Esalen’s 2013 Benefit Weekend
Embodying Spirit in Daily Living
Honoring Brother David Steindl-Rast
October 11-13, 2013

Spirituality & Religion = Spirituality & Business
Spirituality & The Arts = Spirituality & Community = Spirituality & The Future

Our 12th Annual Benefit Weekend is when dedicated Friends of Esalen and newcomers join together in providing philanthropic support for Esalen’s mission in Big Sur and around the world.

Today, more than ever, many of us feel the need to live more deeply and to find ways to integrate mindfulness or spirituality into the many facets of our complex lives. You are invited to explore this theme with us during this fun-filled and heartfelt event.

We are assembling a group of exceptional leaders and teachers who will help us reveal and embody our spiritual essence in pragmatic and tangible ways in business, in the arts and sciences, in community, and in other aspects of daily living.

We will explore unrealized capacities for illumination, dramatic renewal, self-surpassing love, and unbound self-expression.

This is not a quiet weekend! While Esalen is considered by many a retreat – spiritual or humanistic, depending on your point of view – and one renowned for meditative experiences, our Annual Benefit Weekend cross-pollinates fertile ideas, radical creativity and multiple perspectives.

Join us in this special gathering devoted to supporting the magic of Esalen and practicing a higher level of embodied spiritual commitment.

Confirmed speakers generously donating their time for this event include Brother David Steindl-Rast, Mastin Kipp, Michael Krasny, and Banafsheh Sayyad.

Additional activities include entertainment, music and movement, yoga and meditation classes, a Big Sur nature hike, a live auction, an opportunity to engage with other Friends of Esalen, to have fun, relax, enjoy the baths, or just be....

To register or learn more, please contact Gayle Felbain at gayle.felbain@esalen.org, 831.250.1022 ext. 249. Visit www.esalen.org/benefit for up-to-date information and a current list of speakers. See the October section of this catalog for details.
The View from Big Sur

Here at Esalen we’re living a season of gratefulness, excitement, and new challenge. We are grateful for this magic strip of cliffs and sea and sky, which nourishes and inspires all of us who spend time here; for the First Peoples who stewarded this land for so long, and from whom we take the sacred trust of custodianship; for the vision of the Esalen founders for turning spirit into action in the world, which continues to be our mission and our lode star; for our Legacy teachers and students through the years, who together have handed on the tools and practices that empower us to deal with today’s complex challenges; and we’re grateful for all of you, our worldwide Esalen family, who come here to learn and teach and share your own experiences and edges, bathe in this stream of creativity, and then take your transformation back out to change your lives and the world.

Our shared challenge in this new age is the overwhelming complexity of every interlocking issue across our shared world, and with it, the challenge of how to support and serve today’s and tomorrow’s leaders. We believe that Esalen’s legacy curriculum of developing human potential through integration of all the human dimensions — heart, mind, spirit, body, and community — is key to developing and empowering tomorrow’s leadership. We know that this new leadership must be distributive, creative, flexible — in a word, complex — as never before. This Catalog has always featured the elements of that exploratory curriculum; going forward, you can expect a new level of articulation and coherence to that transformational vision.

Along with that ambitious project comes the challenge of living that new leadership vision in our own organization, and in our renewed and sustainable platform of buildings and infrastructure here on campus. Expect to hear more from us about all these exciting projects in the year ahead. And join with us this October 11-13 for our annual Benefit Weekend, during which we honor Esalen’s legacy by exploring “From Spirit to Action in Daily Living.” See opposite page for details.

See you soon at Esalen!

Gordon Wheeler
President

CONTENTS

Friends of Esalen................................. 2
Welcome to Esalen............................... 3
Guide to Workshops......................... 4
Faculty Spotlight............................... 8
Esalen Workshops.............................. 10
Benefit Weekend............................... 64
100-HOUR Esalen® Massage Cert........ 81
250-HOUR Esalen® Massage Cert......... 101
Faculty Index................................. 102
Continuing Education Programs........ 103
Work Study Program......................... 104
Rates and Reservations................... 110
General Information for Your Visit...... 112

CONTACT

Website: www.esalen.org
E-mail: info@esalen.org
Mailing Address: Esalen Institute,
55000 Highway 1, Big Sur, CA 93920
General Information: 831-667-3000
Reservations: 9 AM–7 PM every day.
Preregistration is required for all Esalen programs.
• Online: www.esalen.org/workshops/
reservations.html
• Phone: Toll-free US: 888-8-ESALEN
(888-837-2536)
International: +1 703-342-0500
• Fax: 831-667-2724
• Mail: See address above
Mail and fax reservations must include
a completed reservation form, available
online at www.esalen.org.
Become a Friend of Esalen

Cultivating Deep Change in Self and Society

Your gift to the Esalen Fund helps make the essential elements of the Esalen experience possible, including our ability to attract ground-breaking workshop faculty; stewardship and sustainable management of the grounds, farm and garden; the Gazebo Park School for children aged 0-6; residential education programs; and financial aid for work scholars and workshop participants.

Unrestricted funds provide for Esalen’s Center for Theory & Research, which stages interdisciplinary conferences and fosters partnerships among global pioneers and thought leaders.

Each and every gift to the Esalen Fund makes a difference, because unrestricted contributions bridge the gap between workshop tuition and operating expenses. Your support benefits Esalen today and helps secure Esalen’s long-term financial future.

As a token of thanks, donors who give $50 or more to the Esalen Fund become a Friend of Esalen. As a Friend, donors receive a $25 reduction on all catalog expenses. Your support benefits Esalen today and helps secure Esalen’s long-term financial future.

For Friends also consider Esalen as part of their legacy by including a bequest or deferred gift in their estate plans. A charitable bequest is one of the easiest ways you can make a lasting difference to their estate plans. A charitable bequest is one of the easiest ways you can make a lasting difference to their estate plans. A charitable bequest is one of the easiest ways you can make a lasting difference to their estate plans. A charitable bequest is one of the easiest ways you can make a lasting difference to their estate plans.

To donate online: www.esalen.org/donate
Email: donations@esalen.org
Postal mail: Use the envelope attached in this catalog. Questions? Contact Monique Baron, 831-250-1022, ext. 255.

- Friends Circle: $50+
- Hot Springs Circle: $300+
- Sustainers Circle: $500+
- Benefactors Circle: $1,000+
- Coast Circle: $50,000+
- Founders Circle: $5,000+
- Partners Circle: $10,000+
- Anniversary Circle: $25,000+

Name __________________________________________
Phone __________________________ Address __________________________
City __________________ State ______ Zip ______
E-mail __________________________

Please make checks payable to Esalen Institute, in U.S. currency drawn on a U.S. bank, or use one of the charge cards below:
- MasterCard
- Visa
- American Express

Amount __________________________
Card No. __________________
Exp. Date __________________
Signature __________________

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

Please visit our website at www.esalen.org/donate to see a complete directory of the friends who support Esalen.

Esalen’s culture of deep learning and growth.

Give Yourself Time to Reflect

Experience Esalen through one of our new, self-directed Esalen immersion programs

A Time to Reflect is a special opportunity to spend five unstructured days at Esalen nourishing your body, mind, heart, and soul. Enjoy optional daily yoga and movement classes, massage, time in the meditation center, evening programs, and three beautifully prepared meals each day. Luxuriate in the natural hot springs, and explore Esalen’s culture of deep learning and growth.

During the second half of 2013, A Time to Reflect will be offered on the following dates:

July 21–26  Sep 22–27  Oct 6–10  Dec 8–13
Aug 23–25  Sep 27–29  Nov 1–3  Dec 20–22
Aug 30–Sep 1  Sep 29–Oct 4  Nov 8–10
Sep 15–20  Oct 4–6  Nov 17–22

See page 21 for full program description.
WELCOME to Esalen

Since 1962, the Esalen Institute has been devoted to exploration of what Aldous Huxley called the “human potential,” the world of unrealized human capacities that lies at the growing edge of consciousness. Esalen is known for its blend of East/West philosophies, experiential/didactic workshops, a steady influx of expert teachers from around the world, and its breathtaking grounds and natural hot springs. Once home to a Native American tribe called the Esselen, Esalen is situated on the spectacular Big Sur coastline with the Santa Lucia Mountains rising sharply behind.

There are many ways to experience Esalen.

Workshops
Weekend, five- and seven-day workshops and seminars range in subject matter from Gestalt to visual art. The Guide to Workshops on pages 4–6 provides a list of all programs by subject, and the Seminars section contains full descriptions of weekend, five-, and seven-day programs, listed chronologically.

Work Study
Work Study programs provide an intensive month-long course of study for those who want to make a directed commitment to self-exploration, growth, and the Esalen community for a longer period. See page 104 for a full description of the Work Study program.

Personal Retreats
Personal Retreats offer the opportunity to nourish body, mind, heart, and soul without participating in a workshop. Those on Personal Retreat structure their time at Esalen themselves, and can participate in daily yoga and movement classes, enjoy the hot springs, meditate, and explore Esalen’s beautiful land. Personal Retreats are open only to Friends of Esalen. See page 2 for details, and page 111 for Personal Retreat fee information.

In addition to its structured programs, Esalen has many ongoing events and features to enrich your stay.

Esalen® Massage and Bodywork
Esalen has long been known for its unique massage and bodywork modalities, developed by innovative practitioners at the baths overlooking the Pacific, 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. Other modalities often available at Esalen include Cortical Field Reeducation®, Craniosacral Work, LaStone®, Rolings, Shiatsu, Thai Massage, and Transformational Kinesiology. Massage and bodywork reservations must be made and paid for in advance through Esalen Reservations. If you are coming to Esalen for a massage only, please call 831-667-3002.

Hot Springs
Esalen is the steward of a natural hot springs overlooking the Pacific. The hot springs are 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.

Daily Movement Arts Classes
Every day, Esalen offers a schedule of free classes open to everyone. Offerings can include yoga, chanting, meditation, free-form dance, and didjeridoo meditation at the baths. You will receive a schedule when you arrive.

Wednesday Evening Programs
Esalen hosts visiting scholars and teachers, who interface with the rest of the Esalen community in many ways. Usually there is a scheduled program on Wednesday evenings for visiting scholars, workshop leaders, or Esalen staff to share their expertise with the larger Esalen community.

Farm and Garden
Esalen’s five-acre farm and garden produces hundreds of varieties of vegetables for the kitchen. In addition to enjoying the farm and garden’s bounty during mealtimes, guests may wander among the fields, enjoy the flowers during spring and summer, participate in farm- and permaculture-oriented workshops throughout the year, and volunteer with the farm and garden crew during their stay.

Children and Families
Esalen welcomes families and offers a selection of family-oriented workshops and child care. See page 6 for a full listing of family-friendly workshops. See page 111 for child care options.

Accommodations
Esalen offers several types of accommodations including shared standard rooms, and private premium rooms and Point Houses. For full description and pricing, see page 110.

Friends of Esalen
Friends of Esalen are supporters whose donations of $50 or more will benefit Esalen programs and help build Esalen’s long-term financial base. Please see page 2 for a description of the many benefits of becoming a Friend.

Accreditation and Continuing Education
Many educational institutions recognize Esalen programs as eligible for credit in their curricula; check with your university or college. Additional information can be provided if needed. Esalen provides continuing education (CE) credit for psychologists, MFTs, LCSWs, nurses, bodyworkers, acupuncturists, and more. See page 103 for details.

For additional details about your stay at Esalen, please see pages 110–112.

Esalen is a center for experimental education. We offer neither psychotherapy nor assurances of change.
This is a guide to the workshops offered in this catalog. Many of them defy easy categorization and could be cross-referenced across many disciplines; most are listed in one or two main subject areas.

**ARTS & CREATIVITY**

**Visual Arts**
Aug 4-9 • Painting the Inner and Outer Landscape
Aug 11-16 • Blacksmithing, Welding and Sculpting
Aug 18-23 • Drawing on the Right Side of the Brain
Sep 8-13 • The Passion of Painting
Oct 13-18 • plein Air Painting in Big Sur
Nov 17-22 • Art as a Spiritual Path: Painting
Dec 1-6 • Awakening the Creative: Painting

**Writing**
June 30-July 5 • Writing from the Urgent Place
July 4-9 • The Alchemy of Memoir
Aug 4-9 • Writing and Knowing
Aug 11-16 • The Way of Story
Oct 18-20 • Cultivating Extraordinary Experience
Oct 25-27 • The Sun Celebrates Personal Writing
Nov 15-17 • Writing For Our Lives
Dec 8-13 • Deep Thinking Through Writing

**Music / Rhythm / Dance**
June 30-July 5 • 5Rhythms®: Connections
July 8-Aug 2 • Empowering Creativity
Aug 9-11 • The Ecstasy of Sound
Aug 18-23 • Soul Motion®: Taking Refuge
Aug 18-23 • Building a Vocal Community
Sep 13-15 • The Healing Voice: Chanting
Sep 13-15 • Spirit Dance/SoulSong
Sep 22-27 • 5Rhythms®: Homeland
Oct 4-6 • Soul Motion: The Practice
Oct 6-11 • Soul Motion®: Freedom to Soar
Oct 6-11 • Songwriting: Catch and Release
Oct 13-18 • The Dancing Buddha
Oct 27-Nov 1 • Songs of the Heart
Nov 10-15 • Hearth of Belonging
Nov 15-17 • Spirit Songs: The Power of Gospel
Nov 22-24 • 5Rhythms® and Mindfulness
Nov 24-29 • 5Rhythms®: Graceful Journey
Dec 6-8 • Yoga, Movement and Singing
Dec 20-27 • Soul Motion™
Dec 27-Jan 3 • The Natural Singer

**Creative Expression / Theater**
Aug 30-Sep 1 • Improv
Sep 13-15 • Creativity as a Spiritual Practice
Sep 27-29 • Everyday Spontaneity
Nov 3-8 • Sharing Your Life Story
Nov 10-15 • Unlocking Right Brain Creativity
Nov 24-29 • The MAX
Nov 29-Dec 1 • Improv Inspiration
Dec 6-8 • The Courage to Create
Dec 22-27 • Motion Improv Theater

**THE BODY**

**Massage**
July 12-14 • Esalen® Massage for Couples

**PSYCHOLOGY / RELATIONSHIP**

**Psychological / Transpersonal Relationship**
June 30-July 5 • Quarter-Life Calling
July 5-7 • Body and the Erotic Field
July 12-14 • It’s Time to Choose the Resilient Life
July 14-19 • Not For the Feint of Heart:
July 19-21 • Arrive Already Loved
July 21-24 • The Intention Master Class
July 26-28 • Open Your Heart, Reclaim Your Life
July 28-Aug 2 • Who Am I, Really?
Aug 2-4 • Claiming Your Voice
Aug 4-9 • Reclaiming Your Authentic Self
Aug 11-16 • Ericksonian Hypnosis Seminars
Aug 11-16 • Overcome Self-Defeating Patterns
Aug 16-18 • Ericksonian Hypnosis Seminars
Aug 16-18 • Live a Happy and Passionate Life
Aug 18-23 • The Transformational Enneagram
Aug 23-25 • Public Speaking
Aug 30-Sep 1 • Intro to Radical Aliveness
Sep 1-6 • The Radically Alive Leader
Sep 6-8 • Loving What Is
Sep 8-13 • Relational Gestalt Practice
Sep 20-22 • Mystical Union: Your Ideal Self
Sep 20-22 • Grief-Tending
Sep 20-22 • Finding True Love
Sep 22-27 • The Joy of an Open Heart
Oct 13-18 • Love and Belonging: Constellations
Oct 20-25 • Living In Gratitude

Try the Esalen e-Catalog

One of our practices here at Esalen is taking responsibility for the way we use all the gifts and resources available to us. We understand and interact with the natural world with consideration for those here now and those who will follow.

Even though these pages are printed on post-consumer recycled paper, they still require ink, shipping, storage, and other resource-intensive processes. We would like to make less of an environmental impact next year by offering digital alternatives to the paper catalog.

In addition to being available weeks before the print catalog, the digital Esalen E-Catalog is instantly and globally sharable and includes an interactive, hyperlinked and flippable version designed for use on computers, iPads and smart phones.

If you’d be willing to use our digital PDF catalog instead of a printed catalog, opt-in to the paperless version at www.esalen.org/form/e-catalog.

Thanks in advance,
Esalen Staff and Mother Nature
Become a Certified Esalen® Massage Practitioner

Esalen's Massage School now offers two new certification courses.

The **100-hour Esalen® Massage Certification Program** is a three-week course designed for people already certified in a massage modality who wish to expand their professional repertoire by becoming certified in Esalen Massage. Developed over the past fifty years by Esalen practitioners, Esalen Massage is characterized by long, flowing strokes that support deep integration of body, mind, spirit, and heart. See page 81 for full program description.

The **250-hour Esalen® Massage Certification Program** is a six-week course designed for people who seek a massage certification that satisfies the requirements for California Massage Therapy Council (CAMT) approval. In addition to Esalen Massage, the course covers approaches such as Sensory Awareness, yoga, and meditation, and is open to all seeking licensure within the state of California, including beginners and those already practicing bodywork modalities. See page 101 for full program description.

For more information, visit [www.esalen.org/page/esalen-massage-certification-programs-overview](http://www.esalen.org/page/esalen-massage-certification-programs-overview).
Dec 22-27 • Entering the Heart of Love
Dec 27-29 • Zen Practices for Transformative Times
Dec 29-Jan 3 • New Year’s Silent Meditation Retreat

Yoga
July 5-7 • The Great Yogic Transmission
July 14-19 • Summer Yoga and Arts
Aug 2-4 • Vinyasa / Power Yoga Flow
Aug 4-9 • Intermediate Yoga Camp
Aug 25-30 • Yoga and Meditation
Aug 30-Sep 1 • Yoga: Ongoing Metamorphosis
Sep 22-27 • Jivamukti Yoga
Sep 27-29 • Yoga and Creative Writing
Sep 29-Oct 4 • Sacred Circle Yoga and Meditation
Oct 13-18 • Yoga and Addiction Recovery
Oct 20-25 • Prana and the Practices of Yoga
Oct 27-Nov 1 • Fully Alive: Yoga and Movement
Nov 1-3 • Gratitude Retreat
Nov 3-8 • A Prajna Yoga Immersion
Nov 8-10 • Prime of Life Yoga™
Nov 29-Dec 1 • Tending the Flame of Sva Shakti
Dec 8-13 • Advanced Yoga for Everyone - Intensive
Dec 13-15 • Advanced Yoga for Everyone
Dec 20-22 • Winter Solstice Yoga Retreat
Dec 27-29 • Gravity and Grace: Return to Essence
Dec 29-January 3 • Shadow Yoga and Ayurveda

Myth / Ritual / Shamanism
Aug 18-23 • Visionseeker I: Shamanism
Nov 15-17 • ShapeShifting / Barefoot EarthWisdom

Children / Families / Education
July 21-26 • Magic and Music in the Garden
July 26-28 • Seeds of Happiness
July 26-28 • Raising Happiness
Aug 4-9 • Be Present Family Camp
Aug 23-25 • Mothering and Daughtering

Economics / Business / Leadership
Sep 8-13 • Right Livelihood Quest
Sep 20-22 • Enlightened Leadership
Sep 27-29 • Unleash Your Calling
Sep 27-29 • The Future We Want: Growing Business
Nov 29-Dec 1 • Social Entrepreneurship

Health & Healing
July 5-7 • Circle Healing I
July 26-18 • Your Inner Voice: Intuition
July 28-Aug 4 • Healing the Pelvic Floor
Aug 9-11 • Full Body Presence
Aug 16-18 • The Hormone Cure
Aug 25-30 • Full Body Presence
Sep 27-29 • Hear Your Heart, Live Your Purpose
Sep 29-Oct 4 • Conquer Injury and Pain
Oct 4-6 • The Pleasure and Power of Food
Oct 25-27 • Zero Balancing: Open Forum
Nov 8-10 • The Art of Seeing
Dec 1-6 • The Gokhale Method™

Integral Practices
Aug 23-25 • Integral Transformative Practice®
Sep 13-15 • Experiencing Esalen
Sep 27-29 • Encountering the Beloved
Sep 29-Oct 4 • Rest, Rejuvenation, and Renewal
Nov 17-22 • Sweet Mischief: Self-Restoration
Celebrate Esalen’s Legacy

Let Us Be Grateful: Teachings from Brother David

David Steindl-Rast, Catholic Benedictine monk and pioneer of interfaith dialogue and the practice of gratefulness, is a treasured Esalen elder. Like so many others, his earliest encounters with Esalen brimmed with adventure and synchronicity. “In the early 1980s I lived at New Camaldoli Hermitage, down the road from Esalen,” Brother David writes. “The Esalen program director called me one Saturday morning in an emergency: The presenter for a weekend seminar had failed to show up and a dozen disgruntled seminarians were still waiting. Would I take over? I barely made it on time for the morning session and in the hurry I had forgotten to ask for the title of the workshop. To my surprise, I found out that I was to talk on ‘Why I’m Not a Catholic.’ With a bit of humor the participants and I got over this hurdle. From then on, I gave workshops every year. It was a special joy for me to explore a wide range of topics together with co-leaders. I have led more than twenty film seminars with cultural psychiatry professor Francis Lu, seminars exploring Body Poetry: East and West with Tai Ji master Chungliang Al Huang, and many hiking workshops with Big Sur wilderness guide Steven Harper, among others.

“In the mid-1990s I was an Esalen teacher in residence for close to three years and I learned to deeply appreciate the inner workings of Esalen’s community. All in all, my body has again and again been rejuvenated, my soul has been inspired, and my mind and heart uplifted by the unique combination of nature, people, and ideas that is Esalen.”

You can learn more about Brother David and his work by visiting www.gratefulness.org.

See Grateful Living: Interactive Mindfulness, co-led with Anthony P. Chavez, July 5-7, page 11 and Transformative Journeys in Film: Awakening to the Eternal Now, co-led with Francis Lu, July 7-14, page 12.

Try Something New

Jumpstart Your Evolutionary Action Plan

Lynne McTaggart is an author and lecturer whose work builds a bridge between science and spirituality. Lynne’s long-standing research in medicine and health, physics, and spirituality has produced accessible programs that utilize the power of intention to address health and well-being, from healing asthma and arthritis to cultivating intuitive ability. Lynne’s work provides practical paths that help people navigate change and facilitate healing within themselves and in their communities.

In her most recent book, The Bond, Lynne gathered data from leading physicists, biologists, and psychologists to present a blueprint for living a more harmonious, prosperous, and connected life. These “Tools for a New World” include exercises and practices to help heal your own world — your relationships, your workplace, your neighborhood and community — and the world at large. As part of The Bond, Lynne created a free, downloadable community action plan to help people jumpstart community groups. For more information about Lynne and her work (and for the downloadable Bond Handbook), visit www.thebond.net.

Sherri Baptiste & Philip Goldberg

Sherri Baptiste was born into a family of revolutionary thinkers. In 1950, her parents, Magana and Walt Baptiste, opened the first yoga center in San Francisco. For the past seventy years, the Baptiste family has pioneered the world of human potential, integrating yoga and meditation into American culture.

Sherri founded Baptiste Power of Yoga and travels widely, teaching and speaking on mind-body fitness and the life of the spirit. This summer at Esalen, Sherri will join author and spiritual counselor Philip Goldberg for a lively exploration of yoga’s journey to the West, including experiential, transformative practices for all participants. Philip's eclectic, lifelong spiritual seeking has led him across a wide spectrum of practices, from Transcendental Meditation to interfaith ministries. Philip is the author or co-author of nineteen books, including the award-winning American Veda, and he lectures and leads workshops throughout the country.

See Lovingkindness and Cultivating the Divine Abodes of the Mind, July 7–12, page 13, and Tuning Your Instrument: the Buddha, the Brain and Bach, July 12–14, page 15.

