we co-create our bodily membership in the more complex gestalts of family, groups, and cultures. Our goals will be to experience how we create relationships through embodiment, and to develop skills in attending to ourselves and others.

☆ CE credit for MFTs, LCSWs, LPCCs and LEPs; see page 86.

Michael Craig Clemmens bio on page 50.

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**OCTOBER 21 – NOVEMBER 18, 2018**

**Streams of Energy**

Jim Gallas

This program encompasses 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. Jim uses various meditations, self-massage, and improv games to encourage awareness and expression. The program is designed to open you to your own innate healing potentials, to the power of safe, therapeutic touch, and to being more fully present in your ongoing unfolding. You will also receive valuable tools to facilitate the healing of others. In a spirit of compassion, laughter, and expanding awareness, you will be nurtured and nourished by the group interaction and by a deeper connection to Self. ($10 materials fee will be added to the workshop cost.)

☆ CE credit for massage; see page 86.

Jim Gallas, a Shiatsu teacher for more than 15 years, has led workshops in California and internationally. Creator of the DVD Zen Thai Table Shiatsu: Deep and Effective Body Work with Ease, Jim also teaches reiki, anatomy, yoga, and chi kung. [www.relaxedfocus.net](http://www.relaxedfocus.net)
NOVEMBER 18 – DECEMBER 16, 2018

The Art of Skillful Living: Leadership, Love and Freedom
Coby Kozlowski

We are all called to leadership as agents of inspiration, purpose, and change. Leadership is about being of service to the world, and every moment is an opportunity for leadership. Leadership also is an inward journey to the depths of what it means to be human. Leadership is about being fully expressed, about being called to your greatness, and about having the courage to act in ways that are in alignment with your highest and awakened self.

The world is shifting; this rapid change is an invitation to participate in the evolution of consciousness. In this program, you will have the opportunity to deepen the meaning of leadership by investigating belief systems, understanding the nature of consciousness, diving into emotion regulation, discovering the key to collaboration, and facilitating change using the lens of contemplative wisdom, yoga philosophy, expressive arts, and group discussion. Through this interactive, lecture-based, and highly experiential program, you can begin to embody the integral leadership model, discover the leader within, and connect with and act on a personal calling. By liberating the heart/mind and stepping fully into authenticity, you can inspire others to do the same and become agents of change. This is the new way of leadership.

Coby Kozlowski bio on page 71.

DECEMBER 16 – JANUARY 13, 2019

Deep Bodywork®
Rob Wilks

Deep Bodywork, as created by Perry Holloman over the last 25 years, is a method that integrates the qualities of a flowing Esalen Massage® with the therapeutic effectiveness of deep tissue work. Using deep tissue methods, massage practitioners can enter the body’s deeper soft tissue layers, freeing previously dense, hardened areas, which may have become chronically painful due to a lack of fluid exchange and energy flow. As these areas soften and “re-organize,” their chronic tension patterns release, revitalizing living tissues with blood, lymph, and chi (life) energy. Because living systems like the human body require a constant flow of chi energy to self-organize and heal, blockages to that flow within our tissues can create longer-term health problems like joint and soft tissue pain, movement restriction, and circulatory problems.

This month with Rob Wilks will focus on exploring the modality of deep bodywork as a healing art, and is designed for massage and bodywork practitioners seeking to incorporate effective deep tissue techniques into their work. We will explore the common areas (back, neck, shoulders, hips, etc.) where these chronic tension patterns tend to stagnate. You will be taught how to effectively address these areas using gravitational energy, proper use of body mechanics, the importance of working slowly, and self-care practices. Professional massage experience is highly recommended for this advanced-level class.


☆ CE credit for massage; see page 86.

Rob Wilks is a full-time bodywork practitioner and yoga teacher at Esalen. He specializes in Deep Bodywork®. He has taught experiential leadership education in the U.S. and Eastern Europe.
Share the Esalen Experience through Scholarships

A vital part of Esalen’s mission is to HELP OTHERS acquire skills and knowledge to transform their lives and the world at large. By supporting Esalen scholarships, you can help make the difference in ensuring that individuals and mission-aligned organizations who seek an Esalen experience can do so regardless of financial hardships.

**Selected workshops eligible for scholarships include:**

**Mindful Education Teacher Training**  
**July 1-6, 2018**

**The Art and Science of Mindfulness, Compassion and Awe**  
**August 5-10, 2018**

**Healthy Empathy: How to Give Without Giving It All Away**  
**August 17-19, 2018**

**Transformative Medicine: A Journey toward Radical Healing**  
**September 7-9, 2018**

**The Space Between Stories**  
**November 4-9, 2018**

**Radical Healing: Bridging Personal Transformation and Social Change**  
**September 21-23, 2018**

**Social Entrepreneurship: From Spiritual Values to Effective Action**  
**November 23-25, 2018**

**Releasing Pain, Healing Grief and Remembering with Love**  
**November 30-December 2, 2018**

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

As autumn temperatures drop, warm up your kitchen table with this deliciously classic recipe that showcases fresh herbs. And when you’re done, don’t forget to reserve the bones and remaining liquid in the roasting pan for a delicious broth to be prepared later.