Sylvia Boorstein

Sylvia Boorstein, founding teacher of Spirit Rock Meditation Center, is known for the warmth, wisdom, and laughter that infuse her practice. She has written five books on Buddhism and mindfulness, and her life experiences includes chemistry, mathematics, social work, psychotherapy, Hatha yoga, and political activism.

This July, Sylvia will lead two complementary Esalen workshops. In the first, she introduces a suite of Buddhist practices called The Divine Abodes of the Mind: lovingkindness, compassion, support for the happiness of others, and equanimity. These practices promote peace, happiness, and our fullest potential. The second workshop, co-led with cellist Barbara Bogatin and neuroscientist Clifford Saron, illustrates the benefits of meditation practice using an integrative, music-filled model.


Janet Attwood & Marci Shimoff

Janet Attwood and Marci Shimoff have dedicated their lives to helping people connect with their deepest passions and capacities for love. As transformational leaders and authors, both have touched thousands of lives and facilitated “large-scale” human transformation around the world.

This August, Attwood and Shimoff will join forces at Esalen to present a holistic program designed to help you align with your soul’s calling and tap into deeper states of unconditional love and happiness. Now is the time to give yourself the gift of more joy and love in your life.

See How to Live a Happy and Passionate Life, August 16–18, page 35.
Charles Eisenstein

Charles Eisenstein is an author and speaker who synthesizes the big ideas of our time into practical, positive opportunities for change that connect people in new ways. His work addresses the potentially overwhelming crises that face us today with ideas such as sacred economics, including alternative money systems like gift economies or mutual exchange, and the necessity of understanding that our civilization has produced a dominating idea of the “discrete and separate self” that hinders our capacity to think and thrive as vibrant, efficient communities.

Eisenstein is an expert in disassembling the paradigm that has brought our world to the brink of destruction.

See The More Beautiful World Our Hearts Know is Possible, August 25–30, page 42.

David Newman & Josh Radnor

David Newman is a kirtan chant artist, sacred singer songwriter, and Bhakti yoga teacher. His music embodies a joyous, ecstatic quality that invites a collective exploration of the spirit. In 2011, David met writer/actor/director Josh Radnor at a music festival. “I noticed he looked familiar,” writes David. “I soon realized I had just seen Josh in a movie the week before. We became instant friends and had a lot to share on the topics of creativity and spirituality. Our conversations eventually led us to present this Esalen program together.”

Josh may be best known for his role in the CBS comedy, “How I met Your Mother.” But what you might not know is that his life and work carry a strong spiritual undercurrent, expressed in a recent article he wrote for the LA Times about the misunderstood importance of kindness in Hollywood. He is passionate about the intersection of spirituality and cinema—and about the creative process itself.

See Creativity as a Spiritual Practice, September 13–15, page 48.

Terry Patten

Terry Patten describes himself as a (r)evolutionary. This speaks to his multi-faceted approach to facilitating the emergence of a new wave of consciousness. He’s an author, teacher, coach, community leader, and guide who helps conscious individuals and organizations navigate transitions, transformations, and revolutions. His work unites the truths of the ancient traditions with the realization that evolution is happening right now—in and through us—especially vividly when we are inspired by a transcendent “beloved” power. His Esalen workshop introduces Integral Spiritual Practice, which fosters a culture of open inquiry, dialogue, and accountability. It’s a new “skillful means” for devout (and irreverent) people of any faith (or no faith at all) for personal, spiritual, and community evolution.

See Encountering the Beloved: Integral Practice to Liberate Your Soul, September 27–29, page 58.

Katherine Woodward Thomas

Katherine Woodward Thomas, licensed psychotherapist, transformative educator, and best-selling author of Calling in “The One,” invites you to join her at Esalen for an intimate, year-end gathering to experience how changing your relationship with yourself can transform your life and awaken you to the power you need to realize your deepest potentials.

Many of us aspire to be change agents and fulfill upon our potentials to contribute love and goodness to our world. Yet, we often overlook self-love as imperative to realizing our deeper potentials for contribution, creativity, and care. Yet, without it, we’ll fall far short of what’s possible. Join Katherine for this gathering to discover what self-love is, and how to make it your foundation from which to participate in the evolution of love in the world.

Week of June 30–July 5

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 twenty to twenty-nine 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. Please bring a yoga mat.

Coby Kozlowski, MA, E-RYT, is a professional life coach, inspirational speaker, yoga and dance teacher, expressive arts therapist, and expert in transformative leadership. She is the founder of Souluna Life Coach Certification ™, Sacred Lasya Yoga Teacher Training, and rEvolution 180: Karma Yoga Leadership School.

www.cobyk.com

5Rhythms®: Connections

Lucia Horan

“Invisible threads are the strongest ties.”
—Friedrich Nietzsche

What are the invisible threads that connect you in this life? How can we use the path of the 5Rhythms movement practice to help us explore the connections we want most? By fostering the intimate union of breath and movement, we follow a path that leads us out of isolation and into connection.

Gabrielle Roth’s map of the 5Rhythms includes Flowing, Staccato, Chaos, Lyrical, and Stillness. In this workshop, we will focus on the Staccato nature of our being. This is a place where heartbeat, rhythm, and action meet. As we use our bodies to practice the embodiment of clarity, we can learn to be radically responsible for creating what we want most. The masculine builds a bridge for our feminine nature to dance across in liberation.
The life-blood of Staccato builds walls to protect, but also knows when to knock them down. As we empower ourselves to wake from the illusion of separateness, we recognize that we are all connected in the web of life.

Connections invites you to use the 5Rhythms movement practice to cultivate relationships in all forms. At times these mysterious threads need to be tended to, cut, or reinforced. Staccato brings the wisdom we need as we navigate this terrain.

No experience is necessary. All workshop hours contribute to the 5Rhythms teacher training prerequisites.

For more information about Lucia and 5Rhythms, visit www.luciarose.com.

CE credit for bodyworkers; see page 103.

Lucia Rose Horan was born into the family of the 5Rhythms® and raised at Esalen Institute. She became a 5Rhythms® teacher in 1997, is now internationally recognized, and a current faculty member of Gabrielle Roth’s Moving Center School, NY. www.luciarose.com

Weekend of July 5–7

Grateful Living: Interactive Mindfulness

Brother David Steindl-Rast & Anthony Chavez

Gratitude and gratefulness are becoming frequently used key words among spiritual practitioners. What stands behind this new phenomenon? Does it point toward a shift in consciousness? What are the practical implications for people to whom the spiritual life is important?

For half a century, Esalen has pioneered mindfulness practices and Brother David has pioneered the practice of Grateful Living. During this workshop, the two will meet. In a 2012 public dialogue at MIT, His Holiness the Dalai Lama discussed with Brother David a necessary next step: Grateful Living as interactive mindfulness.

Building on the personal experiences of participants, we will — through presentations, discussions, and exercises — lead into the practice of gratitude as a key to joy and creativity. Few places on earth make it as easy to be spontaneously grateful as Esalen. Brother David and Anthony Chavez will facilitate this seminar in dialogue with one another, thus providing two perspectives — from over 80 and under 30 — on Grateful Living and on questions raised by participants. Our hope is that everyone will enjoy an intellectually stimulating time in Esalen’s unique setting and take home some helps for a spiritual practice that brings lasting joy into daily life.

For more about Brother David and his work, see page 7.

Brother David Steindl-Rast, Benedictine monk, psychologist, and author, has lectured on five continents. He was Spiritual Teacher in Residence at Esalen, and is concerned with the unique challenges and opportunities of our time. www.gratefulness.org

Anthony P. Chavez was raised in the farm worker movement his grandfather founded. Anthony speaks around the country before student and community groups on behalf of the Cesar E. Chavez Foundation, established by the Chavez family to further his grandfather’s life and work.

A Certificate Intensive in Circle Healing I

Laura Day

Everyone is a healer capable of creating miraculous change. Although the energy of healing is one we all share, we each express it in a different way. In this experiential weekend, you can discover the healer within, and how you can use your unique healing power to create change in others. Whether you are a teacher, body worker, therapist, investment manager, people manager, doctor, intuitive, or whatever your path may be, by engaging the powerful energy we all share with a conscious and directed goal, you can transform lives.

We will share healing practices in partnered and group exercises that will utilize our combined energy to create dynamic change for every participant. By the end of the workshop, you will have created a structured healing session unique to your experience and gifts. Come with an awareness of what you want to change in your body and your life and how you want to serve others as a healer.

Please bring a notebook, towel, and anything else you would like to use in a healing session such as essential oils, cards, tuning forks, or other things. Come ready to take a risk and create dynamic change for yourself and others. After you successfully complete the program, a completion certificate will be mailed to you. In order to receive the certificate, you are required to attend all sessions.

Important Note: This work can be very confrontational and sometimes uncomfortable. Please be sure you are able to approach this work with that in mind, and are willing to push your boundaries (and have your boundaries pushed). For more information about Laura Day and her work, visit www.practicalintuition.com.


Laura Day has taught at Esalen Institute for more than two decades. A New York Times bestselling author of six books on intuition in business, love, and healing, Laura travels the world creating communities of intuitives and healers.

www.practicalintuition.com

The Great Yogic Transmission: A Deep Immersion in Enlightenment Teachings

Sherri Baptiste & Philip Goldberg

For over 200 years, India’s gurus and yoga masters have been transforming American lives. In this workshop, Sherri Baptiste and Philip Goldberg will blend knowledge, practice, and narrative into a sublime experience of yogic teachings.

Through meditation, yoga asanas, breathwork, chanting, and other methodologies, we will explore the Himalayan silence and transcendent awareness that sages have sung about for thousands of years. Through the magic of multimedia, we will bask in the inspiring presence of revered teachers including Yogananda, Maharishi Mahesh Yogi, Satchidananda, Muktananda, and others who have profoundly impacted our culture, as well as the gifted Westerners — the Beatles, Walt Baptiste, Ram Dass, Allen Ginsberg, and more — who transmitted India’s wisdom in unique and masterful ways. We will give special attention to the history of Esalen, the human potential movement, and the San Francisco Renaissance. Participants can take home a deeper and more expanded vision of the Vedic legacy and its adaptation to America; a fresh perspective on our collective spiritual evolution; and a repertoire of new transformative practices to accelerate progress to higher self realization. Please bring a yoga mat.

See Faculty Spotlight, page 8.

Sherri Baptiste, the founder of Baptiste Power of Yoga and daughter of yoga pioneers Walt and
Garden Plants Distillation and
Organic Skincare Products Creation
Eden Clearbrook
Come participate in the transformation of fresh, organic botanicals into pure distillates, smooth and silken face creams, lotions, and massage oils. In this hands-on workshop we explore Esalen’s abundant gardens, learn to identify, and sustainably select and collect plants for our intended purpose. Together we transform vital roots, stems, leaves and blossoms into high-quality, stable skincare products for our own use.

This weekend offers a unique, fun, and lively opportunity to participate in the entire distillation process, from assembling and sealing the distiller, building and tending the wood fire, listening to “the song of the still,” to receiving the distillate — this fresh and potent liquid which will be at the core of our exquisite creations. Its outstanding therapeutic properties will enrich our products with a profoundly healing and meaningful dimension. Each participant takes home their own custom, handcrafted cream, lotion, massage oil, and distillate — and the knowledge to replicate them with ease and confidence: an electronic booklet with detailed instructions for future use will be yours to download.

($20 materials fee paid directly to the leader)

Eden Clearbrook is founder-owner of an herbal apothecary and creator of a well-loved line of organic botanical skin and body care products. A seasoned teacher with a private healing practice, she particularly enjoys connecting heart-to-heart with her students and sharing the joy of creating with plants.

Lama Drimed 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 Harper 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 Drimed 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 brings her thirty-six years of experience teaching Continuum Movement internationally to all the work she develops. She teaches a Continuum Depths retreat twice yearly with Emilie Conrad, and is developing Portals of Perception with Hubert Godard. www.continuummontage.com

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 and the ancient tantric arts.

July 7–14

Lotus Borne Perception: Awareness Teachings of Tibetan Buddhism and Continuum Movement
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.

Transformative Journeys in Film: Awakening to the Eternal Now
Francis Lu & Brother David Steindl-Rast
To see a World in a Grain of Sand
And a Heaven in a Wild Flower,
Hold Infinity in the palm of your hand
And Eternity in an hour.

—William Blake

Since movies began, luminous actors and actresses have depicted journeys that transform human consciousness. This seminar will show fourteen feature films (1939-2011) from the US, Japan, Ireland, Germany, Italy, Sweden, and China including some films

CE credit for MFTs and LCSWs; see page 103.

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

Ellen Ressler Hoffman, MA, PC, is a licensed psychotherapist in Beachwood, Ohio. She is trained in the Maudsley approach and Gestalt Body Process Psychotherapy. Ellen is also a dancer with over 25 years of professional experience. She integrates her body wisdom with an evidence-based, embodied relational approach in her work.

Magana Baptiste, is an internationally acclaimed teacher. She has been teaching since her teens and has trained and inspired numerous leading yoga teachers. www.powerofyoga.com

Michael Clemmens & Ellen Ressler Hoffman
Body and the Erotic Field: A Workshop in Reclaiming our Healthy Erotic Spirit
How is it to be a person in your sexual/erotic body-self in a positive way? How can our natural being of Eros, the life force, flow from our excitement to be alive and impact others without abuse of power? How can we bless our energetic self rather than live in shame and fear? We are often faced with the dilemma of inhibiting our physical excitement out of fear that we will be “too much” or be “misunderstood” by others. This shame is usually rooted in some old experience or learning which lead us to diminish our own lively self — our erotic spirit. At its core, our healthy erotic self is our creative energy which we feel as natural excitement.

In this workshop, we will utilize Gestalt awareness and dance movements to explore and celebrate our energy, and decrease the corresponding shame which often impedes our sense of embodiment — our experience of feeling our own body in relation to the world. We will do this through movement exercises, meditations, journaling, and group discussion. The emphasis will be for participants to develop awareness of how to use their own energy and flow in complimentary support of others.

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 Drimed 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 Harper 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 Drimed 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 brings her thirty-six years of experience teaching Continuum Movement internationally to all the work she develops. She teaches a Continuum Depths retreat twice yearly with Emilie Conrad, and is developing Portals of Perception with Hubert Godard. www.continuummontage.com

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 and the ancient tantric arts.

July 7–14

Lotus Borne Perception: Awareness Teachings of Tibetan Buddhism and Continuum Movement
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.

Transformative Journeys in Film: Awakening to the Eternal Now
Francis Lu & Brother David Steindl-Rast
To see a World in a Grain of Sand
And a Heaven in a Wild Flower,
Hold Infinity in the palm of your hand
And Eternity in an hour.

—William Blake

Since movies began, luminous actors and actresses have depicted journeys that transform human consciousness. This seminar will show fourteen feature films (1939-2011) from the US, Japan, Ireland, Germany, Italy, Sweden, and China including some films

CE credit for MFTs and LCSWs; see page 103.

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

Ellen Ressler Hoffman, MA, PC, is a licensed psychotherapist in Beachwood, Ohio. She is trained in the Maudsley approach and Gestalt Body Process Psychotherapy. Ellen is also a dancer with over 25 years of professional experience. She integrates her body wisdom with an evidence-based, embodied relational approach in her work.
Beginning and ending with films depicting pilgrimage — physical journeys that make every moment sacred — our films will focus on the psychological aspects of journey itself. Along the way, we will live this call from the Dalai Lama: “Awareness of death is the very bedrock of the path. Until you have developed this awareness, all other practices are obstructed.” As we see film characters undertake their journeys, we will experience what Joseph Campbell described: “The Way of Art coincides with the Way of Beauty. However, there is another and further possible degree or range of the revelation of art that is beyond beauty, namely, the sublime.” Viewing these films will awaken us to living the Eternal Now, where in the words of William Blake, “Eternity is in love with the productions of time.”

Since 1990 these co-led film seminars have become a unique Esalen tradition that combine carefully chosen films, reading materials, outstanding AV equipment, and processing of the film viewing both individually and with the group. For more information, contact Francis at francislumd@gmail.com or visit www.gratefulness.org and search for “films” in the search box. This seminar may be of interest to health/mental health professionals.

For more about Brother David and his work, see page 7.

CE credit for psychologists; see page 103.
CE credit for MFTs and LCSWs; see page 103.

Francis G. Lu is the Luke & Grace Kim Endowed Professor in Cultural Psychiatry at UC Davis. Since 1987 he has co-led 24 seminars at Esalen exploring film and the transpersonal. www.google.com/profiles/francislumd

Brother David Steindl-Rast bio on page 11.

Week of July 7–12

Lovingkindness and Cultivating the Divine Abodes of the Mind

Sylvia Boorstein

In Buddhist practice, lovingkindness, the experience of natural goodwill, is traditionally cultivated along with practices that enrich compassion, support the happiness of others, and stabilize equanimity. Together these four qualities are known as the boundless states, the Brahma-Virhas, or the divine abodes of
the mind. These practices promote concentration, fearlessness, and genuine happiness.

This workshop will introduce these teachings and support the cultivation of these qualities through direct instruction, personal individual guidance, periods of contemplative practice, and time for participant questions so that clarification and inspiration continues throughout. The retreat itself will be held in the context of retreat silence. Outside of class meeting times, we encourage participants to engage in all aspects of being at Esalen. This form, which reflects our aspiration to balance a regular period of silent contemplative practice in the midst of a talking, interactive world, provides a smooth transition for return to daily life.

This workshop is suitable for beginning as well as practiced meditators.

See Faculty Spotlight, page 8.

Sylvia Boorstein, PhD, is a co-founding teacher of Spirit Rock Meditation Center and has also taught internationally for twenty-five years. She is the author of five books on Buddhism and mindfulness practice, the most recent of which is Happiness is an Inside Job: Practicing for a Joyful Life.

Feldenkrais Spinal Awareness for Yoga Practitioners, Health Professionals and You

Patrick Douce

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

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

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

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

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

CE credit for nurses; see page 103.
CE credit for bodyworkers; see page 103.

Patrick Douce, one of Moshe Feldenkrais’s first American students, has been associated with Esalen since 1972. Since 1986 he has lived some months of each year in Bali, developing programs with Indonesian Silat martial-arts-for-health schools. www.spinalawareness.com

Simply Wild: Experiencing Nature

Steven Harper & Michael Newman

I do know how to pay attention, how to fall down into the grass, how to kneel down in the grass, how to be idle and blessed, how to stroll through the fields, which is what I have been doing all day.
Tell me, what else should I have done.
—Mary Oliver

The week is simple. We stroll through the wilds of Big Sur on hikes, soak in the natural mineral hot springs, eat good wholesome food, commune with ourselves, others, and nature. With the bare attention of awareness and wilderness as our teacher, we show up for our life as it unfolds moment to moment. We make inquiry into the process of getting out of our own way — doing less and being more. Cultivating silence, space, and simplicity.
The group ventures out each day on hikes 4-8 miles in length, exploring the unique natural diversity at the meeting of mountain and sea. From ocean beach to deep canyon to open ridgeline, Big Sur in summer offers an invitation to be fully alive. Simple practices that encourage awareness and contemplation (“how to be idle and blessed”) are shared with the group as well as the wonders of the rich natural history of Big Sur.

No previous experience in simplicity or nature is required. More information and a waiver will be sent upon registration. For an equipment list and frequently asked questions about Steven’s workshops, visit www.stevenkharper.com/faqs.html. ($20 park entrance fee paid directly to the leader)

Steven Harper is a wilderness guide, author, artist, and Big Sur resident. He has led both traditional and experimental wilderness expeditions internationally for more than 35 years. He has an MA in psychology and his work focuses on wild nature as a vehicle for awakening. www.stevenkharper.com

Michael Newman is an attorney-mediator, surfer, and lifelong resident of the Big Sur coast. He has an MA in psychology and promotes the integration of wilderness into contemporary life.

Weekend of July 12–14

It’s Time to Choose the Resilient Life

Mary Goldenson

Being fully present through mindful awareness is a crucial factor in giving us resilience to face challenges that arise in our daily lives.

–Daniel Siegel

Resilience is a dynamic positive behavioral adaptation process, which individuals can utilize when encountering significant adversity or trauma. It is the capacity to cope with stress and catastrophe.

This workshop will explore factors promoting resilience in the areas of coping with stress, anxiety, problem-solving, exploring negative behaviors, tracking and managing thoughts, and moving beyond trauma and toward the survivor. It is only with new experiences, insight, and integration that the old patterns have the opportunity to exist beyond their automatic, defensive traits. Mindfulness practice enables the integration of new experiences and leaves open the possibility for change. We then begin to track the characteristics necessary for resistance with future events: flexibility is one key trait shown to aid in the process of resilience when facing adversity. Neuroscience research is utilized to further understand the grooved behavioral patterns from childhood affecting resilience and how best new experiences in adulthood can re-wire the old patterns.

This workshop provides insight for clinical work, using practices drawn from cognitive behavioral therapy, dialectical behavioral therapy, psychodynamic, and Gestalt methods.

Mary Goldenson, PhD, is the author of It’s Time: No One is Coming to Save You. She is a clinical psychologist currently specializing in the resilience we need to live life. She has a private practice in Los Angeles focusing on relationships, transitions, and mediation. Mary has been working with Esalen for almost 40 years. www.drmarygoldenson.com

Tuning Your Instrument: the Buddha, the Brain and Bach

Sylvia Boorstein, Barbara Bogatin & Clifford Saron

Join us for a weekend to explore the benefits of practice. Meditation teacher, psychotherapist, and author Sylvia Boorstein will guide participants in an essential integration of meditation with daily life. UC Davis neuroscientist Clifford Saron will explore how remarkably adaptable (and maladaptive) we are and the difficulties and possibilities of change. He also will provide insights from basic neuroscience and the research work he leads investigating the effects of meditation practice on attention and emotion. San Francisco Symphony cellist Barbara Bogatin will illustrate how musicians turn required practice into contemplative practice, providing a rare glimpse from within the discipline of maintaining a high level of craft. She will perform several musical examples by Bach that inspire an understanding of the ways the depths of human creative expression are also present and accessible in the symphony of our sensory awareness. The days will consist of sitting practice, guided listening, informal talks and dialogue among the presenters, and active engagement with participants during ample discussion periods.

Recommended reading: Boorstein, Happiness is an Inside Job; Kandel, In Search of Memory; Kabat-Zinn and Davidson, The Mind’s Own Physician.

See Faculty Spotlight, page 8.

CE credit for MFTs and LCSWs; see page 103.
CE credit for psychologists; see page 103.

Sylvia Boorstein bio on page 14.

Barbara Bogatin has been a cellist with the San Francisco Symphony since 1994. She studied at the Juilliard School and has performed with the New York Philharmonic, New York Chamber Solists, Connecticut Early Music Festival, Chamber Music Northwest, and Tahoe Summerfest.

Clifford Saron is associate research neuroscientist at Center for Mind and Brain and MIND Institute at UC Davis. His main research directions are investigating effects of contemplative practice from a multidisciplinary perspective, and multisensory integration in children with autistic spectrum disorder.

Esalen® Massage for Couples: Sharing the Love

Dean Marson & Deborah Anne Medow

Enjoy the serene beauty of Big Sur as you and your partner learn to give each other an effective massage. A tender touch can do wonders for any relationship by easing stress and deepening non-verbal communication skills. Emphasis will be on “listening” with both heart and hands, asking for what you need, and taking the time to truly nurture yourself and your partner. Sessions include basic quieting exercises, movement, brief demonstrations, hands-on guidance, and plenty of time for practice.

This weekend of mutual giving and receiving is for those who wish to learn the essential elements of Esalen Massage; no prior experience is necessary. Join us for a pleasurable time of relaxation, renewal, and re-connection with your partner. There will also be time to enjoy the healing waters of the Esalen hot springs and the natural beauty of the Big Sur coast.

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

CE credit for bodyworkers; see page 103.

Dean Marson teaches Esalen® Massage and Ocean Yoga. He integrates meditation, movement, and bodywork practices to assist people in enlivening their bodies and their lives. He has led workshops at Esalen and internationally for more than 20 years. www.beEnlivened.com
Deborah Anne Medow, longtime Esalen workshop leader, yoga instructor, and bodywork practitioner, teaches yoga, massage, creative movement, awareness practices, and related healing disciplines throughout the US, Europe, and Japan. She is also a certified nutrition educator, Zumba® dance instructor, and manager of the Esalen Healing Arts Department.

July 14–21

**Ancient Memories: A Continuum Journey into Our Human Origins**

Emilie Conrad

In 1967, Emilie Conrad founded Continuum, a somatic practice that utilizes movement, through which she teaches that our bodies are a continuum of a boundless intelligence that permeates every cell, every nerve fiber, and every neuron with the memory of its own source.

Emilie Conrad writes: "In 2012, two scientists were given the Nobel Prize for deprogramming the time-space of the cell back to its original stem cell 'totipotency' (the ability of a cell to divide and produce all the different cells in an organism).

"Expanding the time-space of the human system has been a centerpiece of Continuum for many years. Once again, the limitations placed upon the human body lie outside mainstream thought and continue to limit our participation within our own bio-world.

"From the very beginning, Continuum has taught that our bodies are a species-inclusive wonder enveloping billions of years of evolving structures, from the ocean depths to the soaring of wings to the thrashing of tails. The language of these ancient memories communicates to us through movement orchestrations that echo through our bodies the immensity of what it means to be human. The greater the expanse of engagement for any living system, the greater the potent nourishment. The more varied our systems become, the more our physical, mental, and spiritual health will increase.

"This workshop is dedicated to bring participants the wonders of fluid resonance, the adventure of our spines, the spirals of diaphragmatic breath, and moving streams of consciousness that bond us to our planetary home."

**Please note:** Advance approval and prior Continuum experience is required. Please call Donna at 310-593-4651 before registering for this course. Participants are encouraged to register early.
Emilie Conrad is the founder of Continuum. Her work has been incorporated by international professionals in nursing, craniosacral, osteopathy, physical therapy, dance, and psychoneuroimmunology, among others. Emilie is the author of Life on Land.

Week of July 14–19

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 feint 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 helps 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 thirty-year survivor of Lou Gehrig’s Disease, Mariah speaks with emotional generosity. A thirty-year survivor will blend individual and group Gestalt work 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 thirty-year survivor of Lou Gehrig’s Disease, Mariah speaks with emotional generosity. A thirty-year survivor will blend individual and group Gestalt work 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 thirty-year survivor of Lou Gehrig’s Disease, Mariah speaks with emotional generosity. A thirty-year survivor will blend individual and group Gestalt work 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 thirty-year survivor of Lou Gehrig’s Disease, Mariah speaks with emotional generosity. A thirty-year survivor will blend individual and group Gestalt work 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 thirty-year survivor of Lou Gehrig’s Disease, Mariah speaks with emotional generosity. A thirty-year survivor will blend individual and group Gestalt work 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 thirty-year survivor of Lou Gehrig’s Disease, Mariah speaks with emotional generosity. A thirty-year survivor will blend individual and group Gestalt work 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 thirty-year survivor of Lou Gehrig’s Disease, Mariah speaks with emotional generosity. A thirty-year survivor will blend individual and group Gestalt work 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 thirty-year survivor of Lou Gehrig’s Disease, Mariah speaks with emotional generosity. A thirty-year survivor will blend individual and group Gestalt work 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 thirty-year survivor of Lou Gehrig’s Disease, Mariah speaks with emotional generosity. A thirty-year survivor will blend individual and group Gestalt work 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 thirty-year survivor of Lou Gehrig’s Disease, Mariah speaks with emotional generosity. A thirty-year survivor will blend individual and group Gestalt work 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 thirty-year survivor of Lou Gehrig’s Disease, Mariah speaks with emotional generosity. A thirty-year survivor will blend individual and group Gestalt work 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 thirty-year survivor of Lou Gehrig’s Disease, Mariah speaks with emotional generosity. A thirty-year survivor will blend individual and group Gestalt work 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 thirty-year survivor of Lou Gehrig’s Disease, Mariah speaks with emotional generosity. A thirty-year survivor will blend individual and group Gestalt work 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 thirty-year survivor of Lou Gehrig’s Disease, Mariah speaks with emotional generosity. A thirty-year survivor will blend individual and group Gestalt work 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 thirty-year survivor of Lou Gehrig’s Disease, Mariah speaks with emotional generosity. A thirty-year survivor will blend individual and group Gestalt work 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 thirty-year survivor of Lou Gehrig’s Disease, Mariah speaks with emotional generosity. A thirty-year survivor will blend individual and group Gestalt work 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 thirty-year survivor of Lou Gehrig’s Disease, Mariah speaks with emotional generosity. A thirty-year survivor will blend individual and group Gestalt work 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 thirty-year survivor of Lou Gehrig’s Disease, Mariah speaks with emotional generosity. A thirty-year survivor will blend individual and group Gestalt work 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 thirty-year survivor of Lou Gehrig’s Disease, Mariah speaks with emotional generosity. A thirty-year survivor will blend individual and group Gestalt work 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 thirty-year survivor of Lou Gehrig’s Disease, Mariah speaks with emotional generosity. A thirty-year survivor will blend individual and group Gestalt work 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 thirty-year survivor of Lou Gehrig’s Disease, Mariah speaks with emotional generosity. A thirty-year survivor will blend individual and group Gestalt work 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 thirty-year survivor of Lou Gehrig’s Disease, Mariah speaks with emotional generosity. A thirty-year survivor will blend individual and group Gestalt work 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 thirty-year survivor of Lou Gehrig’s Disease, Mariah speaks with emotional generosity. A thirty-year survivor will blend individual and group Gestalt work 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 thirty-year survivor of Lou Gehrig’s Disease, Mariah speaks with emotional generosity. A thirty-year survivor will blend individual and group Gestalt work 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 thirty-year survivor of Lou Gehrig’s Disease, Mariah speaks with emotional generosity. A thirty-year survivor will blend individual and group Gestalt work 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 thirty-year survivor of Lou Gehrig’s Disease, Mariah speaks with emotional generosity. A thirty-year survivor will blend individual and group Gestalt work 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 thirty-year survivor of Lou Gehrig’s Disease, Mariah speaks with emotional generosity. A thirty-year survivor will blend individual and group Gestalt work 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 thirty-year survivor of Lou Gehrig’s Disease, Mariah speaks with emotional generosity. A thirty-year survivor will blend individual and group Gestalt work 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 thirty-year survivor of Lou Gehrig’s Disease, Mariah speaks with emotional generosity. A thirty-year survivor will blend individual and group Gestalt work 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 thirty-year survivor of Lou Gehrig’s Disease, Mariah speaks with emotional generosity. A thirty-year survivor will blend individual and group Gestalt work 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 thirty-year survivor of Lou Gehrig’s Disease, Mariah speaks with emotional generosity. A thirty-year survivor will blend individual and group Gestalt work 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 thirty-year survivor of Lou Gehrig’s Disease, Mariah speaks with emotional generosity. A thirty-year survivor will blend individual and group Gestalt work 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 thirty-year survivor of Lou Gehrig’s Disease, Mariah speaks with emotional generosity. A thirty-year survivor will blend individual and group Gestalt work 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 thirty-year survivor of Lou Gehrig’s Disease, Mariah speaks with emotional generosity. A thirty-year survivor will blend individual and group Gestalt work 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 thirty-year survivor of Lou Gehrig’s Disease, Mariah speaks with emotional generosity. A thirty-year survivor will blend individual and group Gestalt work 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 thirty-year survivor of Lou Gehrig’s Disease, Mariah speaks with emotional generosity. A thirty-year survivor will blend individual and group Gestalt work 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 thirty-year survivor of Lou Gehrig’s Disease, Mariah speaks with emotional generosity. A thirty-year survivor will blend individual and group Gestalt work 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 thirty-year survivor of Lou Gehrig’s Disease, Mariah speaks with emotional generosity. A thirty-year survivor will blend individual and group Gestalt work 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 thirty-year survivor of Lou Gehrig’s Disease, Mariah speaks with emotional generosity. A thirty-year survivor will blend individual and group Gestalt work 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 generos...
being that will remain with you long after you return home.

The retreat will include the following practices and activities:

• Daily Liquid Asana™ Vinyasa Flow Yoga sessions, ecstatic dance, and Buddhist-informed meditations with Micheline
• A special summer Ritual World Concert to get your healing groove on with Micheline, Joey Lugassy and Red Musette Ensemble
• Tribal painting and art making in Esalen’s famous cliffside art center
• Esalen’s Healing Hot Springs and delicious organic meals
• Poetry Slam

Open to all levels of yoga, movement, and art experience. No prior experience necessary. Please bring a yoga mat.

Micheline Berry’s work catalyzes healing and transformation through a cohesive fusion of vinyasa flow yoga, world beat music, somatic arts, and meditation. Based at Exhale in Venice, Calif., Micheline leads Liquid Asana™ teacher trainings, yoga workshops, and retreats internationally. www.michelineberry.com

Mindfulness in Education: Teacher Training
Daniel Rechtschaffen
This transformative training gives educators, counselors, parents, and childcare providers the practical tools they need to bring the many benefits of mindfulness to children K-12. Participants will have the opportunity to deepen their own mindfulness practices, learn about various mindfulness-based curricula, and bring these practices back into their lives and work. Research shows that mindfulness practices decrease stress, anxiety, and depression in children, while improving emotional regulation, attention capacity, and social relations — all proven contributors to academic achievement. When learned at a young age, these skills have the capacity to transform lives, families, and societies. The training begins with personal retreat time including guided mindfulness sittings, movement, time spent in nature, and heartfulness. Through settling the mind, relaxing into the body, and developing insight, participants get a taste of the inner teachings of mindfulness. By embodying these teachings, participants train in modeling empathy, presence, and attention. Various curriculum models will be presented and practiced.

Current research will be presented and participants will spend time learning how these teachings apply to children of different populations and ages.

Recommended reading: Greenland, The Mindful Child; Trungpa, Training the Mind; Kabat-Zinn, Mindfulness for Beginners.

Daniel Rechtschaffen, MFT, is founding director of the Mindful Education Institute. He also organizes the Mindfulness in Education Conference and teacher training at Omega Institute. Daniel maintains a private psychotherapy practice in the San Francisco Bay Area where he integrates cutting-edge psychological techniques with ancient wisdom traditions. www.mindfuleducationinstitute.com and www.mindfulchildren.com

Weekend of July 19–21

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

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

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

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

Please note: This workshop is for couples only. ($20 materials fee for manuals paid directly to the leader)

CE credit for MFTs and LCSWs; see page 103.

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 for 35 years. www.rickbrown.org

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,” writes 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 twenty-nine-year 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.

CE credit for MFTs and LCSWs; see page 103.

Mariah Fenton Gladis bio on page 18.
The Intention Master Class:
The Power of Intention and Connection
Lynne McTaggart

Based on the discoveries documented in her latest book, The Bond, Lynne McTaggart will offer you a complete program of practical tools and exercises to help you use the power of intention and connection to heal both your own world — your relationships, workplace, neighborhood, and community — and the world at large. Lynne’s long-standing research into modern medicine (including its shortcomings), quantum physics, ancient wisdom, and spiritual practice has yielded a method that can harness the power of positive intention to transform your life.

Discover how to:
• Send very specific instructions to the world about your biggest dreams
• Use intention as a lightning rod to attract positive people and situations
• Use your thoughts as a powerful relationship builder, even with challenging people
• Avoid self-sabotage by reprogramming the negative messages you broadcast to the world and rekindling your brain to send positive instruction
• Transform the negative intentions of others and improve trust and connection in all your relationships
• Discover new relationship tools that can set off a contagion of giving and cooperative behavior

Recommended reading, McTaggart, The Bond.
For more about Lynne and her work, see page 7.

Lynne McTaggart is an award-winning journalist, a researcher, lecturer, and author of six books, including The Bond, The Intention Experiment, and The Field. She is the architect of the Intention Experiments and co-founder and editorial director of What Doctors Don’t Tell You, now an international newsstand magazine. www.theintentionexperiment.com

Week of July 21–26

Magic and Music in the Garden
Joanna Claassen & Banana Slug String Band

Celebrate summer in the land of rejuvenation with a unique collaboration between the world-renowned Banana Slug String Band and Esalen’s Gazebo Park School environmental education teachers. We will use music, theater, puppetry, poetry, arts, and games to deepen our connection to this magi-
See pages 110–111 for reservations, fees, accommodations, scholarship information, and discounts.

Joanna Claassen is an outdoor and early childhood educator and community organizer. Former director of Esalen’s Gazebo Park School, she leads parent education and seminars for educators. Joanna is inspired by work happening in Reggio Emilia, Italy, and the No Child Left Inside outdoor education movement.

The Banana Slug String Band is a group of lovable musicians and educators from the coastal redwoods of Northern California. Since 1987 the Slugs have dedicated themselves to making great music for kids that teaches science and a love of this green earth.

Upledger Institute International’s SomatoEmotional Release 1

Suzanne Scurlock-Durana

During this course, you will learn about the physiological mechanism of disease and will participate in hands-on training to facilitate the SomatoEmotional Release process. By the end of the course, you should be able to dissipate residual effects of past trauma and negative emotional experiences from the body and mind of your patients/clients. In order to observe closure for sessions you are involved in, please make sure the instructor is aware of any pregnancies in the group.

Before participating in this course, students must complete Upledger CranioSacral I and II, either at Esalen or elsewhere.

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

Neural Circuits of Happiness, Love and Wisdom

Buddha’s Brain: Lighting up the Neural Circuits of Happiness, Love and Wisdom

Rick Hanson with Jan Hanson

Using the power of modern neuroscience, informed by ancient contemplative wisdom,
you can use your mind alone to change your brain for the better. Mental activity changes neural structure in a process called neuroplasticity, which gives you a great opportunity to redirect the brain, and thus your whole being. During this workshop, you will explore “self-directed neuroplasticity” for steadying the mind (a key to both worldly success and spiritual practice), cooling the fires of stress reactivity, and weaving positive experiences into the fabric of your brain and self. And as a bonus, you’ll learn about the research-based foods and supplements that optimize neurochemistry.

Rick Hanson is a leading neuropsychologist whose work has been featured on the BBC, Consumer Reports Health, US News and World Report, and elsewhere. He has been meditating since 1974.

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

Recommended reading: Hanson, Buddha’s Brain: The Practical Neuroscience of Happiness, Love and Wisdom.

CE credit for psychologists; see page 103.
CE credit for MFTs and LCSWs; see page 103.
CE credit for nurses; see page 103.

Rick Hanson, PhD, is a neuropsychologist and author of Buddha’s Brain and Just One Thing. Founder of the Wellspring Institute, and affiliate of the Greater Good Science Center, his “Just One Thing” newsletter has over 70,000 subscribers. www.RickHanson.net

A Time to Reflect

This is a special opportunity for people to experience Esalen without taking a workshop. During this period, we have a limited number of spaces available for people who would like to participate in the Esalen learning culture in their own unstructured way. Deeply nourish your body, mind, heart, and soul through beautifully prepared and healthy meals, daily 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, so we recommend you register early.

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

Weekend of July 26–28

Seeds of Happiness

Gazebo Staff

Your child is invited to experience the joy and freedom of Esalen’s Gazebo Park School and beyond. Esalen’s gently sloping hills, ocean views, and nearby creek, farm, and garden, offer daily adventures and discoveries for children. Your child, alongside other attending children, may choose to explore numerous activities to engage the mind and inspire creativity, including arts and crafts, imaginative play and theatre, music games, gardening, and caring for the animals (goats and chickens).

This workshop is open to children of parents or caregivers who are taking a concurrent workshop. Ages 5-12 are welcome and other ages may be admitted with prior discussion with staff. Please contact January Handl at gazebo@esalen.org for more information. We hope to share a weekend of delight in a magical space for children within the amazing place of Esalen.

Gazebo staff are highly trained and experienced teachers whose interests span permaculture, yoga, massage, gardening, art, dance, music, nature, and more. They love nothing more than sharing their passions with the children of families who come to Esalen for rest, renewal, and awakening. For more information about Gazebo Park School, visit www.esalen.org.

Open Your Heart and Reclaim Your Life

Eva Selhub

Fear, anger, and anxiety that go on for too long can lead to a list of debilitating ailments that are so common we assume they are unavoidable: insomnia, heart disease, arthritis, gastrointestinal problems, and more. The key to reversing the negative impacts of stress and reclaiming our health is simple: love. Love sets off a series of physiological events in the body that help us adapt to life’s challenges, stop and reverse disease, maintain health, and make it easier for our bodies to improve rather than deteriorate with age.

Eva Selhub, MD, provides a practical framework to rid the body of the ravaging effects of these stressors, overcome hurtful past life events, and shape an empowered personal future. The Love Response® addresses how to change the body’s physiology quickly and lastingly through the deliberate evocation of biochemical reactions that counteract the unhealthy effects of fear and stress. This allows us to experience the myriad health benefits of nature’s own antidote: love and affection.

This workshop offers practices to help you access your intuition. You’ll be shown how to listen to the body, identify different forms of intuition, incorporate the analytic mind, and use medical intuition for healing. You will be taught how to tell the difference between intuition and fear, recognize what blocks intuition, and deflect the negativity of others. You’ll also be shown how to remember and interpret dreams as well as recognize déjà vu, synchronicities, and predictions. For more information, visit www.drd Judithorloff.com.


CE credit for psychologists; see page 103.
CE credit for MFTs and LCSWs; see page 103.
CE credit for nurses; see page 103.

Judith Orloff, MD, a psychiatrist and intuitive, is author of the New York Times bestseller Emotional Freedom: Liberate Yourself from Negative Emotions and Transform Your Life and Second Sight. She synthesizes traditional medicine with intuition, energy, and spirituality. www.drd Judithorloff.com

This workshop is especially useful for those working with their clients and patients.
Recommended reading: Selhub and Infusino, The Love Response; Selhub and Logan, Your Brain on Nature.

CE credit for nurses; see page 103.
CE credit for MFTs and LCSWs; see page 103.

Eva Selhub, MD, is board certified in internal medicine and trained in Eastern medical practices. A clinical associate of the Benson Henry Institute for Mind/Body Medicine at the Massachusetts General Hospital, she has a private practice and is an instructor at Harvard Medical School. www.theloveresponse.com and www.drselhub.com

Raising Happiness: Simple Ways to Raise Joyful Kids and Create Happier Families

Christine Carter

Do you love your family but feel busy and overwhelmed by your life? Studies show that parents tend to be unhappier than their childless counterparts. Should we accept that kids are a lot of work, and they are necessarily going to drain the cheer right out of us? Christine Carter doesn’t think so.

Celebrate love and family during this workshop dedicated to practicing skills that create happy, healthy relationships, and teaching those skills to our children.

Drawing on what psychology, sociology, and neuroscience reveal about the factors that create joy and strong relationships, Carter will teach simple skills to improve relationships with children, spouses, and ex-spouses.

Topics include:

• Why your happiness and the health of your romantic relationship, if you have one, is critical for your children’s success and happiness
• How to find more joy in your parenting and romantic relationships, even if you feel like you don’t have enough time
• How to encourage your family members so they are engaged and passionate in their activities
• How to eliminate happiness-killers from your relationships and daily life

Spouses and children are among the most fulfilling and joyful aspects of our lives, when these relationships are positive and healthy. This workshop is appropriate for couples and for single parents interested in lowering stress and bringing greater joy into their lives. Parallel children’s programming is available for parents who would like to bring their 5-12 year-old kids. Please see the Seeds of Happiness workshop listing for more information.

Christine Carter, PhD, is a sociologist and happiness expert at the Greater Good Science Center’s parenting program in Berkeley, Calif. She is also the author of Raising Happiness: 10 Simple Steps for More Joyful Kids and Happier Parents. www.christinecarter.com

July 28–August 4

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 system,” Suzanne Scurlock-Durana writes. “That power is 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, childbirth tearing and scars, self-esteem, and negative images about our femininity. Because self-knowledge is important, scientific and anatomic information will be presented.

“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 healthcare professionals and anyone wishing to learn alternative approaches to women’s health.

Required reading and listening: Read Full Body Presence and listen to the audio portion (available from Healing From the Core at 703-620-4509, or at www.healingfromthecore.com or www.fullbodypresence.com).

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.

CE credit for MFTs and LCSWs; see page 103.
CE credit for nurses; see page 103.
CE credit for bodyworkers; see page 103.

Suzanne Scurlock-Durana bio on page 20.

Week of July 28–August 2

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

Joe Cavanaugh

Through love all pain is turned to medicine.
— Rumi

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

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

Prerequisite: The willingness to abstain from alcohol and nonprescription drugs for the duration of the workshop.


CE credit for MFTs and LCSWs; see page 103.

Joseph Cavanaugh is a licensed psychotherapist in private practice in the Sierra foothills and a psychology instructor at a local community college. He has facilitated personal-growth workshops throughout California for the past 30 years.
Empowering Creativity through Movement/Dance and Life/Art Metaphors

Anna Halprin & Daria Halprin

Invoking the wisdom of the body and the power of the imagination, Anna and Daria Halprin will join forces for this five-day experience. Pioneers in their respective fields of dance and expressive arts-based psychology, Anna and Daria will interweave their work in an exploration of the body in movement and imagination, life and art, and individual and collective narratives.

Throughout time, movement, dance, and the expressive arts have been transformative for individuals and communities as ways to find meaning, artistic expression, healing, and connection to spirit. This workshop will generate opportunities for participants to find such artistry and meaning connected with real issues in their lives.

The Life/Art Process® developed by the Halprins involves movement/dance, drawing, poetic dialogue, individual and group dance, reflective writing, and explorations in the beautiful outdoor environment of Esalen. These practices will be utilized to renew, regenerate, inspire, envision, and catalyze new resources to bring back into daily life.

The workshop is for everyone. No previous experience in dance/art needed.

Recommended Readings and Viewing: Anna Halprin, Experience As Dance and Breath Made Visible; Daria Halprin, Expressive Body in Life, Art and Therapy.

CE credit for MFTs and LCSWs; see page 103.

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.

www.annahalprin.org

Daria Halprin, is a dancer, teacher, therapist, and co-founding director of Tamalpa Institute. She leads workshops and trainings internationally. Her books include The Expressive Body in Life, Art and Therapy, Body Ensouled, Enacted and Entranced, and Foundations of Expressive Arts Therapy. www.dariahalprin.org

Experiencing the Esalen Farm and Garden

Christopher LaRose & Jessica Spain

For more than forty years, the Esalen Farm and Garden has provided a holistic model of food security and sustainability—producing food that sustains, heals, and educates the community. Growing one’s own food is a powerful form of activism and a deep source of spiritual experience. The Esalen Farm and Garden staff strives to cultivate soil, plants, and people while honoring the spirit of the land and its ancestors.

This dynamic workshop experience provides the opportunity to immerse yourself in the Farm and Garden alongside our talented and experienced staff. This week will introduce you to the practical and experiential knowledge needed to start or refine your own garden, as well as a chance to revel in the beauty and power of the Esalen land. You will gain hands-on experience with topics including seed starting, harvesting, cultivation, transplanting, composting, seed saving, flowers, and herbs.
We invite you to explore working on the land as a physical, emotional and spiritual experience. As an Esalen work tradition, Gestalt awareness practice is integrated into our time together, to support our growth processes and group relationships. Each morning after harvest, we gather in a sharing circle to connect with ourselves and each other before the day of learning and working. We ground and connect with the land through mindful and playful activities and rituals. The week culminates with a farm-to-table dinner that we prepare and share in gratitude together on the beautiful farm.