**Ingredients**

- 4 lb Mary’s Organic Whole Chicken, without giblet sack (if provided, remove from cavity)
- 4 garlic cloves, whole & peeled
- 3 sprigs Esalen Farm fresh rosemary sprig
- 3 sprigs Esalen Farm fresh thyme sprig
- 1 Esalen Farm Meyer lemon, cut in half
- Salt, minimal amount
- Pepper, to taste

**Instructions**

Preheat oven to 450 degrees.

Stuff cavity with fresh herbs, lemon, and garlic. Season the entire outer chicken with salt and pepper.

Set up chicken on a roasting rack in a roasting pan. This will provide overall consistent cooking.

Refrigerate uncovered for 4-6 hours. This will allow the moisture to dry out resulting in a crispy outer seal.

Pull from refrigeration 30 minutes before cook time.

Roast for 30 minutes at 450 degrees. This will provide an additional seal to retain moisture.

Reduce temperature to 325 degrees and cook approximately 45 minutes or until internal temperature reaches 165 degrees (insert meat thermometer in thigh area without touching the bone).

Once safe temperature has been reached, pull from oven and let rest for 10 minutes, once again allowing the meat to retain its juices.

Carve and enjoy!
“I give monthly because it represents my ongoing commitment to Esalen, to a place that I’m so very grateful for because it has improved the quality of my life.”

Eleanor Edie Barrett
Friends of Esalen Supporter

Become a Friend of Esalen
Give back to the place that has given so much.

WHY:
As a non-profit organization, your tax-deductible gift helps Esalen further its mission of personal and social transformation. The Friends of Esalen Fund supports areas of greatest priority and need including student aid, the Center for Theory & Research, Esalen’s Farm & Garden, Campus Renewal projects, and much more.

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

HOW:
Donate online: www.esalen.org/donate
Call 831-250-1022 ext. 258 and ask about our monthly giving options.

<table>
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<tr>
<th>$65</th>
<th>FRIENDS OF ESALEN</th>
<th>$25 discount on workshops plus our biannual newsletter</th>
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<td>$250</td>
<td>CREATORS</td>
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Join the Circle
Leave Your Mark like Jack and Inga Canfield

YOU CAN HELP ENSURE a vibrant and strong future for Esalen by providing for the Institute in your estate plans. To learn more about Esalen’s Legacy Circle, please contact Katie Cronen at katie.cronen@esalen.org.

“As founding members of the Transformational Leadership Council, we have dedicated our lives to working with thought leaders in the fields of personal and professional development. We, therefore, wholeheartedly support Esalen’s mission and cherish the place. It is our privilege to give annually and support scholarship at Esalen. We believe so much in preserving the Institute’s legacy in the world that we have also made plans to support Esalen after we’re gone, through an in-will bequest.”

Jack and Inga Canfield

Jack is a leading expert in the development of human potential and personal effectiveness. He is a best-selling author, the co-creator of the Chicken Soup for the Soul® series, and Chairman of the Canfield Training Group. Inga is on the Board of Directors of the Bodhi Path Meditation Center and author of the forthcoming book Stepping out of the Shadows. Married for eighteen years, they have a blended family with five children and one grandchild.
Continuing Education Programs

Esalen’s status as a provider of continuing education is approved by the following boards:

MFT, LCSW, LEP, AND LPCC: California Association of Marriage and Family Therapists. Esalen Institute maintains responsibility for this program/course and its content. (Provider No. 128759)

MASSAGE PRACTITIONERS AND BODYWORKERS: The National Certification Board for Therapeutic Massage and Bodywork (provider number 043062-00) and the Bureau for Private Post-Secondary Education (school code 2700571)

REGISTERED NURSES: Board of Registered Nursing (provider number 01152)

REGISTERED DIETITIANS: State Commission on Dietetic Registration

ACUPUNCTURISTS: State of California Acupuncture Board (provider no. 946)

Approved weekend workshops qualify for 10 CE units, approved five-day courses qualify for 26 CE units, approved seven-day courses qualify for 36 CE units, and approved Residential Study courses qualify for 38 CE units.

You can find the course information and educational objectives in PDF format for all MFT-approved courses on our website through the link on the course page. Please check workshop listings online for frequent updates to CE status.

In order to receive a certificate for continuing education participants must meet the following requirements:

• Notify your teacher at the beginning of your workshop
• Attend and sign the attendance sheet provided by the leader. Partial credit will not be given
• Once you complete the workshop, please fill out the evaluation form distributed by the leader (you will be asked to provide your license number) and turn it in to the Esalen office with a $25 processing fee. Multiple certificates will be an additional $25 per certificate
• Certificate processing can take up to 45 days. Certificates will be emailed to you

Please note: If your workshop is listed as offering CE but indicates that you must “see leader,” the workshop leader will be responsible for processing and issuing the CE certificates. There is no need to contact the Esalen office at the end of your course.

For more information about accessing special accommodations (ADA requests), please contact 888-837-2536. To file a grievance please write to ce@esalen.org.

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