**Christopher LaRose** combines a background in social work and Gestalt practice with a love of horticulture and farming in his role as gardener, teacher, and land steward at Esalen. He graduated from, and has taught for, the UC Santa Cruz Center for Agroecology.

**Jessica Spain** brings a background in food justice, natural building, animal husbandry, orcharding, and homesteading to her role as farmer and teacher at Esalen. She is a graduate of the UC Santa Cruz Center for Agroecology, and has farmed in Colorado and California.

**Practice of Council in the Body**

**Pippa Bondy & Leslie Roberts**

"Join us as we develop and share our practice of Council in the Body during this retreat designed for people engaged with healing work," write Pippa Bondy and Leslie Roberts. "We will explore Alexander Technique, Prayerforms, breath and movement work, Council, and active dialogue with nature as ways to access the innate wisdom held in our bodies and in the body of the Earth.

"Collaborating in a daily rhythm of group movement practice, personal sessions, and solo time in nature, we will build rapport with each other and learn new skills as we witness the unfolding of grace in our lives and in our bodies, expanding our awareness and our ability to read the field, a skill so helpful in the healing and care-giving arts.

"We will use the circle practice called Council throughout our time together. This group process of speaking and listening from the heart will help us as we seek to remember who we are, and bring intention, acceptance, and authentic presence to our communications while creating the possibility for truly engaged relationships and community, and an opening to wholeness.

"This is an opportunity to enrich our body-knowledge in a generative culture of co-travelers on the healing path, renewing the gift of vitality and connection in the wild beauty of Esalen."

**Pippa Bondy** is a Council trainer and a guide of wilderness quests and retreats. She has developed and offers a unique program based on a synthesis of Council and Alexander Technique. Her clients include therapists, caregivers, and people working through pain. [www.ancienthealingways.co.uk](http://www.ancienthealingways.co.uk)

**Leslie Roberts** has decades of experience offering Council trainings and nature-based awareness and wilderness programs. She has collaborated with and integrated Astonwork, Middendorf, Feldenkrais, and bioenergetics into her health care practice, and has developed Prayerforms, a breath-informed ceremonial movement practice.

---

**Weekend of August 2–4**

**Vinyasa / Power Yoga Flow**

**Susan Hauser**

Vinyasa / Power yoga connects breath with movement using a vigorous, fitness-based...
approach to vinyasa-style yoga. It emphasizes strength and flexibility, and practitioners gain many psychic, 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.

Susan Hauser was voted “Best Yoga in Marin” by Marin Magazine, and was recognized by LuluLemon as a 2012 Ambassador. She studied with Baron Baptiste and her classes follow the Baron Baptiste Vinyasa style. Susan found yoga after the loss of her husband to cancer in 2003.

The Realization Process: Embodying Spiritual Essence

Roma Hammel

Spiritual traditions point to the essence of our being, calling it fundamental consciousness, true self, non-duality, and many other names. This dimension is the core of our own nature and can be experienced by anyone willing to approach it with patience and openness. Fundamental consciousness is experienced as clear, luminous spaciousness, pervading our body and our environment as a unified whole. Realization Process is a precise method of attuning to and embodying fundamental consciousness. This workshop offers ways to uncover the natural integration of fundamental consciousness with the body and breath/energy system; experience oneness with nature and people while remaining grounded in one’s body; and see, hear, and touch on a subtler level. The Realization Process attunement exercises will be combined with sitting and movement meditations. This work can deepen meditation practice for both beginning and advanced practitioners. We will also discuss how fundamental consciousness can facilitate psychological, relational, and physical healing. In a pilot study at New York University Medical School, Realization Process reduced symptoms of post-traumatic stress disorder and increased positive emotions. This workshop is especially beneficial for psychotherapists, nurses, and other health professionals for use with their patients and clients.


CE credit for MFTs and LCSWs; see page 103.

Roma Hammel, PhD, is an experienced, certified Realization Process teacher, an anti-racist activist, and a long-time practitioner of qigong. Roma works with individuals and groups to catalyze bodymindspirit transformations. She offers small group series and individual sessions in Los Allos Hills, Calif.

Claiming Your Voice

Meredith Haberfeld

Some of the greatest leaps in personal development come when we stop believing that others have more access to deep wisdom than we do, have superior opinions to ours, or hold sway over us—when we finally know at the end of the day that we can trust ourselves. This workshop will address many aspects of claiming your voice—in writing, in vocal work, and, most importantly, in daily life through the choices you make in it. The program will help you gain access to your many inner voices as well as different aspects of your character, many of which you suppress and ignore, but which can each provide important insights and wisdom in your everyday life. Finally you can get comfortable in your own skin.

You will deepen the ability to hear yourself—and all that there is to hear. What does your body say about how you feel right now? What do your emotions have to tell you? What feelings and messages have you been resisting? This workshop will teach you to allow them to surface so you can come deeper into your own power.

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

Meredith Haberfeld is acclaimed for her work with individuals, couples, and families. She participated in the creation of the life coaching program at MIT, and her advice has been included in Forbes, Woman’s Day, and Yoga Journal magazines. www.meredithhaberfeld.com

The Extraordinary Couples Workshop

Jason Weston & Marci Graham

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 identity.

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.

Jason Weston has more than 30 years of experience with the Human Awareness Institute. He assists people in creating the lives they really want by guiding them to see and express their own beauty, power, and love. He is the Executive Business Director for HAI Global.

Marci Graham is a facilitator for the Human Awareness Institute (HAI). She leads with a spirit of inquiry infused with fierceness and softness. Marci has a 25 year history of soul searching and personal relationship transformation through movement and creative expression.

Esalen® Massage: The Basics

Dean Marson & Laurie Lioness Parizek

The Esalen massage experience opens a remarkable web of interconnection: a listening touch, the sound of the ocean, and our nervous system soothed with calm, gentle
contact. When we receive a massage we remember an easier time and "come home."

Esalen Massage seeks the interface between form and energy, physical structure and the soul, I and Thou. The long, integrative strokes build a sense of presence, while deeper, more focused work evokes release of tension patterns. Both teachers have shared this grounding, loving practice and know the joy and healing that this form of calming, revitalizing touch can bring to many diverse cultures and personalities.

This workshop provides time for discussion, demonstration and practice, with plenty of table-side assistance. With one-on-one guidance, participants have the opportunity to awaken their own natural talent and resources to easily and safely give and receive the basic elements of an Esalen Massage. To support the massage learning experience, centering, grounding and self-care exercises are also included in the workshop presentation. This workshop is especially useful for those in the helping and healing professions in working with their clients and patients.

Come prepared to have fun, relax and learn something new. There will also be free time to relax in the hot springs and enjoy the exquisite beauty of Esalen. All levels of experience are welcome.

CE credit for nurses; see page 103.
CE credit for bodyworkers; see page 103.

Dean Marson bio on page 15.
Laurie Lioness Parizek graduated from the Montréal General Hospital School of Nursing, McGill University. She studied and teaches hands-on interactive and energy healing, and is a longtime teacher of Esalen bodywork.

Week of August 4–9

Be Present Family Camp
Lillie Allen, Eugene Allen & Noa Mohlabane

Be Present Family Camp brings together a diversity of families to learn and practice the Be Present Empowerment Model® (BPEM), a holistic leadership development model for individual and collective effectiveness that replaces silence with information, assumptions with a diversity of insights, and powerlessness with a sense of personal responsibility. Through engaged creativity, imaginative play, and community celebration, Be Present, Inc. supports people to create well-being within themselves as well as in their families, organizations, and communities. Family Camp empowers individuals, children, and adults with skills to build trust and connection, improve communication, and help family members transform challenging moments into learning opportunities. Our goal is for campers to experience sharing their voices in a nurturing environment where their feelings and experiences are validated and supported; increase knowledge of self and awareness of others through learning how to listen in a clear and conscious state; practice ways of supporting one another within the family system and among peers to increase feelings of connection and community; engage in the conversations that nurture and sustain authentic relationships across the interconnected issues of race, gender, class, ethnicity, culture, language, religion, age, sexual orientation, and gender identity.

Family Camp integrates the BPEM into child- and adult-focused processes and activities. This workshop is open to everyone, especially families with children of all ages.

Lillie Allen is founder and executive director of Be Present, Inc. and creator of the Be Present Empowerment Model®. Lillie develops leadership approaches that engage individuals to cross boundaries, open up honest dialogue about differences, and commit to joint action and shared responsibility.

www.bepresent.org

Eugene Allen is a national Be Present, Inc. trainer and member of the Regional Community Organizing Core Group in Atlanta, Georgia. Eugene’s areas of focus are developing the leadership of young men and boys, and building sustainable partnerships with social justice organizations.

www.bepresent.org

Noa Mohlabane is a community activist who has worked with families and teachers for more than 40 years in the nonprofit world in organizational development and program directing. She is a Be Present Inc. regional core organizing group member, trainer, and former board member.

www.bepresent.org

Writing and Knowing
Ellen Bass, Dorianne Laux & Joseph Millar

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

— André Gide

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

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

There is a vitality, a life-force, an energy... that is translated through you into action. And because there is only one of you in all time, this expression is unique. And if you block it, it will never exist...

It is not your business to determine how good it is... It is your business to keep it yours clearly and directly, to keep the channel open.

— Martha Graham


Ellen Bass has supported and inspired writers for 40 years. Her many books include Mules of Love, The Human Line (poetry), and The Courage to Heal, which has sold more than a million copies. She teaches at Pacific University’s low-residency MFA program. www.ellenbass.com

Dorianne Laux is the author of four collections of poetry, Awake, What We Carry (a finalist for the 1994 National Book Critics Award), Smoke, and Facts About the Moon. She has received a Pushcart Prize for poetry, two NEA fellowships, and a Guggenheim Fellowship. www.doriannelaux.com

Joseph Millar’s first collection of poems, Over-time, was a finalist for the Oregon Book Award. His work has won fellowships from the NEA, and received a 2008 Pushcart Prize, and has appeared in many journals. Millar teaches at Pacific University’s Low Residency MFA program. www.josephmillar.org

Uplegger Institute International’s Advanced Craniosacral Therapy 1

Susan Steiner

The Advanced Craniosacral Therapy course is especially designed to provide an in-depth experience for the serious CranioSacral Therapy practitioner. Class is limited to ten participants.

Course highlights include opportunities to:
• Participate in multiple hands-on sessions
Register online at www.esalen.org or by calling 888-8-ESALEN (888-837-2536).

- Benefit from one-on-one instructor-to-participant skill evaluation
- Refine technique applications and further develop palpatory capabilities
- Participate in an in-depth mind/body integration study using the craniosacral system as the core vehicle

The prerequisite for this course is Upledger’s SomatoEmotional Release 2 (SER2).

Note: Registration for this workshop is through 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 reserve accommodations at Esalen. For accommodations pricing chart, see www.esalen.org/workshops/reservations.html.

CE credit for nurses; see page 103.
CE credit for bodyworkers; see page 103.
CE credit for acupuncturists; see page 103.

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.

Expand and Evolve: Intermediate Yoga Camp

Noah Mazé

In this intimate week of yogic practice and retreat, you will have ample opportunity to expand and refine your practice. Each day will be a mix of strong practice in the mornings (vinyasa, standing poses, hand balancing, and backbends) and cooling practice in the afternoon (hip openers, forward bends, twists, and inversions) as well as pranayama and meditation and contemplation.

Expect clear, step-by-step instruction, progressive sequencing, stages and modifications of intermediate/advanced poses, refinements, strong work, lots of fun, and a passionate call to be your best. Noah Maze will draw inspiration from the rich mythology and symbolism of the yoga tradition, and weave these potent teachings throughout the classes. You will enter into the realm of imagination, creativity, and mythic consciousness as you embody the teachings in grounded practice.

Bring a journal, an open mind, engaged heart, and a willingness to challenge your practice in a safe and supportive atmosphere. Learn, grow, and evolve! Committed students and teachers of yoga will learn much to incorporate into their practice and teaching, and be deeply nourished and inspired by the power of yogic practice. Please bring a yoga mat.

Noah Mazé founded MYogaSchool in Los Angeles, Calif., and teaches yoga internationally. Noah began practicing yoga at age 14, studying with Richard Freeman, Pattabhi Jois, and senior Iyengar yoga teacher Manouso Mano. He was a certified Anusara instructor for many years. www.noahmazeyoga.com
Reclaiming Your Authentic Self

Anne Watts

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

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

The partnership you establish between the inner child and parent will enable you to live your life with a new level of potency, peace, and joy. For more information about Anne and her work, please see www.annewatts.com.

Anne Watts was deeply influenced by her father, the pioneering philosopher Alan Watts. She leads workshops on four continents, teaching adults to have more loving, fulfilling relationships. Anne has been leading Love, Intimacy and Sexuality workshops since 1985. www.annewatts.com

Your Life Cannot Be Any Easier Than Your Movement: Introduction to Cortical Field Reeducation®

Sybil Krauter & Nancy Lipman

How we sit, stand, move or respond to contact with others reflects patterns wired into our nervous systems in infancy. By early childhood, conflicting intentions distort these patterns. Feeling powerless, we attempt to survive and to win love by figuring out “the rules.” The resulting strategies may protect us as children but, deeply ingrained in our muscular postures and movements, they limit our choices as adults. These engrams remain outside of awareness, causing discomfort and dysfunction. By reeducating the brain-muscle-emotion connection, restrictions can be released, freeing lifelong behaviors that have organized around that movement, restoring freedom of choice. The protective postures are altered, deeply affecting the body’s habitual defense system and allowing a higher level of energy.

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

CE credit for bodyworkers; see page 103.
CE credit for nurses; see page 103.

Sybil Krauter teaches Cortical Field Reeducation® and Integrated Awareness® internationally. Her
background is in education, clinical hypnosis, and NLP. Her focus is on how we create reality.

**Nancy Lipman**, LAc, MAc, integrates the wisdom of Five-Element acupuncture with the beautiful structural and energetic practices of Cortical Field Re-education® and Integrated Awareness® to offer deep healing and functional change to her students and clients in Cambridge, Mass. www.cfrhealing.com

---

**Painting the Inner and Outer Landscape**

**Adam Wolpert**

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

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

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

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

---

**Weekend of August 9–11**

**Full Body Presence: Skills to Energize Your Life**

**Suzanne Scurlock-Durana**

Energize your daily life in this weekend workshop. Gain practical tools and skills that will enable you to meet life’s challenges with new resources that don’t fade but grow stronger with practice.

Discover how to tune into your body’s wisdom and acquire skills to stay energized in the face of life stressors and draining situations. Learn exact tools for re-charging your system to calm physical tension and quiet your mind. Leave the weekend more embodied, with clarity about how your own full body presence can support you in your world.

In today’s world we all need full access to our inner and outer resources in order to survive and thrive with the daily demands being presented to us. This course teaches the process of allowing the deep wisdom of the body to inform and help us navigate in our living, working, healing, and relating in the world.

Learning to respect and listen to this body wisdom as the ground of our knowing helps us to rediscover our innate spirituality and to develop our emotional intelligence. Attend this workshop and acquire effective skills to:

- Learn about healthy boundaries and how to hold them
- Understand the dynamics of your own energy habit patterns

- Nourish and rejuvenate in healthy, life-giving ways
- Remain grounded, steady, and present, even under stress

This course is valuable to individuals from all walks of life, including healthcare professionals and caregivers, life coaches and counselors, parents, and teachers.

Prerequisite: Read and listen to the audio CD in Full Body Presence: Learning to Listen to Your Body’s Wisdom.

Note: Registration for this workshop is through 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 reserve accommodations at Esalen. Please see accommodations costs under “Pricing for Partner Programs” at www.esalen.org/workshops/reservations.html.

**Suzanne Scurlock-Durana** bio on page 20.

---

**Leadership Embodiment for a Sustainable Future**

**Wendy Palmer**

Research by psychologist Dr. Albert Mehrabian and others shows that at least 70% of all communication is nonverbal. Learning to unify the body’s message with what is being said enhances our capacity for effective leadership and more fulfilling relationships. Each of us has patterns that arise when we are confronted with a leadership task or challenge.

Often our mind understands what is needed to create more skillful interactions and yet we are not able to do what we so clearly understand. The body needs to experience skillful alternatives that then translate into a deeper understanding and a capacity to take a different action.

Leadership Embodiment offers tools and practices that help us to be more effective and sustain a positive outlook in how we relate...
to our lives, particularly when we are under pressure and feel threatened. The focus is on the body and using different energy patterns to create a positive shift. The three core competencies we develop during this workshop are:

- Inclusiveness – we are in this together
- Centered Listening – listening without taking it personally
- Advocating/ Speaking Up – without aggression or collapsing

Recommended reading: Palmer, The Intuitive Body and The Practice of Freedom.

Wendy Palmer is a sixth-degree black belt in aikido and the author of two books, The Intuitive Body and The Practice of Freedom. She leads trainings internationally. She has been practicing aikido and mindfulness for 40 years.

www.Embodimentinternational.com

You will have an opportunity to examine your underlying assumptions and beliefs; overcome inner blocks; discuss and test new ideas with a group of accomplished peers; step away from the frenetic demands of your day-to-day routine and ask big questions in an awe-inspiring natural setting; and create a vision for yourself as a leader and a strategy for your future growth.

Note: Registration for this workshop is through Stand & Deliver only. To register please call 415-627-7477 or email joanne@standanddelivergroup.com. Only after you have reserved your place through Stand & Deliver will you be able to reserve your accommodations by contacting Esalen (course fees and accommodations are separate). Please see accommodations costs under “Pricing for Partner Programs” at www.esalen.org/workshops/reservations.html.

Peter James Meyers is a professional actor and theater director. He is also the president of Stand & Deliver, a global communications consultancy that helps leaders engage and inspire their teams to achieve breakthrough performance.

Speak to Inspire

Peter Meyers with Stand and Deliver Staff

Social networks and the instantaneous exchange of information have made us more connected than ever. But in this new era of virtual community, more and more people are left feeling depleted and detached. In the face of this uniquely 21st-century challenge, how can leaders rise above the din of data to truly connect, engage, and inspire others through the power of the human voice?

This exclusive weekend summit will bring together leaders from around the world and across industries to examine the critical question of their power and responsibility to foster vital human connections in their organizations. 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.

This workshop challenges high-level leaders to tackle difficult questions about themselves and their organizations. Most importantly, participants will learn—and practice—models and methods for expanding their leadership voice; provide insight in the face of confusion; create confidence in place of doubt; and ignite empowering beliefs that inspire others to action.

Activities include lecture, group discussions, self-awareness exercises, simulations, coaching, and personal feedback.
The Ecstasy of Sound: A Music and Healing Workshop
Jennifer Berezan

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

Participants will engage in a wide range of musical experiences, from traditional and contemporary traditions, designed to open the heart and create equanimity, joy, ecstasy, and healing. The workshop will include sessions of toning, chanting, harmony and rhythm, improvisational sounding, meditation, and silence, in a safe, humorous, and sacred environment. No musical experience is necessary.

Jennifer Berezan is a singer/songwriter, teacher, and activist. Her groundbreaking work as a recording artist and teacher has established her as a leading voice in the field of music, ritual, and healing. She has released 8 albums and produces large-scale multicultural, ecstatic ritual events. www.edgeofwonder.com

The Embodied Life™: Meditation, Guided Inquiry and the Teachings of Moshe Feldenkrais
Russell 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.

Participants are welcome to register for this weekend seminar only or combine it with the five-day seminar, August 11-16.

CE credit for bodyworkers; see page 103.

Russell Delman studied with Moshe Feldenkrais for many years. One of the first Feldenkrais trainers, he has been teaching the method since 1975. He has also maintained a Zen meditation practice for more than 35 years, and conducts workshops and training programs internationally. www.russelldelman.com

Week of August 11–16

The Way of Story: The Craft and Soul of Writing
Catherine Ann Jones

We’ve become lopsided living only in our heads. Writing, in order to serve the soul, must integrate outer craft with the inner world of intuition and feeling.
—Catherine Ann Jones, New York Times

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 learn:
• 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 faculty of several universities, and published a book on narrative writing and professional memoir, The Way of Story.


Catherine Ann Jones is an award-winning author, playwright, and screenwriter whose films include Unlikely Angel, The Christmas Wife, and the series Touched By An Angel. She was a Fulbright Scholar to India and winner of the National Endowment for the Arts Award. www.wayofstory.com

Walking on Clouds: Integral Tai Chi™
Kenn Chase

Walk like a cat. Move like a river. Be still as a mountain.
—Tai Chi Classics

With his unique and personable approach to learning, Kenn Chase takes each participant on a journey within. Combining tai chi, Feldenkrais Method Awareness through Movement®, chi gung, and various meditation practices, each participant becomes aware of the blockages in his or her body and how to release them. Kenn’s Integral Tai Chi method has allowed thousands of students to free themselves of pain, postural problems, and stress, which encourages increased stability and freedom of movement. Each participant will have the opportunity to regain optimal health, energy, and well-being through gentle, graceful movements centered on Kenn’s special version of Yang-style tai chi. Practicing tai chi while immersed in nature at Esalen enhances the experience. Tai chi moves are based on nature, and tuning in to the subtle moves inherent in the natural world allows us to become increasingly tuned in to the peace, beauty, and balance our natural world offers us. Concluding the workshop is an excursion to New Camaldoli Hermitage for group meditation in their sacred chapel and a trip to the spectacular Sand Dollar Beach for tai chi by the sea. No experience is necessary.

CE credit for acupuncturists; see page 103.

Kenn Chase, founder of Integral Way Tai Chi™ has taught Yang-style tai chi since 1969. He is a certified Feldenkrais practitioner and integrates Awareness through Movement® into his unique teaching approach. Teaching locally and internationally, he consults with corporations, hospitals, and privately. www.kennchasetaichi.com

Register online at www.esalen.org or by calling 888-8-ESALEN (888-837-2536).
Gratitude and Forgiveness: Deepening into The Embodied Life

Russell Delman

During this five-day seminar, you will experience direct, enjoyable, and reliable practices for inviting embodied presence. You can uncover the natural meditation of “just sitting” as you learn to walk through the doorway of embodiment.

We will also work directly with the thinking and feeling patterns that interfere with our natural radiance. Growing our capacity for gratitude and forgiveness is central to this transformation. Research confirms the life-giving influence of these mind states. We can experience practices which can change fear into love, resentment into forgiveness, and disappointment into gratitude.

Please see the description for The Embodied Life™: Meditation, Guided Inquiry and the Teachings of Moshe Feldenkrais, August 17-19, for a full description of the work.

Participants are welcome to register for this five-day seminar only or combine it with the weekend seminar, August 9-11.

If the only prayer you say in your life is ‘thank you,’ that would suffice. —Meister Eckhart

CE credit for bodyworkers; see page 103.

Russell Delman bio on page 31.

Life at the Edge of Possibility for Transforming Heart, Mind and Soul: Ericksonian Hypnosis Seminars

Carol Kershaw & Bill Wade

By the time we are adults, we live by a set of habitual behaviors, thoughts, beliefs, and emotional reactions. These may have evolved from trauma, fearful experiences, or normal everyday worries. Without inner exploration, these unconscious programs turn on brain circuits and cause us to believe our reality is true. The result is that we hardwire the brain to reflect the problems, personal conditions, and circumstances in our lives. This workshop will release you from frustrations and limitations through the use of hypnotic experiential processes and stimulate the evolution of your consciousness. We will explore hidden assumptions, how you have limited yourself, and your personal possibilities for living the life you want. You will be shown how to change the thoughts you think, the behaviors you engage in, and the emotional states you have practiced. You will leave with a four-week program to continue your personal work.

Recommended reading: Kershaw and Wade, Brain Change Therapy: Clinical Interventions for Self Transformation.

CE credit for psychologists; see page 103.
CE credit for MFTs and LCSWs; see page 103.
CE credit for RD and DTR; see page 103.

Carol Kershaw, EdD, is a psychologist, codirector of the Milton Erickson Institute of Houston, and coauthor of Brain Change Therapy. She is an international trainer and has produced several programs on personal growth and creating lasting solutions. www.drscarolandbill.com

Bill Wade, PhD, is a licensed professional counselor, marriage and family therapist, and codirector of the Milton Erickson Institute of Houston. He is coauthor of Brain Change Therapy (2012, WW Norton). He has taught meditation and given Dharma lectures at various Buddhist temples. www.drscarolandbill.com

Abandonment to Healing: Overcoming Your Self-Defeating Patterns

Susan Anderson

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

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

CE credit for MFTs and LCSWs; see page 103.

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

The Magic of Metal: Blacksmithing, Welding and Sculpting

TS O’Grady & Caleb Smith

There is a magic about metal that can mesmerize those who appreciate it and energize those who work with it. Experience blasting through steel plates with a cutting torch to create fantastic shapes, or heating, twisting, hammering, and shaping hard metal rods or bars as if they were clay. The results can be useful and infinitely beautiful. The workshop focuses on the basics of cutting, forging, and welding metal. Students will learn through hands-on instruction, design talks, and show and tell sessions. Each student will take home the sculptural or functional pieces they create during the week.

All levels are welcome; no experience is necessary. Returning participants can build their skill level and tackle more complex projects. Bring long-sleeved work clothes and leather boots that you feel comfortable getting dirty in. For more information, visit www.TheMagicOfMetal.com.

Recommended reading: Sims, Backyard Blacksmith.

($100 materials fee paid directly to the leaders)

TS O’Grady is a metal worker and builder who recently moved to New Orleans after a decade in Big Sur. www.TheMagicOfMetal.com

Caleb Smith is an artist/blacksmith who resides in Santa Fe, NM. He creates custom architectural ironwork and also works as a glass artist and woodworker. He loves to bring all of these skills together to create artwork. He loves to teach and spread the joys of metal work whenever possible.

Healthy Backs and Necks: Overcome Pain and Limitation

Neil Sharp

Can you remember a time when your body felt strong and flexible, and free of any aches and pains? A time when you were bursting with energy, curiosity, and creativity? Anyone who ever experienced pain, stiffness, or limitation in their back, neck, or shoulders knows how it can cloud our thinking, drain
Register online at www.esalen.org or by calling 888-8-ESALEN (888-837-2536).

our energy, and rob us of our vitality and well-being. In this workshop, you can experience the remarkable capacity of your brain to change and quickly create new, pain-free patterns. Through gentle, safe, and pleasurable movement lessons and the 9 Essentials of the Anat Baniel Method™, you can begin to experience immediate changes, no matter your age or condition. As your pain dissipates you can reach new levels of strength, flexibility, and performance. Professionals can learn breakthrough ways to transform their clients’ lives.

Learn how to rewire your brain to overcome back pain and stiffness; eliminate neck and shoulder pain and strain; increase overall flexibility and strength; enhance your creativity and well-being; learn the 9 Essentials; and acquire tools to use in your daily life and with others.


Neil Sharp, MD, finds the neuroscience, learning, and creativity of the Anat Baniel Method forges his diverse passions into a common purpose. He has collaborated with Ms. Baniel since 2006, teaching private sessions, groups, and doing research. He also is a professional musician. www.anatbanielmethod.com

The Hormone Cure: Reclaim Balance and Vitality with the Gottfried Protocol

Sara Gottfried

In this gathering for women, discover the vitality-boosting secrets of a Harvard-trained gynecologist. Join Dr. Sara Gottfried for a women’s retreat that includes yoga and information on how simple steps can help women feel sexy, vital, and balanced from their cells to their souls. Learn about adrenal toning and how best to activate repair, hormone balancing via proven natural remedies, and how to increase metabolism as you age. Dr. Sara believes women deserve to feel sexy, ripe, and delicious. She believes women’s health concerns have been shamed, minimized, mocked, and misunderstood for too long. She teaches women how to proactively manage and optimize health as part of their divine responsibility and path to personal power. There is a reason women lose their mojo and that reason is probably hormonal. Learn how to do something about it! Please bring a yoga mat.

Recommended reading: Gottfried, The Hormone Cure Reclaim Balance, Sleep, Sex Drive & Vitality Naturally with the Gottfried Protocol.

Sara Gottfried, MD, is a Harvard-educated integrative physician, speaker, and author. She is a nationally-recognized yoga instructor, maverick thought leader, and online teacher/mentor in the areas of women’s health, hormones, yoga and sacred balance across the lifecycle. Her methods have been featured in workshops, film, TV, and magazines. www.saragottfriedmd.com
Buddhism and the Twelve Steps

Kevin Griffin

The Buddha said craving is the cause of suffering. Twelve Step programs work with the deepest forms of craving. How can these two traditions come together to deepen our recovery and our spiritual life?

Through a combination of traditional and contemporary Buddhist meditation practices, interactive exercises, lecture, and discussion, this workshop will explore the ways that Buddhism and the Steps complement each other on a path of recovery. We will be delving deeply into the practice of Buddhist insight meditation with plenty of time for question and answer periods. We will also do mindful walking, speaking/listening, and eating exercises as well as group sharing. The goal is to bring a mindful approach to all activities. This quality then informs our recovery and our spiritual growth. There will be time to enjoy the beautiful natural setting, as well as the Esalen hot springs.

This workshop is open to all those interested. You need not be in a Twelve Step program, nor have a background in Buddhist meditation. The workshop will include introductory meditation instructions. Beginners are welcome.

Recommended reading: Griffin, *One Breath at a Time* and *A Burning Desire: Dharma God and the Path of Recovery*. A cofounder of the Buddhist Recovery Network, he is a leader in the mindful recovery movement. www.kevingriffin.net

Kabbalah and the Tree of Life: Unlocking Secrets of Ancient Mystical Traditions

Gahl Sasson

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

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

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


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

Using Your Unconscious for Mind-Brain Transformation: Ericksonian Hypnosis Seminars

Annellen Simpkins & C. Alexander Simpkins

Milton Erickson’s (1901-1980) hypnosis was based in a firm belief that the unconscious is a reservoir of potential and that hypnosis is the way to access that potential. Recent neuroscience research corroborates this belief in finding that the brain has many intelligent,
unconscious pathways. These pathways function automatically and can be engaged and used to help you accomplish goals that might be difficult to do deliberately. By working indirectly and unconsciously, you can bypass conscious limitations to resolve problems and live a happy, fulfilling life. Enjoy an intensive and powerful experience of self-hypnosis that you can take home. Learn about how to go in and out of trance, use different forms of suggestion, activate your ideomotor mind-body link, and experiment with varied trance phenomena. Enhance your life unconsciously and discover how to bypass conscious limits. Enjoy deep relaxation and comfort. For therapists and health professionals, learn hypnotechnic techniques to use with clients and patients. With stories, guided trance experiences, applications, handouts, and a clear understanding of the effects in the brain, plan to be informed, uplifted, and transformed!

Recommended reading: Simpkins and Simpkins, Neuro-Hypnosis: Using Self-Hypnosis to Activate the Brain for Change, The Dao of Neuroscience, and Neuroscience for Clinicians.

CE credit for psychologists; see page 103.
CE credit for nurses; see page 103.
CE credit for MFTs and LCSWs; see page 103.
CE credit for clinical hypnotherapist; see leader.

Annellen M. Simpkins, PhD, is a psychologist in private practice who, with her husband C. Alexander Simpkins, specializes in study and research of mind and brain. Together they teach widely on meditation and hypnosis, have written twenty-four books, and live in San Diego, Calif. www.simpkins.radiantdolphinpress.com

C. Alexander Simpkins, PhD, is a psychologist in private practice, and, with Annellen M. Simpkins, is the author of twenty-four books. Together they study and research mind and brain, teach meditation and hypnosis in seminars and workshops, and live in San Diego, Calif. www.simpkins.radiantdolphinpress.com

How to Live a Happy and Passionate Life
Janet Bray Attwood & Marci Shimoff

Imagine waking up in the morning excited because you’re doing what you love. Imagine how your relationships, health, and work would be if you were deeply happy and living with a passionate and open heart.

In this interactive program, bestselling authors and transformational leaders Janet Attwood and Marci Shimoff will help you align with your soul’s calling, connect with your deepest state of unconditional love and happiness, and tap into your feelings of abundance. You’ll be taught the powerful habits of authentically happy people, the keys to living in a state of unconditional love, and the tools to manifest your desires and ignite your passions.

Drawing on cutting-edge knowledge in the fields of positive psychology and neuroscience, this program will show you how to make your thoughts your allies and let love lead in your life. With group discussions, personal coaching, interactive exercises, and dramatic examples, this course will give you a seven-step holistic program to create a life filled with purpose, joy, and gratitude.

See Faculty Spotlight, page 8.

Janet Attwood is the New York Times bestselling author of The Passion Test: The Effortless Path To Discovering Your Life Purpose. Janet’s program, The Passion Test, now has over 1000 Passion Test-Certified Facilitators internationally. She has presented alongside the Dalai Lama, Richard Branson, Jack Canfield, and others. www.thepassiontest.com

Marci Shimoff is a transformational leader and New York Times bestselling author. Her books include Happy for No Reason, Love for No Reason, and six titles in the Chicken Soup for the Woman's Soul series. Marci is a featured teacher in The Secret and the host of a PBS show on happiness. www.happyfornoreason.com

Week of August 18–23

The Embodiment of Love and Pleasure: Enrichment and Replenishment for Couples
Stella Resnick & Alan Kishbaugh

The ability to sustain and enjoy a loving relationship over time is a blessing and supreme accomplishment. When stress, conflict, or periods of separation are successfully resolved, those experiences inspire resilience, strengthen the bond, and expand us as individuals. A couple’s issues are often a result of old attachment programming — body-based emotional habits that trigger ineffective reactions to feelings of threat. Honing skills for soothing stress and embracing loving pleasures can help partners work as a team to heal old pain and to build on the strengths of their connection. Empathic touch, affection, romantic play, and sexual pleasure are the body-based nutrients that support the great-est relationship satisfaction. A primary focus of this week is on the emotional and sensual pleasures that nurture relational and sexual aliveness. Through breath and body mindfulness, and Gestalt awareness and partnered exercises, participants explore methods for better self-regulation and mutual-regulation of stress, as well as the heart-to-heart and body-to-body attunement with their partners that fosters deep gratification. Some of the themes examined include expanding on emotional and sensual empathy; cultivating a broader view of the erotic spectrum; and becoming more mindful of the subtle verbal and body cues that enhance loving feelings and sexual desire.

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

CE credit for psychologists; see page 103.
CE credit for MFTs and LCSWs; see page 103.

Stella Resnick, PhD, psychologist, Gestalt therapist, and certified sex therapist in Beverly Hills, Calif., trains and supervises therapists in her full-spectrum approach to psychotherapy and sex therapy. Her latest book is The Heart of Desire: Keys to the Pleasures of Love. www.drrstellaresnick.com

Alan Kishbaugh is a writer with many years of experience in book publishing and in urban planning, parkland, and open space preservation. He and Stella Resnick have been married for twenty-six years and have led couples’ seminars together for even longer.

Soul Motion*: Taking Refuge
Zuzu Engler & Scott Engler

Every heart to love will come—but like a refugee.
—Leonard Cohen

“What would it be like to find a place of refuge in the midst of a busy, overwhelming life?” asks Zuza Engler. “Soul Motion offers just that. More akin to meditation than to formal dance, this movement practice brings attention home to simple facts of aliveness: breath and heartbeat, space and ground, inviting a return to the felt sense of kinesthetic intimacy with the body. Both in solo and in partner or ensemble dances, we are encouraged to investigate the shape and force of motion in space. We are less concerned with what the movement looks like and more with the movement of attention. We move in all directions at once, receiving and using inspiration from all around us. We pause in stillness to listen more deeply while remaining fully present to the dance within and without.

Register online at www.esalen.org or by calling 888-8-ESALEN (888-837-2536).
Visionseeker I: Shamanism and the Modern Mystical Movement

Hank Wesselman

The rediscovery of shamanism has emerged as a major thrust in the spiritual reawakening of the Western world. The techniques of traditional shamans provide an extraordinary method for accessing hidden dimensions of reality and connecting with inner sources of power and wisdom.

Hank Wesselman writes, “We will rediscover our indigenous heart through the classic shamanic journey, reestablishing connections with our spirit helpers, teachers, and ancestors, as we engage in visionary fieldwork and examine the nature of health, illness, and healing from the perspective of spirit medicine.” The workshop offers a clear introduction for those new to the shaman’s path, and, for the more experienced, provides unique material on the soul cluster from the Hawaiian kahuna perspective.

Wesselman has worked for more than thirty years with scientists investigating the mystery of human origins in East Africa, and has spent much of his life with indigenous people. In the 1970s, doing fieldwork in Ethiopia, he began to have spontaneous visionary experiences strikingly like those of traditional shamans. His wife, Jill Kuykendall, is a physical therapist and transpersonal medical practitioner, specializing in soul retrieval.

Bring drums and rattles, a notebook, sketchpad, a small set of oil or chalk pastels, a bandana or eyeshade, and a light blanket. Please refrain from alcohol during the workshop.

Recommended reading: Wesselman & Kuykendall, Spirit Medicine; Wesselman, The Journey to the Sacred Garden and The Spiritwalker Trilogy.

Building a Vocal Community

Ysaye Barnwell

There is an awesome power in the human voice, and when uncommon voices are blended for the common good they become a “vocal community” at its best. Masterfully led by Ysaye Barnwell, composer and longtime performer with Sweet Honey in the Rock, singers and non-singers alike will share the common experience of learning in the oral tradition and singing rhythms, chants, traditional songs from Africa and the Diaspora, and a variety of songs from African American culture including spirituals, ring shouts, hymns, gospels, and songs from the civil rights movement. The historical, social, and political context will be provided as an introduction to the songs.

Throughout this experience, the group will explore from an African-American worldview the values embedded in the music, the role of cultural and spiritual traditions and rituals, ways in which leadership emerges and can be shared by and among community members, the nature of cultural responses to and influences on political and social struggle, and, finally, the significance of a shared communal experience in one’s personal life. A willingness to sing is all that is required.

Ysaye Barnwell, a 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 25 recordings with Sweet Honey and other artists.

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.


**Weekend of August 23–25**

**Mothering and Daughtering: Keeping Your Bond Strong**

*Sil Reynolds & Eliza Reynolds*

Join a vibrant community of mothers and their 10-14 year-old daughters, where you can slow down, nourish your relationship, and have some fun! In a soulful environment, mothers and daughters learn how to cultivate authentic expression and deeper trust for a healthier, more loving bond. Guided by Sil Reynolds and her 22-year-old daughter Eliza Reynolds, you will be shown how to reinforce your already strong relationship, or how to reconnect if it has been hard to find common ground lately. By engaging in creative and fun practices designed to help mothers and daughters communicate well, you can learn to create more ease and joy through the pre-teen and teen years.

Recommended reading: Reynolds and Reynolds, *Mothering & Daughtering: Keeping Your Bond Strong Through The Teen Years*.

*Sil Reynolds, RN,* is a nurse practitioner and therapist who has worked with women and girls for 30 years. She is a graduate of Marion Woodman’s BodySoul Rhythms® Leadership training...
and a graduate of Brown University, where she majored in women’s studies. With her daughter, Sil co-authored Mothering & Daughtering. www.MotheringandDaughtering.com

Eliza Reynolds has led Mothering & Daughtering workshops with her mother Sil Reynolds, since she was 15 years old. She attends Brown University, and is a certified teen mediator and SOS-trained counselor with Planned Parenthood. With her mother, Eliza co-authored Mothering & Daughtering. www.MotheringandDaughtering.com

Breema: To Be Alive Means to Be in the Present
Jon Schreiber

“Breema is a living expression of the unifying principle of existence, and is based on the Nine Principles of Harmony that help us live a more meaningful life,” writes Jon Schreiber. “We use Breema bodywork, Self-Breema exercises, and Breema’s practical philosophy as tools to unify body, mind, and feelings, and to become familiar with what it means to truly be present. Breema is a new education that presents the possibility of experiencing moments of being present in our day, so that we can live a more harmonious life, and move in the direction of self-understanding.

“The atmosphere of a Breema workshop, supported by principles of no judgment and mutual support, is deeply nourishing and revitalizing. Our emphasis is on exploring and gaining first-hand experience of the Nine Principles of Harmony. Through them, we discover a receptive mind, supportive feelings, and a more vital body. Practicing Breema also brings a tangible sense of wholeness and aliveness. By the end of the weekend, you will be familiar with a variety of Self-Breema exercises and Breema sequences. The bodywork is received fully clothed.” Participants should be comfortable sitting and working on a padded floor.

Recommended reading: Schreiber, Waking Up to This Moment and Breema and the Nine Principles of Harmony.

CE credit for nurses; see page 103.
CE credit for MFTs and LCSWs; see page 103.
CE credit for bodyworkers; see page 103.

Jon Schreiber is director of the Breema Center and the Breema Clinic in Oakland, Calif. The author of several books, he is also a licensed chiropractor. He has taught Breema worldwide since 1980. www.breema.com

I Am the Word: The Energetics of Consciousness
Paul Selig

In his breakthrough works of channeled literature, I Am the Word and The Book of Love and Creation, author and medium Paul Selig recorded a program for personal and planetary evolution as humankind awakens to its own divine nature. Through a series of lectures, attunements, and energy activations, workshop participants will be introduced to the frequency of the Word, which can be described as the energy of “God in action.” You will be shown exercises for healing the
self and others, along with practical techniques for developing and sustaining higher levels of consciousness. You will also receive individual instruction that will support you in moving through the physical and emotional blocks that may be keeping you from manifesting your own higher nature. You can discover how realizing your true potential is inexorably linked to the well-being of others and our planet. Paul’s workshops can be deeply transformative. The energy he works with is palpable and loving, and those attending will be supported in moving to the next level of their own spiritual development. Please see August 25-30 for a five-day immersion course with Paul Selig.

Recommended reading: Selig, I Am the Word: A Guide to the Consciousness of Man’s Self in a Transitioning Time and The Book of Love and Creation.

Paul Selig’s channeled books are I Am the Word: A Guide to the Consciousness of Man’s Self in a Transitioning Time and The Book of Love and Creation (forthcoming, Tarcher/Penguin, 2012). A conscious channel, intuitive, and empath, Paul also directs the MFA in Creative Writing Program at Goddard College. www.paulselig.com

**Public Speaking:** Powerfully Presenting Yourself

Mary Goldenson & Robert Corff

Why are some people so inspiring and impactful when they speak? What inhibits us from delivering our message? This workshop will explore the inhibitions to self-expression and communication, and help participants move beyond them with more freedom in both personal and professional life. It is designed for those who want to develop a more powerful personal and public presentation, and better professional and business communication skills.

The leaders combine their expertise in the fields of psychology and the performing arts to guide you through this pulse-raising adventure. The focus will be on self-exploration through individual and group work. Participants will use voice and body to express themselves with more power and passion.

Courage, passion, and clarity need not be restricted to rare moments in life. Learn to express yourself more fully and experience the satisfaction of being more authentic and self-assured. This process can help awaken your dreams and invigorate your life.


Mary Goldenson bio on page 15.

Robert Corff is one of Los Angeles’ most prominent performance teachers. His clients include such award-winning celebrities as Sally Field, Samuel L. Jackson, Vanessa Redgrave, and Hank Azaria. In addition, he has had leading roles on Broadway, television, and in motion pictures. www.corffvoice.com

**Integral Transformative Practice®: The Essential Esalen Experience**

Pam Kramer & Barry Robbins

Are you living the life you were most meant to lead? Join us on a journey of transformation through the use of meditative movement, visioning exercises, powerful affirmations, and the support of a warm-hearted community. In this experiential workshop, you’ll discover your infinite capacity for creative evolution, get a clearer picture of your true nature and take home a daily practice for ongoing integration of body, mind, heart, and soul. Integral Transformative Practice (ITP), the creation of Esalen Institute co-founder Michael Murphy and President Emeritus George Leonard, is a synthesis of their forty years of experience at Esalen. ITP is a well-researched program that cultivates all aspects of your being and is designed to increase your vitality, fulfillment, and joy. Presented by senior ITP teachers Barry Robbins and Pam Kramer, this workshop uses Leonard Energy Training (LET) exercises to boost your resilience and to help you solve everyday challenges by tapping into your body’s vital flow of energy. You will learn practices designed for living life to the fullest and discover new capacities that you may have only dreamed were possible. In this workshop, you’ll learn how to:

- Practice the ITP Kata, a series of integrative, fluid movements that include relaxation, visualization, and meditation
- Create affirmations for manifesting vital and positive changes in your life
- Access your body’s wisdom through LET
- Master highly effective and peaceful communication skills with yourself and others
- Discover the power of intentionality, deep relaxation, and presence

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

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

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

Barry Robbins, a senior teacher of ITP and a student of George Leonard and Michael Murphy, is the cofounder of the longest-running ITP group in the country. Barry serves as vice-president of ITP International. www.itp-international.org

A Time to Reflect
This is a special opportunity for people to experience Esalen without taking a workshop. During this period, we have a limited number of spaces available for people who would like to participate in the Esalen learning culture in their own unstructured way.

Please see page 21 for full details.

Week of August 25–30

Full Body Presence: Grounding and Healthy Boundaries
Suzanne Scurlock-Durana

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

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

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

For more information about Suzanne Scurlock-Durana’s work, visit www.Healing-FromtheCore.com.

Note: Registration for this workshop is through 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 reserve accommodations at Esalen. Please see accommodations costs under “Pricing for Partner Programs” at www.esalen.org/workshops/reservations.html.


CE credit for nurses; see page 103.
CE credit for bodyworkers; see page 103.

Suzanne Scurlock-Durana bio on page 20.

Mindfulness, Present-Moment Experience and Depth in Psychotherapy—The Hakomi Method
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 mindful, experiential, 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

Recommended reading: Kurtz, Body-Centered Psychotherapy - The Hakomi Method.

CE credit for MFTs and LCSWs; see page 103.

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

Radiant Body, Intuitive Mind: Self-Mastery through Yoga and Meditation
Kia Miller

How can we elevate ourselves each day so that rather than reacting to the immense demands of life, we respond from a place of consciousness, grace, and mastery? To become the master of our destiny, we must develop the ability to listen to the quiet voice of our soul. Yoga and meditation give us the tools to access the place where deep listening happens. The real magic arises through the application of yoga in our daily lives—not just on the mat, but in each and every moment. Knowing when to use these tools is both an art and a science. This workshop offers ancient Kundalini yoga kriyas (energy-clearing activities) and meditations that help create balance and ease in our daily lives. Explore the inner dimensions and pathways to self-realization. Reclaim disparate parts of yourself, connect to the infinite wisdom of your heart, and learn to live from your intuitive mind. This workshop is appropriate for helping professionals, fitness instructors, and laypeople. Some previous yoga practice is recommended. Please bring a yoga mat.

Kia Miller teaches at YogaWorks in Los Angeles and leads several of their 200- and 300-hour
teacher training programs. Trained in Hatha and Kundalini yoga, she offers a powerful combination of asana, breath, meditation, and chanting that leaves students uplifted and empowered.

www.kiamiller.com

I Am the Word: The Energetics of Consciousness – Intensive
Paul Selig

In his breakthrough works of channeled literature, I Am the Word and The Book of Love and Creation, author and medium Paul Selig recorded a program for personal and planetary evolution as humankind awakens to its own divine nature. Through a series of lectures, attunements, and energy activations, workshop participants will be introduced to the frequency of the Word, which can be described as the energy of “God in action.” You will be shown exercises for healing the self and others, along with practical techniques for developing and sustaining higher levels of consciousness. You will also receive individual instruction that will support you in moving through the physical and emotional blocks that may be keeping you from manifesting your own higher nature. You can discover how realizing your own true potential is inexorably linked to the well-being of others and our planet. Paul’s workshops can be deeply transformative. The energy he works with is palpable and loving, and those attending will be supported in moving to the next level of their own spiritual development. This 5-day intensive will offer the opportunity for more individual work and a deeper immersion in the higher energies. Please see August 23-25 for a weekend version.

Recommended reading: Selig, I Am the Word: A Guide to the Consciousness of Man’s Self in a Transitioning Time and The Book of Love and Creation.

Paul Selig bio on page 39.

Zero Balancing — Part 1
Fritz Smith

Zero Balancing (ZB) is a nondiagnostic 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 newcomers 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

The More Beautiful World that Our Hearts Know is Possible
Charles Eisenstein

Many people sense that the multiple crises of today share a common root. All of them come from an invisible mythology: a Story of the Self and a Story of the People that holds us separate from each other and the world. In this gathering, we will see clearly how this mythology generates the dominant institutions of our civilization, as well as the structures of our own lives. We will touch upon our innate knowledge that a more beautiful world is possible. We will see how to draw power from that knowledge. We will tap into a larger framework of cause and effect than the old story recognizes, so that we can envision and accomplish what once seemed impossible. We will begin to clear the invisible habits of separation that limit our power as healers and change agents. And we will experience the convergence of the worlds of spirituality and activism — a necessity when we understand that the roots of the present crisis go all the way to the bottom. Utilizing dialog, ritual, discussion, meditation, and nature, this workshop will crystallize the next step in your transition into the New Story.

See Faculty Spotlight, page 9.

Charles Eisenstein is the author of Sacred Economics and The Ascent of Humanity, a teacher and speaker considered by many to be a leading voice of his generation. He is on the faculty of Goddard College. www.charleseisenstein.net

August 30–September 6

Transforming Trauma with EMDR: Comprehensive Training (Parts 1 and 2)
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 limited to mental-health professionals who are licensed to provide treatment, and mental-health interns who are currently being supervised by an EMDR-trained supervisor. Through lecture, hands-on practice, and demonstrations, participants 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 abractions (catharsis)
- The use of imaginal and cognitive interweaves
- 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 recommended EMDRIA-approved consultants, and then take Laurel Parnell’s Advanced Clinical Workshop and Refresher Course in order to complete the requirements for basic EMDR training.

Participants will be required to submit licensure documentation before attending and must bring copies of their professional licenses or certification to the training. Interns must submit a letter from their supervisors stating that they will supervise the interns.

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


CE credit for MFTs and LCSWs; see page 103.

CE credit for psychologists; see page 103.

CE credit for nurses; see page 103.

Laurel Parnell is a psychologist, author, consultant, and EMDR trainer who has trained thousands of clinicians internationally. The author of numerous books, including the forthcoming Attachment-Focused EMDR: Healing Relational Trauma, she maintains a private practice in San Rafael, California. www.emdrinfo.com

Weekend of August 30–September 1

Yoga Practice: An Ongoing Metamorphosis

Thomas Michael Fortel

One’s whole being, starting from the physical body, can be refined and strengthened so it acts as a medium for the higher cosmic force. The system of hatha yoga was designed to transform the gross elements of the body so they can receive and transmit a much subtler and more powerful energy.

— Hatha Yoga Pradipika (6th century text)

Yoga is a practice of ever-unfolding metamorphosis. This is accomplished through the physical postures (asanas), conscious breathing (pranayama), and the clearing and focusing of the mental consciousness (meditation, or dyana).

In this weekend retreat, we will engage these practices. Days will begin with pranayama and meditation, followed by an active morning session. In the afternoons we will practice more restorative poses, forward bends, and twists. With all the yoga there will still be plenty of bath time, play time, and group time.

Please have a minimum of 3 months yoga experience, and bring your yoga mat.

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

Introduction to Radical Aliveness

Ann Bradney

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

“Standing in the way of radical aliveness are chronic patterns formed in your past to survive. These live as frozen feelings and history in your body and no longer serve you.

“Core Energetics is a powerful body-based system. It frees the frozen feelings and histo-
said, “By stretching myself, I’ve become more of me” and “It’s more fun than a ride on a fire truck!”

**Dixie Cox**, cofounder of the Fun Institute in Santa Cruz, Calif., has been teaching people to create themselves through improvisational acting classes since 1993. She performs regularly with the improv troupes Loose Cannon Theater and Crash Test, www.funinstitute.com

**Clifford Henderson** is cofounder of the Fun Institute in Santa Cruz, Calif., a school of improv and solo performance. She’s had numerous plays and sketch comedies produced in the SF Bay Area. Her published works include The Middle of Somewhere, Spanking New, and Maye’s Request.  www.cliffordhenderson.net

---

**A Time to Reflect**

This is a special opportunity for people to experience Esalen without taking a workshop. During this period, we have a limited number of spaces available for people who would like to participate in the Esalen learning culture in their own unstructured way.

Please see page 21 for full details.

---

**Week of September 1–6**

**The Radically Alive Leader: A Core Energetics / 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 leader-

---

**Qigong for Health and Happiness**

**Mingtong Gu**

Join Master Mingtong Gu for a week dedicated to focusing on healing body, mind, heart, and spirit through the powerful movement, sound, and visualization practices of qigong. Whether you are addressing specific conditions such as cancer, Parkinson’s, diabetes, Lyme’s disease, immune deficiencies, addiction, chronic pain, or trauma; 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 unique opportunity to activate your deepest potential for healing and joy. By participating in this healing retreat, you can:

- Learn how to clear and balance the emotions so that a deeper healing can occur
- Develop a quiet and creative mind to realize healing most effectively
- Learn the ultimate methods to transmit chi for healing of self and others (called FaChi)
- Organize a chi field of healing with collective power to accelerate your healing
- Learn about profound theories and practices for energy healing to better understand and realize your healing capacity
- Discover how to enter pure and expanded consciousness

CE credit for acupuncturists; see leader.  
CE credit for MFTs and LCSWs; see leader.

**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

---

**Cultivating and Rejoicing in the Harvest Garden**

**Shirley Ward, Amigo Bob Cantisano & Wendy Johnson**

Organic gardening is fundamental work that permeates your entire life. It demands energy and heart and gives back great treasures as well, like a fortified sense of humor, an appreciation for paradox, and a huge harvest of dinosaur kale and tiny red potatoes.

—Wendy Johnson

This autumn retreat provides an immersion in the life of the bountiful, four-acre Esalen Farm and Garden, with a focus on the fundamental principles and practices of local, organic agriculture.

Our teaching sessions will include hands-on work experience in harvesting, cultivation, seed sowing and saving, transplanting, compost-making, fertility building, and plant propagation. Additionally, the group will experience a full review of current ecological practices that enhance the vitality of any sustainable farm or garden project. Our time together will include ceremony and daily practices that connect us to the sacred land of the rugged Big Sur coast. Aspiring and seasoned growers are encouraged to attend this dynamic workshop. No prior experience is necessary.

Join Shirley Ward, manager of the Esalen Farm and Garden; Wendy Johnson, Buddhist meditation teacher, organic gardening mentor, and one of the founders of Green Gulch Zen Center’s farm and garden; and Amigo Bob Cantisano, one of the most widely experienced and influential advisors in California organic agriculture.

Recommended reading: Johnson, Gardening at the Dragon’s Gate; Cantisano, Know Your Soil.

**Shirley Ward** has devoted her loving expertise to the Esalen land since 2000, as groundskeeper, farm manager, and consultant. Prior to this she homesteaded and co-created ecological gardens and landscapes in the the Mt. Washington Valley of NH.

**Amigo Bob Cantisano** is president of Organic Ag Advisors, founded in 1988, and managing partner of Heaven and Earth Farm on the San Juan Ridge of the Sierra foothills. He has 35 years of experience growing and advising commercial-scale organic crops in the Western US and in the tropics.
**Wendy Johnson** is a Buddhist meditation teacher and organic gardening mentor who lives in the San Francisco Bay Area. She is one of the founders of the organic Farm and Garden program at Green Gulch Farm Zen Center, in Marin County, Calif., and author of Gardening at the Dragon’s Gate. www.gardeningatthedragonsgate.com

An Introduction to Esalen® Massage: The Art of Healing Touch

Daniela Urbassek & Robin Fann-Costanzo

This workshop is a wonderful opportunity for you to enjoy the beauty of Big Sur and the healing waters of the Esalen hot springs, while gaining a solid foundation in the art and practice of Esalen Massage.

During the week, participants will be taught massage methods that address the whole body: the Esalen ‘signature’ long flowing strokes that support feelings of wholeness, connection, and integration, along with passive joint movement, and a variety of techniques to work with the major muscles groups of the body. Each day will include a brief massage demonstration and instruction in various self-care methods, with plenty of time to practice giving and receiving a massage.

Daniela and Robin will work at the tables with each individual to accommodate the group members’ different levels of skill. Beginners will be taught the basic tools and techniques that will allow them to more skillfully massage their partners, friends, and family. More experienced practitioners will learn techniques that can easily be integrated into their massage sessions, inspiring and infusing their work with a deep sense of presence and flow.

Join us for a week of learning, healing, nurturing, and play! This workshop is especially useful for those in the helping and healing professions in working with their clients and patients.

CE credit for bodyworkers; see page 103.
CE credit for nurses; see page 103.

**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.

**Robin Fann-Costanzo** has a lifelong background in dance and movement. An Esalen® Massage practitioner, CranioSacral practitioner, and certified yoga instructor, she has taught and assisted Esalen® Massage trainings, yoga retreats, and Upledger Institute trainings.

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 summer season of Big Sur on five day-hikes, four to ten miles in length. The leaders 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.

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

Steven Harper bio on page 15.
visions of luminous consciousness: the yoga of the shiva sutras

Paul Muller-Ortega, Shantala & Sianna C. Sherman

Through meditation, contemplation, asana (physical postures), and sound, we invite you to deeply experience the teachings offered in the Shiva Sutras, the radiant transmissions of the Indian deity Shiva that describe the mystical path of the heart and the inner practices of Tantric Yoga. Revealed by Lord Shiva to the sage Vasugupta around the ninth century, the Shiva Sutras occupy a particular and very important place at the fountainhead of the lineages and traditions of the non-dual Shaivism of Kashmir.

Join Paul Muller-Ortega, Sianna Sherman, and renowned musicians Benjy and Heather Wertheimer (together known as Shantala), as they lead you through meditation, contemplation, asana, pranayama (breathwork), and kirtan (sacred chanting). These spiritual practices, called the path of sadhana, are designed to give embodied access to these most sacred teachings and themes presented in the Shiva Sutras. Whether you are new to the Shiva Sutras or have studied them many times, you will come away feeling rejuvenated and inspired by diving deep into yourself through the divine synchronicity of these fruitful yogic practices. Please bring a yoga mat.

Paul Muller-Ortega, a life-long meditator, is one of the world’s most respected academic scholars in the field of Hindu Tantra. He founded Blue Throat Yoga, teaching the practice of Neelakantha Meditation and the elegant Shatatantra philosophy of Kashmir Shaivism. www.bluethroatyoga.com

Shantala Heather and Benjy Wertheimer are the musical duo Shantala, which leads kirtan (sacred chanting) worldwide, with soul-stirring vocals, sacred lyrics and exotic instrumentation. The weaving of Benjy’s Indian classical singing and instrumentation with Heather’s soaring vocals is freshly original and profoundly moving. www.shantalamusic.com

Sianna Sherman is a certified Anusara yoga instructor who loves to weave storytelling, asana, poetry, biomechanics, therapeutics, and empowering philosophical understanding into her teaching. She enjoys working with all levels of students.

right livelihood quest: uncovering your life purpose

Simon Goland

Have you ever asked yourself, How can I add more meaning to my life? What can I do to make a lasting difference in the world? Why am I here? If so, then welcome to the Right Livelihood Quest, a journey toward a life of living “divided no more,” of aligning your values, beliefs, experiences, passions, and commitments. It is an inquiry into what life has been preparing you to do: to make a lasting difference and leave a legacy in the world.

The Quest has two distinct phases: The first phase, lasting three weeks, is done individually, wherever you are. This phase is guided and includes readings, weekly reflection questions, online dialogues, and experiential activities in nature from the realm of eco-psychology. This is a preparation phase and specific instructions will be provided after registration. The second phase is this five-day residential retreat at Esalen, where we will deepen the exploration through the proprietary Why Me?™ Framework, developed by Simon and utilized for more than a decade by hundreds of participants. This phase includes diverse activities and experiences including small group dialogues, individual experiences in nature, ceremonies that blend indigenous wisdom with the modern theories of experiential learning, somatic activities that tap into the wisdom of our bodies, and fun, celebratory activities to honor our individual and collective journeys.

Note: Registration for this workshop is through Right Livelihood Quest only, and the registration deadline is August 18, 2013. For more information about the Right Livelihood Quest, Simon, testimonials, and other details, visit www.rightlivelihoodquest.com/the-quest/. Only after you have registered with Right Livelihood Quest and paid tuition fees will you be able to reserve accommodations at Esalen; course fees and accommodations are separate. Please see accommodation costs under “Pricing for Partner Programs” at www.esalen.org/workshop/reservations.html.

Required reading: Levoy, Calling: Finding and Following an Authentic Life.

Simon Goland is an educator, facilitator, and consultant who facilitates transformational learning processes internationally for organizations, groups, and individuals. Simon is deeply passionate about ways we connect with and express our individual callings and vocation in the world. www.RightLivelihoodQuest.com

Tantra: the art of conscious loving

Charles Muir, Caroline Muir & Diane Greenberg

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

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

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

The workshop is open to couples only and is not designed for same-sex couples. For more information, visit www.SourceTantra.com.


Charles Muir, a professional yoga instructor since 1976, is director of the Source School of Tantra Yoga in Hawaii and California. He is coauthor of Tantra: The Art of Conscious Loving. His work was featured in the Hollywood movies Bliss and The Best Ever. www.sourcetantra.com

Caroline Muir, founder of the Divine Feminine Institute and coauthor of Tantra: The Art of Conscious Loving, inspires women of all ages to claim their birthright to be all they can be and to delight in their sexuality. www.sourceforge.com

Diane Greenberg, a senior instructor at Charles and Caroline Muir’s Source School of Tantra, is a

Register online at www.esalen.org or by calling 888-8-ESALEN (888-837-2536).
certified tantric educator with over 15 years experience. She leads women’s empowerment groups and has been a professional bodyworker more than 20 years.

Relational Gestalt Practice: The Transforming Power of Emotion
Dorothy Charles & Eric Erickson

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 and LCSWs; see page 103.

Dorothy Charles has been a student and teacher at Esalen since 1982. A student of Esalen cofounder Richard Price, she combines Esalen body-centered Gestalt with relational Gestalt theory, and leads workshops in Asia, Europe, and the US.

Eric Erickson has lived and worked at Esalen for more than 25 years. He was a student in Gestalt with Richard Price, Esalen cofounder, and has written a biography of him.

Advanced Bodywork: Touching the Core
Char Pias & Jessica Fagan

In this massage intensive workshop, we will focus on the abdominal and pelvic regions of the body, addressing both energetic and structural dynamics. Often the abdomen is treated superficially, when in fact it is our center, our core, and the place of digestion and assimilation of all life experiences. The pelvic region is the “cradle,” or seat of power, the bridge between the upper body and the legs. The psoas muscles, considered the fight/flight muscles of the human species, span this bridge. During any emotional or physical trauma, the psoas muscles contract to protect the underbelly of the human animal. Chronic psoas contraction and abdominal tension can produce lumbar pain as well as cervical and shoulder pain.

This week’s objectives are twofold: The first is to provide a learning environment for practical methods to use with our clients, such as a soft approach to deep tissue, active/passive release, and joint mobilizations, addressing the physical holding patterns in the muscles. The second objective is to create a restorative and reflective environment for personal well-being.

Jessica will share her wisdom and knowledge of asana and pranayama practice from yogic traditions, and Char will introduce Trauma Releasing Exercises® (TRE), a somatic self-care practice that releases chronic deep muscular tension patterns with a focus on the psoas muscles. Through these various somatic experiences, participants may gain an inner sense of the body/mind connection, learning methods to restore and maintain energetic and structural balance. This workshop is especially useful for those in the helping and healing professions in working with their clients and patients.

Note: Prior bodywork training is required.

CE credit for bodyworkers; see page 103.
CE credit for nurses; see page 103.

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

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. www.jessicafagan.com

The Passion of Painting, Finding Your Way In
Erin Gafill with Tom Birmingham

Standing before a blank canvas, we need the intention to create, an inspirational subject, and the skills to bring our vision to life. As simple as this sounds, we are all faced with roadblocks as we begin a new creative jour-mey. During this painting immersion, you’ll explore a variety of skills, techniques, and practices that will give you a “way in” to your own work. Award-winning Big Sur artist Erin Gafill leads participants through visual explorations using torn-paper collage, color-field painting, drawing, and sketch while offering ample demonstrations of technique. Working with a range of subjects from still life to landscape, you’ll be shown new ways of communicating, expressing, and distilling the essence of your own voice.

Erin’s technique of observation and response gives her paintings life and breath. She brings this same approach to teaching, creating a supportive and nurturing environment for personal growth. Alongside her husband, photographer Tom Birmingham, Erin has taught The Passion of Painting series on three continents over two decades to students of all ages. This workshop is designed for the skilled artist looking for a creative breakthrough, as well as those who have never touched a brush.

($50 materials fee for artist quality paper, paints, and brushes, paid directly to the leader)

Erin Gafill is a painter who teaches internationally and cofounded the Big Sur Arts Initiative. She was artist-in-residence at the Children’s International Art Museum in Hamada, Japan. In 2009, she was named Champion of the Arts by the Arts Council for Monterey. www.eringafill.com

Creativity as a Spiritual Practice
David Newman & Josh Radnor

The arising of creativity and defining our access to it have always been mysterious processes. Why does it arise at certain times and not at others? Is there such a thing as a muse and how does it guide the creative process? Are we the creators or servants of creativity? Can chanting, meditation, and other spiritual disciplines lead us to the doorway of our own creative power? During this workshop, these questions and more are addressed by two friends of different creative disciplines who share a lifetime of devotion to spiritual practice: David Newman (Durga Das), songwriter and kirtan master; and Josh Radnor, actor, writer, and director.

Together, using chanting, meditation, spiritual discourse, and creative exercises, Josh
and David will guide you to your own unique creative light. We’ll share discussions on the nature of creativity, and participants will receive practical guidance from both David and Josh based upon their many years experience in two diverse creative fields. Whether it be songwriting, screenwriting, acting, or another creative expression, or simply living creatively, this immersion into your own ocean of creativity will lead you to a doorway of your own true potential.

See Faculty Spotlight, page 9.

**David Newman (Durga Das)**, is a Kirtan chant artist, sacred singer songwriter, and a practitioner and educator of Bhakti yoga. David is a recording artist for White Swan Records, the author of Merging with Grace, and the founder of The Stay Strong Project and Yoga On Main. www.davidnewmanmusic.com and www.staystrongproject.org

**Josh Radnor** has written, directed, and starred in two feature films, “Liberal Arts” and “happy-thankyoumoreplease.” He also plays Ted Mosby in the Emmy-nominated CBS comedy, “How I Met Your Mother.” He is passionate about the intersection of spirituality and cinema.

**Wisdom Pathways, Science and Spirituality**

**Rupert Sheldrake & Mark Andrus**

Western science is one lens for viewing reality. Spirituality and theology provide other valid approaches, both theoretical and experimental. Biologist Rupert Sheldrake, author of *Science Set Free*, argues that we are in the midst of a fundamental shift in science’s understanding of reality, which moves it beyond the limitations of materialism. Marc Andrus, a theologian and Bishop of California, has been exploring wisdom pathways from several spiritual traditions that all lead towards an integrated field of being. Both will share something of their attempts to integrate theory and practice in their own lives. Join them in exploring the rich new possibilities opening up through the transformation of science and the confluence of spiritual traditions. In this unique workshop, we will ask how these bodies of learning and experience can inform each other, how they can give new meaning and purpose to our own lives, and suggest new ways to practice both science and spirituality that are informed by field understanding.

**Rupert Sheldrake**, PhD, is a biologist and author of 10 books, including *Science Set Free*. He was a Fellow of Clare College, Cambridge University, a Research Fellow of the Royal Society, and from 2005-2010 the Director of the Perrott-Warrick Project for research on unexplained human abilities. www.sheldrake.org

**Marc Andrus**, Rt. Rev., is the Episcopal Bishop of California. His leadership has focused on key
issues related to peace and justice, including immigration reform, climate change, civil rights for LBGT persons, and health care.

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

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

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

Jill Purce, international pioneer of the sound-healing movement, rediscovered ancient vocal techniques, the power of group chant, and spiritual potential of the voice as a magical instrument for healing and meditation. She is the author of The Mystic Spiral and Overtone Chanting Meditations. www.healingvoice.com

The Neuroscience of Building Resilience through Positive Emotions
Linda Graham
Research has proven that positive emotions can help you skillfully undo the impact of negative emotions on mood, health, and coping behaviors. Positive emotions — joy, gratitude, serenity, interest, hope, pride, compassion, delight, inspiration, awe, love — can have wide-ranging effects. Not only do they broaden perspectives and options, helping you see new possibilities and solutions, but also they build long-term resources of deeper self-acceptance, greater collaboration and connections with others, and strengthen the brain’s capacities to learn new skills, new points of view, and new ways of being.

In this experiential workshop, you’ll practice ten simple, empirically-validated techniques that help you deliberately cultivate the positive emotions that are the direct cause of (not
merely the result of) increased optimism, sense of purpose, resilience, creativity, and fulfillment. You'll leave with tools you can use immediately to increase your positivity ratio and move you from "not so good," or even "good enough," to flourishing.


Linda Graham, MFT, is a psychotherapist and trainer specializing in the integration of relational psychology, somatic resourcing, mindfulness, and neuroscience. She publishes a monthly e-newsletter: Resources for Recovering Resilience and is the author of Bouncing Back: Rewire Your Brain for Maximum Resilience and Well-Being. www.lindagraham-mft.net

Wake Up and Roar: A SpiritDance/SoulSong Retreat

Ellen Watson & Daphne Tse

SpiritDance is a moving meditation practice created at Esalen. A fusion of cross-cultural, neo-shamanic, somatic arts practices, Wake Up and Roar cultivates wellness, both physical and metaphysical.

Ellen Watson, co-creator of SpiritDance/SoulSong, writes, "I consider the alchemy of movement, sound, and song a path, a portal, a doorway to cultivating embodied personal presence. I discovered my voice at Esalen in 1984, and years of withheld sounds and songs issued forth. Expressing myself through dance, sound, and song freed my spirit and allowed me to soar. Under the heartfelt guidance of singer, songwriter, and yogini Daphne Tse, you can free your voice, sing your song, and through joining voices, create unity in our community. Sound is breath made audible. Fall in love with your breath, give it a sound, and find your unique voice. Through this fusion, we can find ourselves and free ourselves."

Wake Up and Roar is for everybody, regardless of age, experience, and physical condition. Bring music you love, a favorite pen, and a journal.

Recommended reading, viewing, and listening: Hafiz, I Heard God Laughing; Steinl-Rast, The Listening Heart; Watson, SpiritDance DVD; Tse, Maia CD.

Ellen Watson travels extensively, sharing the essence of her 26 years at Esalen. Ellen founded MovingVentures, whose mission is vocational education in the fields of breathwork, and somatic and movement arts. Since 1998, she has focused on supporting the people of Bali, Indonesia. www.movingventures.org

Daphne Tse is a musician and teacher integrating more than 15 years of yoga and spiritual practice with her folk singer/songwriter style.

She studied at the Univ. of Texas at Austin, Old Town School of Folk Music in Chicago, and Berklee School of Music. She tours internationally. www.daphnetse.com

Experiencing Esalen

Deborah Anne Medow

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

—from the 1965 Esalen Catalog

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

Deborah Anne Medow bio on page 16.

Week of September 15–20

D’Ambrogio Institute’s Total Body Balancing

Kerry D’Ambrogio

Total Body Balancing (TBB) is a body evaluation and treatment approach based on classical osteopathic theory. TBB uses long levers to improve circulation and nerve and energy flow, thus normalizing sympathetic and parasympathetic neurological activity with a goal of creating a new homeodynamic state. You will be taught a six-phase treatment template that can be done in as little as twenty minutes to balance the client’s body. TBB can be easily integrated with the other therapeutic techniques such as craniosacral therapy and lymphatic drainage.

TBB can help improve the client’s biomechanical structure by focusing on reducing muscle tension, fascial tension, increasing joint mobility, and balancing lines of tension and postural alignment. TBB also can improve the client’s physiological function, focusing on balancing organ mobility/motility, blood, lymph, body fluids, nerve, and energy flow while reducing swelling and pain. TBB can be used in the treatment of back pain, sciatica, neck pain, headaches, rib pain, upper and lower extremity orthopedic dysfunctions, swelling, and postural deformities. Because of the gentleness and effectiveness of TBB, it is appropriate for numerous patient populations including pediatrics and geriatrics.

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

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.tsistherapy.com

Awakening Shakti: Meditation, Kundalini and the Inner Feminine

Sally Kempton

This powerful practice workshop for men and women unfolds an approach to meditation that harnesses the subtle inner energy called Kundalini Shakti. In five days of intense, heart-based practice, we’ll connect to our own meditative energy; open the core channels in the body, and explore how to invoke the sacred feminine within the body and mind. Working with images from the tantric goddess traditions, as described in Sally Kempton’s book, Awakening Shakti, this workshop is designed to help you deepen your meditation practice, so that every session becomes a transformative inner experience.

Sally Kempton teaches at the cutting edge of contemporary tantra, and is known for her ability to transmit deep meditative states through the heart.
A former monk and 40-year practitioner of Shaiva yoga, Sally teaches internationally and writes the "Wisdom" column for Yoga Journal.

www.sallykempton.com

The Neuroscience of Resilience and Renewal
Linda Graham

This experiential workshop is saturated with brain-savvy resources for recovering resilience—our body-brain's innate capacity to cope with the dilemmas and disasters of everyday life and restore vitality and life balance. Linda Graham guides participants through practical tools and techniques including resourcing through breath and movement; deepening emotional empathy and self-compassion; shifting perspectives through mindful awareness and reflection; expanding relational resonance and resourcing in community; and evolving consciousness toward compassion and connection.

Linda integrates recent discoveries from modern neuroscience with guided meditations and visualizations, experiential exercises and inquiry in dyads and small groups, and stimulating dialogue and discussions in large groups. Participants learn how to harness their own neuroplasticity to:

• Reduce stress, return to their window of tolerance, and restore well-being after overwhelm
• Activate the release of oxytocin, the hormone of safety and trust, bonding and attachment, calmness and connection
• Cultivate pro-social emotions to antidote the negativity bias of the brain
• Re-wire habitual patterns of response and resolve old traumas to increase adaptability and flexibility in coping strategies
• Recover social connectivity and replenish the wellspring of balance and wholeness

Participants can take home new understanding, new perspectives, and a new sense of competence to recover their own inner resilience.


Recommended reading: Hanson, Buddha's Brain; Goleman, Social Intelligence: The New Science of Human Relationships.

CE credit for nurses; see page 103.
CE credit for bodyworkers; see page 103.
CE credit for acupuncturists; see page 103.

Tai Chi Easy™: Practice Leader Certification Training
Roger Jahnke

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

Bring the best of the ancient Chinese wellness methods—Tai Chi and Qigong—to your community as a Tai Chi Easy Practice Leader.

In the Chinese language, Tai Chi means the “balance and harmony” of natural forces within ourselves and our world. This can mean physical balance and harmony for stability of body and mind, work/life balance, harmony between the practical and the spiritual life. Tai Chi is a form of the ancient self-healing art known as Qi Gong, which means to cultivate healing life energies and resources.

In this Practice Leader Certification Training, Dr. Roger Jahnke, one of the nation’s foremost experts on Chinese medicine, Tai Chi, and Qi Gong, will train participants in a step-by-step program for bringing Qi Gong and Tai Chi home to their schools, corporations, community centers, faith ministries, hospitals, social service agencies, YMCAs, spas, etc. In the new health care system, health professionals and inspired citizens will help to empower people to improve health, prevent disease, enhance longevity, and achieve inner peace. Tai Chi Easy is a mind/body practice which combines exercise and meditation (in motion) to activate inner self-healing forces that the ancient Chinese texts call the “healer within” and the “elixir of life.”

In this program you will learn to share simple Qi Gong and Tai Chi practices with others and join the holistic health revolution. For more information, visit www.TaiChiEasy.org.

($65 materials fee paid directly to the leader)

Mystical Union: Embracing Your Ideal Self
Kelly Howell

The mystical union between the conscious mind and super-conscious mind is real and accessible to all. Through subtle shifts in perception you can expand awareness to embrace your ideal self — your inner guru, teacher, and guide. This higher emanation of your being exists outside time and space, yet its wisdom and inspiration are always available to you. When you embrace your ideal self, you enter the “home zone” where guidance is clear and direct. In states of oneness (mystical union) life becomes an adventure in becoming the person you really are.

This weekend provides practical tools to assist you in gaining a clear connection and visceral experience of your ideal self. You’ll learn mental attunement practices that nurture your sense of self, your creativity, and the dynamic expression of your power in the world. This is not a channeling workshop, but rather an invitation to bond with and embody the wisdom of your higher self.

Kelly Howell is author of Brain Power: Improve Your Mind as You Age. She worked with neuroscientists and researchers to develop brain-training programs used in hospitals, biofeedback clinics, and by hundreds of thousands of individuals worldwide. www.brainsync.com and info@brainsync.com

Mindfulness-Based Stress Reduction
Mark Abramson

The impact of stress on health is well recognized. Now the efficacy of stress reduction as an adjunct to medical treatment is being recognized in more and more health care settings. In 1996 Dr. Mark Abramson founded a program at Stanford University Medical Center using the 2,500-year-old technique of Mindfulness Meditation to train patients as an adjunct treatment for many different medical conditions.
Mindfulness is “nonjudgmental awareness.” This requires one to pay attention to direct experience in the present moment, neither clinging to what is perceived as pleasant nor reacting with aversion toward what is perceived as unpleasant. In both mental and physical stress, much of the perpetuating cycle of pain or discomfort is a result of one’s judgmental struggle to push away what is experienced as unpleasant. Yet as one becomes willing to directly meet the actual experience, it becomes finite. One begins to see that it can be workable to deal with a finite level of discomfort one moment at a time.

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

Recommended reading: Kabat-Zinn, Full Catastrophe Living.

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.drtmjssleepapnea.com

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

Recommended reading: Kabat-Zinn, Full Catastrophe Living.

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.drtmjssleepapnea.com

Taoist Chi Kung: The Cloud Hands

Juanita Lew

In honorable memory of the youthful ninety-four-year-old Master Share K. Lew, Juanita Lew will teach the beginning set of Chi Kung exercises, The Cloud Hands. These exercises build a foundation for both optimal health and furthering the internal strength in one’s own body. The Cloud Hands consists of five relatively non-strenuous movements along with quiet, seated meditation which is the core of the Chi Kung system. These traditional Taoist exercises help your body maintain good health and increase vitality. The time required for practice will fit easily into anyone's schedule once participants return home from the workshop.

It is Juanita Lew’s honor and blessing to have been Taoist Master Share K. Lew’s wife and partner for thirty-four years and co-teaching partner for over thirty years. Master Share K. Lew, renowned Taoist priest with over seventy-five years of experience in traditional Taoist Arts, was ninety-four upon leaving this world. Juanita has dedicated herself to teaching the Tao Ahn Pai. Before Master Lew’s passing in July 2012, Juanita was told, “you must teach.”

Juanita Lew, Master Share K. Lew’s, wife, partner and co-teacher for 34 years, teaches Taoist health practices such as Chi Kung and meditation. In beloved memory of Master Share K. Lew, Juanita Lew will continue teaching Master Lew’s healing style of Chi Kung and meditation.

Grief-Tending: Using Art, Ritual and Writing

Jennifer Allen

Loss is a universal human experience. Whether it is a loss of a dear one, a relationship, a home, or health — grief is the response. Many avoid their grief, believing there isn’t a place or time to support it. When grief gets pushed underground, it saps our energy. The irony is that the very feeling we fear can be the doorway to healing, transformation, and being fully alive.
Take the time to open the door and tend to your grief while being held in the nurturing environment of Esalen. In this weekend workshop, we will use life-affirming creativity, sensing into the body, ritual, and writing to encourage and support transformative movement through the grief you have been carrying — no matter how long it has been. Participants’ experiences are enriched through witnessing and being witnessed by other group members. The week concludes with a collaborative ritual that honors each person’s grief journey. Please bring a journal. ($10 materials fee paid directly to the leader)

Recommended reading: Allen, Bone Knowing; Levine, Unattended Sorrow; Weller, Entering the Healing Ground: Grief, Ritual and the Soul of the World.

Jennifer Allen, MFT, ATR-BC, author of Bone Knowing, is also an artist, art therapist, and psychotherapist specializing in grief. She has been active in Medicine Wheel, Mystery School, and Elder’s Council groups since 2001. www.jenniferallenbooks.com

A Weekend of Advanced Esalen® Massage

Jessica Fagan & Nora Matten

This weekend provides practitioners with the opportunity to inspire their current massage practice. Experienced Esalen Massage and Bodywork practitioners Jessica and Nora will offer unique explorations in the practices of gentle extensions and dynamic mobilization, along with soft tissue release work. Elements of Thai Massage will also be brought onto the table, along with range of motion and passive release techniques, creating an atmosphere of innovation and exploration.

Come prepared to practice and learn new methods of massage while enjoying the natural beauty and healing waters of Esalen. This workshop is especially useful for those in the helping and healing professions in working with their clients and patients.

Note: Previous massage training is encouraged.

Enlightened Leadership in Challenging Times

Jeff Mendelsohn & Greg Steltenpohl

How do innovative entrepreneurs deal with overwhelming challenges? How can we learn and grow during the most difficult times of our lives? These are just two of the questions we will explore in this deeply personal and interactive workshop.

You’ll hear personal stories from pioneering business leaders who experienced unexpected adversity, moved forward with courage and integrity, and emerged even more committed to lead with passion and authenticity.

Jessica Fagan bio on page 48.

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

Jessica Fagan bio on page 48.

Nora Matten is a member of the Esalen Massage crew and an Esalen® Massage teacher. As part of the Esalen Movement staff, she teaches dance and yoga. Her work draws on Forrest yoga, Soul Motion, vipassana meditation, Gestalt Awareness Practice, and the Diamond Approach, among others. www.noramatten.com
prepared to be inspired, share your insights and experiences, and perhaps most of all, strengthen your resolve to lead with courage. This workshop is open to business executives and community leaders, as well as activists and artists.

**Jeff Mendelsohn** founded New York Recycled Paper in 1991, and New Leaf Paper in 1998. He has focused his career on building a highly successful green business and driving a fundamental shift toward sustainability in the paper industry.

**Greg Steltenpohl**, founder and former CEO of Odwalla, Inc., values environmental sustainability, employee empowerment, creative corporate culture, and community-based marketing. Greg currently spearheads projects that bring value-added products from farm producers to the consumer.

**Finding True Love**

Daphne Rose Kingma

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

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

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

**Recommended reading:** Kingma, *Finding True Love*.

**Daphne Rose Kingma** is the best-selling author of ten books on love and relationships. Her most recent book, *The Ten Things to Do When Your Life Falls Apart: An Emotional and Spiritual Handbook*, is a heartfelt guide to living through very hard times. www.daphnekingma.com

---

**Week of September 22–27**

**Taoist Chi Kung: Enhancing Vitality with the Shen**

Juanita Lew

This five-day workshop will be based on the teaching of Master Share K. Lew, a monastery-trained Taoist priest from southern China, and will introduce traditional Taoist concepts of health, longevity, and harmony with nature. The core of the workshop will be instruction in the Shen, a set of twelve Chi Kung exercises (six standing, six sitting) whose primary purpose is self-healing. These rare exercises can also help develop better concentration, increase visual and auditory acuity, and enhance sensitivity to oneself and others. Juanita Lew will tell stories from Master Share K. Lew’s Taoist practice as well as his life in and out of the monastery. Master Lew was among the first to openly teach Chi Kung (Taoist internal energy cultivation) to non-Chinese. His monastery style, Tao Ahn Pai, dates back 1300 years to Lui Dong Bin of the Tang Dynasty, who is one of the Eight Immortals of Taoism.

It is Juanita Lew's honor and blessing to have been Taoist Master Share K. Lew's wife and partner for thirty-four years and co-teaching partner for over thirty years. Master Share K. Lew was ninety-four upon leaving this world in July 2012.

**Juanita Lew** *bio on page 53.*

**5Rhythms®: Homeland**

Lucia Horan

The 5Rhythms is a moving meditation practice. It is a map of how energy moves that shows us the patterns, rhythms, and cycles of life. Here is an overview of the 5Rhythms: Flowing connects us to our feminine nature. Staccato connects us to our masculine nature. Chaos marries and integrates these two energies and as a result we find transformation in Lyrical. From this transformative space we are then connected to Stillness.

Each of these rhythms is present within us.

We have discovered that every person has a dominant rhythm. This is the primary energy that moves and inspires the unique expression of who we are. By learning about our “home” rhythm, we can look at both light and shadow aspects to see what moves us and what stops us from moving.

Some say “home is where the heart is.” If so, then the body we are given is our one true home. Through the 5Rhythms we can learn to love the home we have been given, and appreciate the gift of this body and this life. In doing so we will better serve the world and all those we love.

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

**CE credit for bodyworkers; see page 103.**

**Lucia Rose Horan** *bio on page 11.*

**Jivamukti Yoga and Spiritual Activation: Leading Lives of Purpose, Passion, and Power**

Gabriela Bozic & Julia Butterfly Hill

Are you drawn to making a difference in your life and in the world? Looking for inspiration and insight for creating the change you are committed to? From thought to word to action, every aspect of who we are shapes and co-creates our reality and our world. We are all divine beings capable of inspiring and living powerful lives beyond what we can even imagine.

Yoga and meditation provide tools to open to the divine consciousness of oneness. We can learn to embody this awareness through the practice of transforming fear, rigidity, and the “disease of disconnect,” and reclaim the wholeness and sacred interconnection of all life. In this workshop we explore through yoga (led by Gabriela Bozic) and dialogue and reflection (led by Julia Butterfly Hill) how we can take the gifts and tools available through yoga and apply them to making a difference in the world and in our lives. We explore themes of living lives of purpose, passion, and power, facing and transforming fear, grief, anger, overwhelm, and the blocks that keep us from realizing our fullest potential; and awakening our creativity and joy. With this embodied awareness, we leave inspired and moved into conscious action, with a deeper connection to self, community, and the world.

**Gabriela Bozic, MA, is cofounder of the Jivamukti Yoga Centers in Munich, Germany.**
She holds a master's degree in linguistics and advanced certification in Jivamukti Yoga. Currently based in London, Gabriela leads workshops internationally and is an established presenter at yoga conferences worldwide. www.gabrielabozic.com

Julia Butterfly Hill is an activist, writer, and poet. She is the author of The Legacy of Luna, coauthor of One Makes The Difference, and founder of the nonprofit organization Circle of Life. The recipient of numerous prestigious awards and distinctive honors, she is an internationally recognizable figure in environmental activism. www.juliabutterfly.com

The Joy of an Open Heart: Love, Awareness and Intimacy
Karishma Darby

There is a natural desire in all of us to fully be ourselves, to live and love from our deepest essential nature. We feel this desire most keenly in our longing for authentic human intimacy. Unfortunately, painful and frightening experiences often lead us to withdraw from the gift of our own luminous beauty. Instead of cultivating our capacity for intimacy, we hide from ourselves and others, too anxious, depressed, or numb to honor and embody our true radiance.

In this workshop we will embark on an odyssey of self-discovery, exploring how the barriers and blocks that keep us from fully being ourselves can simply melt away in the light of our own welcoming consciousness. Through listening, awareness, and movement, we will gain an experiential understanding of our patterns of reaching and withdrawing, opening and closing, contracting and expanding, and pausing and moving in the immediate play of relating to others.

Through dance and movement, silent and dynamic meditations, psychotherapeutic practices, and interpersonal processes, we can come alive to our inner topography, moving from our inner awareness to the experience of open and transparent relating. We will discover how to live our joy and share that joy with others.

Join us for an opportunity to nourish your own deep aliveness and experience the essential radiance of your own being as it dances with the radiance of those you meet face-to-face.

CE credit for MFTs and LCSWs; see page 103.

Karishma Deanna Darby is a licensed psychotherapist in the Sierra foothills, specializing in somatic psychotherapy. A certified massage therapist for 20 years, her passion is bringing together mind, body, and heart to create the opportunity for profound self-understanding and greater ease. www.relationalsomatics.com

Belonging to Earth: Finding Our Place in Nature
Steven Harper

In every moment of our lives we are supported by natural systems, both seen and unseen. Yet, in our culture, many of us are cut off from the natural world. We have little contact with wild nature, little idea of where we live, and little notion of what directly sustains our daily life. Esalen, surrounded and sustained by wild natural systems, is an ideal place to learn more about our sense of place, of nature, and of belonging to this earth.

This program will explore our relationship to the earth through increasing our knowledge of the basic life and earth sciences, and increasing awareness of self and nature. Participants will be introduced to an overview of the natural sciences and then to the geology, weather, ecology, native peoples, flora, and fauna that make up the incredible landscape we call Big Sur.

This workshop will include evening introductory lectures, dialog, and day-hikes that venture into Big Sur’s backcountry for field sessions that expand our practical knowledge of nature and, more specifically, of Big Sur. Attention will be paid to how we take our newfound eco-literacy and integrate it with how we sense our belonging so that we may more fully inhabit this extraordinary third planet from the sun.

This program is open to all levels of experience in hiking and the natural sciences. Participants should be prepared to hike in varied terrain (four to six miles), enjoy periods of silence, and have a curiosity about nature and our place in the world. More information and a waiver will be sent upon registration. For an equipment list and frequently asked questions about Steven’s workshops, visit www.stevenharper.com/faqs.html.

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

Steven Harper bio on page 15.

A Time to Reflect

This is a special opportunity for people to experience Esalen without taking a workshop. During this period, we have a limited number of spaces available for people who would like to participate in the Esalen learning culture in their own unstructured way.

Please see page 21 for full details.

Weekend of September 27–29

Unleash Your Calling: Create the Work and Life You Love
Tama Kieves

Do you sense another life calling you? Do you crave meaningful work, or ache to express your creativity or contribution — and pay your bills? Your wildest dreams are not frivolous. You have a calling, an expression of infinite talent, stamina, and love. And in uncertain economic times, true passion is your greatest security.

Join Tama Kieves, author and success coach, to learn how to unlock and flourish in the work you’re meant to do. As a former Harvard-trained attorney turned leading career catalyst, Kieves has walked this walk. In this powerful, supportive container, you will be guided through the joyous and practical strategies she’s used to help thousands worldwide to discover, trust, and soar in their true power. Through breakthrough creative exercises, learn how to:

• Choose the right passion and tap unstoppable inner strength
• Experience your inspired power and break through fears and obstacles
• Turn your talents into income, windfalls, and opportunities
• Reveal your own tailor-made, rock-solid path to success

Recommended reading: Kieves, This Time I Dance! Creating the Work You Love and Inspired & Unstoppable: Wildly Succeeding in Your Life’s Work!

Tama Kieves is the best-selling author of This Time I Dance! and Inspired & Unstoppable: Wildly Succeeding in Your Life’s Work! Featured on Oprah radio, she is a speaker and a leading career/success coach. www.TamaKieves.com

A Time to Reflect

This is a special opportunity for people to experience Esalen without taking a workshop. During this period, we have a limited number of spaces available for people who would like to participate in the Esalen learning culture in their own unstructured way.

Please see page 21 for full details.
of spaces available for people who would like to participate in the Esalen learning culture in their own unstructured way.

Please see page 21 for full details.

**Yoga and Creative Writing**

**Katchie Ananda & John Robbins**

Stretch your body. Rewrite your life. John Robbins is the author of *Diet For a New America*, *The New Good Life*, and numerous other bestsellers. He met the celebrated Anusara yoga teacher Katchie Ananda more than twenty years ago, and they have been dear friends and colleagues ever since.

John and Katchie each believe that there is no right way to write or to do yoga, no "one size that fits all." Instead, every student has to find his or her own individual form and style of expression. Out of this shared understanding, they offer a combined workshop, which will alternate sessions of Anusara yoga with creative writing exercises and opportunities. Participants will get immediate and personal feedback and suggestions from John about their writing, and deepen their yoga with Katchie, using the five principles of Anusara yoga. The goal is to find one's unique and authentic voice and dharma, on the mat, on paper, and beyond.

This workshop is open to everyone, including those who have practiced yoga for years and those who have never done it before, those who are interested in writing as a career, and those for whom writing is simply a personal art form or means of self-discovery. Wherever you are on the spectrum of experience, you will find support, inspiration, and practical tools to gain greater authorship over your life, and to more fully and passionately inhabit your body, mind, and spirit.

Please bring a yoga mat.

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

John Robbins is author of *Diet for a New America* and many other bestsellers, founder of EarthSave International, and one of the most popular bloggers on the Huffington Post. He is a recipient of the Rachel Carson Award, the Albert Schweitzer Humanitarian Award, and dozens of other honors. www.johnrobbins.info

**Everyday Spontaneity: Improvising Our Lives**

Patricia Ryan Madson

“We will explore the terrain of saying YES, making mistakes, and learning how to work with a partner. The games and exercises focus on seeing what is inherently real around us. Improv teaches us to use what we have and to make an artful life from what comes to us unexpectedly. We will tell stories, find gifts, and above all, learn to trust our own voices. Life lessons emerge as we laugh, play, flounder, fall, pick ourselves up, and help others to do so.”

This weekend is especially for those who cannot imagine themselves as improvisors. Join Stanford professor and award-winning author Patricia Ryan Madson, who will shepherd participants with a gentle hand and a twinkle in her eye. Imagining can be as effortless as breathing. Come and kindle the spark of the spontaneous life.


Patricia Ryan Madson, an Emerita professor from Stanford, is the founder of the Stanford Improvisors and a certified Constructive Living instructor. Winner of the 1998 Dinkelspiel Award for innovation in undergraduate education, she is author of *Improv Wisdom: Don’t Prepare, Just Show Up*. www.improvwisdom.com

**Couples’ Communication Retreat**

Warren Farrell

Our inability to handle personal criticism from loved ones is a common Achilles’ heel. The more deeply we are in love, the harder it is to handle. Soon, couples feel they are walking on eggshells, unable to express themselves honestly, and the love fades. Raising children and dealing with money during an economic recession magnifies the problems even as those problems become the reason couples stay together. The result? Couples often remain legally married but psychologically divorced—in a minimum-security prison marriage.

The biggest culprit in this dynamic is defensiveness. Active listening, a good solution, is rarely used. Warren Farrell developed Cinematic Immersion, a method that enables couples to actively listen to their partner without feeling defensive. Once defensiveness is replaced by feeling loved, work on the discipline of mutual appreciation can begin. Through this process, passion is reignited without sacrificing stability.

Register online at www.esalen.org or by calling 888-8-ESALEN (888-837-2536).
As couples master Cinematic Immersion and the discipline of love, they will be shown how to apply what they’ve learned to other family members and to work colleagues.

This workshop is for couples. A couple is any two people who have a history together (such as parent-child, siblings, married or divorced parents) and who want a future with improved communication.


CE credit for MFTs and LCSWs; see page 103.

Warren Farrell is author of the best-sellers Why Men Are The Way They Are and The Myth of Male Power. His Women Can’t Hear What Men Don’t Say was a Book-of-the-Month Club selection. He has appeared on more than 1,000 TV shows worldwide.

Encountering the Beloved: Integral Practice to Liberate Your Soul

Terry Patten

During this weekend, we will join together to experience a comprehensive integration of our embodied humanity and our divine spiritual nature that will activate and nurture the evolution of your soul and lay the foundation for a profound new level of spiritual confidence.

Integral Spiritual Practice is informed by the notion that “all life is yoga,” and thus cultivates a heart-mind that is simultaneously profoundly self-transforming, fully embodied, and committed to being of benefit. Using experiential self-inquiry and transformational learning that incorporates interpersonal processes, journaling, meditation, prayer, movement, nature communion, and celebration, Terry will guide the group in activating hidden co-creative potentials, while also connecting in authentic relationship with one another, ourselves, and the divine. You will also begin to:

• Activate your evolutionary potential
• Become spiritually trustable—to yourself and others
• Integrate yin self-compassion with yang inner toughness

You’ll also enter into the intimacy of transrational “we-space” with fellow participants, as together we feel into the pressing spiritual questions of our time and draw upon collective evolutionary inspiration and intuition.

Hear Your Heart, Live Your Purpose

Sheva Carr

Did you know that no mechanical engineer has ever been able to replicate the efficiency of the heart, which puts out more energy than it takes in? This little-known fact points to a larger truth: the heart holds information, power, and benefits beyond what most of us have tapped into. The heart is a power center, and a source of intelligence that operates very much like a GPS, guiding us to our unique purpose and fulfillment, but only when we know how to eavesdrop on its messages.

During these times of great global change, stress can become a dominating force in our lives. This workshop introduces HeartMath practices that offer a practical way to ease the static of stress so we can actually hear and follow our hearts. HeartMath is a biofeedback process that measures the power of positive thought, meditation, and intention on the body’s heart rate. When we gain awareness through HeartMath, the shift can produce the fulfillment of our deepest heart’s desires.
true peace in the presence of chaos, and balanced living filled with purpose, connection, and well-being. Get ready to learn how to access the unique qualities of heart anywhere, anytime, and the science behind why doing so is good for you and for the planet!

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

($5 workbook fee paid directly to the leader)

Recommended reading: Childre and Martin, The HeartMath Solution.
CE credit for MFTs and LCSWs; see page 103.
CE credit for nurses; see page 103.
CE credit for acupuncturists; see page 103.

Sheva Carr, L.Ac., the architect of HeartMath’s HeartMastery Program, is CEO of Fyera!, and founding executive director of the Fyera Foundation and Sunflower SunPower Kids. She teaches people to access heart intelligence, and to receive the benefits of the heart’s impact on consciousness, health, performance, creativity, and social change. www.heartmastery.com

The Future We Want: A Systems Approach to Growing Sustainable Business

Christina Page

Is “green” always more expensive? Does a financially healthy company have to exploit the environment? Does success at work have to mean an ecologically and emotionally unsustainable personal life? And how is the growing field of clean technology solving—or contributing to—all of these problems? How are personal journeys and systems thinking woven in to this process?

This workshop will feature examples from the front lines of corporate sustainability, including what has worked and what remains a work-in-progress, while inviting participants to share their own experiences and brainstorm ideas for a sustainable future. Drawing upon the fields of systems thinking, organizational learning, and ecology, we will seek to come up with a better understanding of what sustainability could look like in the business sector and in our personal lives.

The workshop is geared toward individuals who are interested in learning more about sustainability and business innovation as well as exploring their own ideas with others. We will use tools and examples from the innovation of Silicon Valley, the energy efficiency and business acumen of Rocky Mountain Institute, and the organizational learning and systems-thinking work of Peter Senge and Dana Meadows.

Christina Page heads sustainability at Yahoo! and is a leading expert on sustainability and systems thinking. Previously she worked with Amory Lovins at Rocky Mountain Institute. She is a Fulbright Specialist and alumni of Yale’s School of the Environment.

www.greenumerations.wordpress.com

Week of September 29–October 4

Opening the Mind, Awakening the Heart

Shauna Shapiro

The fall season is a time to reflect, renew, and invite our deepest Intentions. Meditation offers a profound opportunity to focus inward, and to deeply connect with oneself, create intentions, and reflect on life values and aspirations. It is a perfect time to cultivate the heart, body, and mind through meditation practices that open us to our deeper experiences of love, compassion, joy, and wisdom.

During this retreat, we explore the simple but profound practice of mindfulness as the foundation of living a fully embodied, joyful, and awake life. We will engage with the rich, sensual experience of Esalen, the sounds and beauty of the ocean, and the wonder and profound richness of our moment-to-moment experience. We will also engage in mindful movement practices and practices of metta (love), karuna (compassion), and mudita (joy). We will learn about the revolutionary research in mindfulness and neurobiology that illustrates the profound impact meditation can have in cultivating greater health and well-being in our lives. Join us in the abundance and beauty that fall brings to the central California coast, and open your mind to awaken your heart.

Recommended reading: Shapiro, Carlson and Kabat-Zinn, The Art and Science of Mindfulness; Kornfield, A Path With Heart; Salzberg, Lovingkindness.
CE credit for MFTs and LCSWs; see page 103.

Shauna Shapiro, clinical psychologist and associate professor at Santa Clara University, researches mindfulness meditation and has published more than 60 articles and co-authored The Art and Science of Mindfulness.

The Healing Art of Deep Bodywork®: Advanced Work on Hips, Lower Legs and Feet

Perry Holloman & Johanna Holloman

Mastering the art of moving deeply into the body’s soft tissue layers adds a powerful dimension to the massage practitioner’s skill set. Bodyworkers who have learned to work slowly and with great sensitivity on these deeper layers are sought after both in private practice and in spas. Perry and Johanna Holloman have created a series of classes for massage professionals that are designed to teach deep tissue skills, which are readily integrated into participants’ current massage practice.

This class will focus on the hips at an advanced level, the feet, and the lower legs. The prevalence of hip pain, which, if not resolved, can lead to hip replacement surgery, has become a complaint that practitioners see more frequently than in the past. Learning to free the gluteus medius, minimus, and the tensor fascia latae will be an important focus in this class. Opening the feet, and freeing the four primary soft tissue layers of the sole of the foot will also be taught. The effects on the entire body from competent footwork are often remarkable. Participants will be taught how to move seamlessly from the foot onto the lower leg, with particular emphasis on the tibialis anterior and its role in flexing the foot at the ankle.

There will be plenty of time for questions, and discussion of actual cases participants may have encountered in their practices. Previous massage experience is highly recommended for this advanced class.

CE credit for nurses; see page 103.
CE credit for bodyworkers; see page 103.

Perry Holloman has been a teacher and practitioner of Esalen® Massage, Deep Bodywork, and body-oriented approaches to Gestalt work for more than 20 years. He teaches in the US, Asia, and Europe, and makes his home in Big Sur, Calif.
www.deepbodywork.com

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

A Time to Reflect

This is a special opportunity for people to experience Esalen without taking a workshop.

Register online at www.esalen.org or by calling 888-8-ESALEN (888-837-2536).
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.

Please see page 21 for full details.

Earth and Sky: Sacred Circle Yoga and Meditation Immersion
Saul David Raye with Divine Harmony and Jim Beckwith

Join us for this empowering and soul-stirring week as we journey into the holistic and shamanic roots of yoga through sacred wisdom teachings, dynamic asana, breathwork, meditation, chanting, ceremony, live music, ecstatic dance, and the power of community.

During this week you can experience the power and depth of a tantric/circular-based yoga practice that has no finish line or outer goal; the journey is within. Yoga reveals that the truth of being lies within us, as our very nature. Esalen is the perfect place to experience our natural connection to the five elements and the great forces of earth and sky. There will be an emphasis on practicing heart-centered meditation, deep relaxation, and harmonizing with the elements. Deeper yogic teachings from tantra, bhakti and shamanic traditions will be shared, and through the powerful container of collective intention (sankalpa) and conscious community (sangha), we will create a safe space for healing and transformation to arise naturally.

Saul will be joined by astrologer Divine Harmony, who will share cosmic wisdom and astrological insights that relate to our inner journey, and master musician and composer Jim Beckwith, who will inspire the week with live, original sacred music.

For more information on Divine Harmony, visit www.divineharmony.org; For more information on Jim Beckwith, visit www.livemusicforyoga.com.

All levels are welcome. Some experience of asana is of benefit but not required.

Saul David Raye is an internationally acclaimed teacher, healer, and spiritual activist known for his empowering and transformational approach to yoga. He holds certifications in yoga, bodywork, and energy healing, and is an ordained minister and musician who infuses his classes with healing music and chants.

Brilliant Body: Fundamentals of Conquering Injury and Pain
Jean Couch

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. 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 patterns for these daily fundamentals, you can shed pain and tension and go home with a healthy regimen that easily and seamlessly 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.

This course 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 nurses; see page 103.

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

Rest, Rejuvenation, and Renewal: The Courage to Pause
David Schiffman

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

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

“We will draw on the power and spirit medicine of Big Sur’s natural gifts for healing and inspiration. A special blend of music and movement will create a mood of playfulness and spontaneity for the rejuvenation of spirit. Simple activities, including ceremony and personal practices, will be used to deepen our feelings of being lively and hopeful about our futures.”

David Schiffman has taught at Esalen for 40 years. His work combines creative elements ranging from sweet mischief to intelligent risk taking and including ceremony, music, movement, and inner work. He has been a consultant to California Institute for Integrative Studies and Saybrook Institute, in San Francisco.

Weekend of October 4–6

Soul Motion™: The Practice
Vinn Marti

Are you a practitioner? What does that mean? A practitioner of course is someone who practices, doesn’t aspire to do something. How can you aspire to have a glass of water? You’ll only think about it and make yourself thirst. A practitioner gets up and goes and gets a glass of water, does the job.

— Barry Long

“Soul Motion is a conscious dance practice that utilizes facilitated and unscripted movement, recorded music from all genres, and stillness practice to access creativity, cultivate healthy relationships, and dialogue with that divine spark that animates all living things.

“In our work together we will spin along lines of inquiry that embolden us to states of sweat and sanctity,” writes Vinn Marti. “We will whirl with Relationships such as Form to Space, Part to Whole, Silence to Song,
Register online at www.esalen.org or by calling 888-8-ESALEN (888-837-2536).

Micro to Macro, and Motion to Stillness. We will leap into spaces between points on the fulcrum of development. Turning points such as when in-breath begins its outward spiral to out-breath.

“I welcome you to come and experience the excitement, the energy, and the enlivened presence which dances all of us as we come together to dance and move body and soul. Soul Motion is for every body.”

Vinn Martí is a movement artist, teacher, and spiritual friend, living in Portland, Ore. He teaches Soul Motion internationally, and is a certified Chaplain and Prayer Practitioner through the New Thought Alliance of Churches. www.soulmotion.com

The Pleasure and Power of Food

Myra Goodman with Marea Goodman

Food is at the core of our lives. Feeding ourselves and our families is a basic daily need, and shopping, cooking, and eating takes up much of our time and energy. What we eat and how we feel about food has been shaped by our personal history and culture, and these patterns are often habitual and unexplored. It is easy to take the blessing of a full belly for granted, and ignore the impact of our food choices on our health, communities, and the planet.

This weekend, we will explore our personal relationships to food from childhood to present through reflection, story sharing, stream of consciousness writing, and mindful cooking and eating. We will spend time in the Esalen farm and garden, talking with farmers, meditating, and harvesting, so that we can more fully awaken to the miracle of organic food production and how food can be a strong source of grounding and connection with this earth that sustains us.

Myra’s cookbook, The Earthbound Cook, will be our handbook for discussions about sustainability issues relating to food. Each participant will receive a free copy.

Myra Goodman grew up in NYC, totally disconnected from the source of her food. In 1984 she cofounded Earthbound Farm (now the largest grower of organic produce in the US) in her backyard garden. She has authored three cookbooks that share her passion for delicious food and a healthy planet.

Using Power with Heart: An Owner’s Guide

Cedar Barstow

Misuses of power cause enormous harm and suffering. Right uses of power are uses of a combination of personal and role power to resolve and repair harm, evolve situations and processes, and promote well-being and the common good. Even though we are all equal as human beings, the dynamics involved when there are differences in power because of role or status are complex and often under-acknowledged or disowned. Through engaging processes, practical skills, and grounded theory, this program provides the nuts and bolts for understanding, owning, and skillfully and ethically using the power and influence you already have in both up- and down-power situations. You will learn about standing in your strength while staying in your heart; resolving and repairing relational difficulties while staying connected; skillfully using feedback as an investment in relationship; and expanding and using multiple power parameters and your personal power style. This program will guide you in refining and mastering your relationship with your own power and with the power and influence of others on you.

Recommended reading: Barstow, Right Use of Power: The Heart of Ethics.

CE credit for nurses; see page 103.
CE credit for MFTs and LCSWs; see page 103.
CE credit for bodyworkers; see page 103.

Cedar Barstow founded Right Use of Power and is a consultant and teacher on ethics issues. She has been designing, developing, and teaching this approach since 1994. Cedar’s background includes 20 years as a psychotherapist and 15 years as a teacher.
From Conflict to Connection: For Individuals and Couples

Linda Bloom & Charlie Bloom

We are drawn to others not because of our similarities, but because of our differences which provide the means for growth and development. Differences become conflict when there is a struggle to convert the other person to our way of seeing or doing things. While it is natural to want to have things go in accordance with our preferences and desires, getting caught in the grip of these impulses can cause great harm to a relationship. The most important factor in the development of healthy and fulfilling relationships is the ability to manage differences skillfully. Because few of us have seen good examples of effective conflict management, it’s likely that we are lacking skills in this arena. It is possible, however, for anyone with a clear intention to learn the art of effective conflict management.

Through interactive exercises, group process, guided meditation, and dialogue, this workshop, designed for individuals and couples, will provide the means through which the skills of “conscious combat” can be learned, practiced, and integrated into our relationships. These skills apply not only to romantic partnerships, but to our families, friendships, and work and community relationships.


CE credit for nurses; see page 103.
CE credit for MFTs and LCSWs; see page 103.

Linda Bloom is a licensed clinical social worker and educator. She and her husband Charlie are co-founders of Bloomwork and coauthors of Secrets of Great Marriages: Real Truth from Real Couples about Lasting Love and 101 Things I Wish I Knew When I Got Married.

www.bloomwork.com

Charlie Bloom is an educator, therapist, and seminar leader. He and his wife Linda are co-founders of Bloomwork and coauthors of Secrets of Great Marriages: Real Truth from Real Couples about Lasting Love and 101 Things I Wish I Knew When I Got Married. He has facilitated workshops internationally since 1982.

www.bloomwork.com

A Time to Reflect

This is a special opportunity for people to experience Esalen without taking a workshop. During this period, we have a limited number of spaces available for people who would like to participate in the Esalen learning culture in their own unstructured way.

Please see page 21 for full details.

Relaxed and Awake: Mindfulness Meditation and Feldenkrais® Movement

Wes Nisker & Dan Clurman

By changing our habits of movement, we relax and awaken the body; by changing our habits of thinking, we awaken and relax the mind. We can then join in the dance of existence with freedom and ease. This workshop combines the traditional practice of Buddhist mindfulness meditation with sessions of Feldenkrais Awareness Through Movement® lessons, the brilliant sensory-motor approach to reeducating the nervous system and developing self-awareness. Periods of meditation will alternate with guided Feldenkrais movement lessons, allowing the practices to support each other and create a sense of mind-body connection, vitality, and well-being. The workshop will provide ample time for discussion and interviews, as well as attention to individual challenges. There will also be talks, poetry, and good humor. Wes Nisker has practiced Buddhist meditation for more than thirty-five years in Asia and the West. Dan Clurman brings more than ten years of Feldenkrais Awareness Through Movement teaching experience. The workshop is appropriate for both experienced and beginning students of either mindfulness meditation or The Feldenkrais Method®.

Recommended reading: Nisker, Buddha’s Nature and Essential Crazy Wisdom.

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

www.wesnisker.com

Week of October 6–11

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

Charlea Massion

“This is our tenth meeting of women physi-
Each day participants will experience:

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

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

Note: This workshop will offer Category I Continuing Medical Education credit (for an additional $75). All participants must be physicians (MDs or DOs) and must register and pay additional fees ($750) to Chiara Associates prior to registering with Esalen. Please contact Charlea Massion: phone 831-421-2476; fax 831-462-9098; or e-mail chiarasantacruz@gmail.com.

Charlea Massion is a family physician and works as a hospitalist and palliative care physician. She teaches in the Division of Family and Community Medicine at Stanford University Medical Center and is on the Boards of the National Women’s Health Network and American College of Women’s Health Physicians.

Soul Motion™: Freedom to Soar

Vinn Martí

“Are you ready to rediscover your body relaxed and restored to its natural birthright of flexibility, ease, and wonder?” asks Vinn Martí. “Then join us to create dances of spacious teaching and learning of creativity, relationships, and sacred prayer. In our time together we will open the portals of unity and meet the curious visitor and the prayer within. With a light touch and deep inquiry we’ll dance the dance of relaxed liberation, and cultivate the power to soar high above the tensions and constrictions that hold us in freeze frame. Together we will look beyond limitations in the body and anxieties of the mind to embrace the openness of the heart and jump feet first into our dance. The dance we are meant to do. The dance we must do.

“Soul Motion is a conscious dance practice that utilizes facilitated and unscripted movement, recorded music from all genres, and stillness practice to access creativity, cultivate healthy relationships, and dialogue with that divine spark that animates all living things. I welcome you to come and experience the excitement, the energy, and the enlivened presence which dances all of us as we come together to dance and move body and soul. Soul Motion is for every body.”

Vinn Martí bio on page 61.

Songwriting: Catch and Release

Cris Williamson

What’s in a song and how do I write one? “A song is a made thing, and is most often composed of words, melody, rhythm, and a shape that holds them all,” writes Cris Williamson. “We will write every day. We will explore different ways of writing, which will allow you to access your inner river of thoughts. We will catch words from that river, fasten them to the page, and add music to allow a song to emerge. We will employ a combination of solo and group writing. A compressed style of writing can enable us to be more aware, to be better listeners, and to realize that songs live everywhere. We must capture them and set them free.

“You do not need to be a musician or writer to take this workshop. Anyone can do this, and I will show you how. Not only can you do this, but you can be good at it. We all start with baby steps and grow before our own eyes. This is deeply beautiful work, hard and so much fun. Everyone is invited. There is so much joy in this endeavor.”

Bring a small tape or digital recorder, a thesaurus, dictionary, and rhyming dictionary if you have one. Bring an instrument if you play one. You may also bring works-in-progress and Cris will help you bring them to completion.

Cris Williamson’s body of work includes more than 30 albums. Recognized by Performing Songwriter Magazine as one of the decade’s most influential songwriters, her groundbreaking record, The Changer and the Changed, remains a best-selling independent record. www.criswilliamson.com

October 6–10

Esalen® Massage: Accessing the Back Body from the Front

Nora Matten & Rob Wilks

This workshop is ideal for practitioners who would like to learn how to apply the principles of Esalen Massage while keeping the client in the supine position throughout the session. At times, practitioners encounter clients who are unable to lie in a prone position (on the stomach), due to personal preference or illness, yet practitioners still want to be able to touch and work with the whole body. During these four days, participants will be taught the principles of Esalen Massage: the long flowing strokes, passive movement, and quality of touch and contact, while focusing on learning how to access the back body with the client lying supine. The group will explore how to use passive joint movement and the movement of limbs to access the back body from the front, and how to work with the hands underneath the body, which allows utilization of the client’s bodyweight and gravity to achieve the proper depth. Working with these tools will allow participants to give a complete massage in the supine position, a beautiful addition to the massage repertoire and a wonderful gift for people who are unable to lie comfortably in a prone position. This workshop is especially useful for those in the helping and healing professions in working with their clients and patients.

Note: This workshop is a four-day, Sunday-Thursday format instead of the usual Sunday-Friday. Reduced rates apply: Please call 888-8-ESALEN for details.

CE credit (22 units) for nurses; see page 103.
CE credit (22 units) for bodyworkers; see page 103.

Nora Matten bio on page 54.

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 US and Eastern Europe.

A Time to Reflect

This is a special opportunity for people to experience Esalen without taking a workshop. During this period, we have a limited number of spaces available for people who would like to participate in the Esalen learning culture in their own unstructured way.

Please see page 21 for full details.
Esalen’s 12th Annual Benefit Weekend

Embodying Spirit in Daily Living

Spirituality and Religion • Business • The Arts • Community • The Future

Weekend of October 11–13

The Benefit Weekend is when dedicated Friends of Esalen and newcomers join together in providing philanthropic support for Esalen’s mission in Big Sur and around the world.

Join us in this special gathering devoted to supporting the magic of Esalen and practicing a higher level of embodied spiritual commitment. Please see the inside front cover of this catalog for more details.

Costs for the weekend include the entire program and all meals.

• $1,400/person staying off-property ($1,000 is tax deductible)
• $1,730/person in Esalen shared standard room ($1,000 is tax deductible)
• $2,500/person in Esalen guaranteed single accommodations (limited availability; $1,500 is tax deductible)

To register, please contact Gayle Felbain at gayle.felbain@esalen.org, 831.250.1022 ext. 249. Visit www.esalen.org/benefit for up-to-date information and a current list of speakers.
Week of October 13–18

Love and Belonging: Healing the Past and Moving Ahead with Relational Constellations
JoAnna Chartrand & Dyrian Benz

Love and a sense of belonging are the cornerstones to fulfilling relationships throughout life. Disturbances in these patterns of love and attachment create havoc in families, for generations. When the flow of love and acceptance is interrupted in life, the soul suffers. With Relational Constellations we uncover the disruptions and entanglements so that we, as well as our family members, can find strength, dignity, love, and a sense of belonging. Love and appreciation are the guiding principles used for finding good resolutions. Profound healing of heart, body, and soul often results. When we bring love and respect to our family and our lineage, then love can become a healing agent in all aspects of our lives. We also explore personal issues related to illness, split-off parts of the self, and difficult situations in work and relationships. This workshop is also appropriate for those in the helping professions who would like to cultivate relational constellations skills.

Honor the past, be present, and build the future. A relational constellation is a deeply educational process.

CE credit for MFTs and LCSWs; see page 103.

JoAnna Chartrand is a European-trained practitioner who has been a somatic psychology educator since 1980. Her specialty is in somatically-based, transpersonal, relational psychology, and trauma work. She is a codirector of The Constellation Institute of California. www.essentialsolutions.info

Dyrian Benz, PsyD, is a mindfulness and somatic psychology educator. A cofounder of Hakomi Institute and Embodied Psychology Association, he conducts trainings in Relational Constellations and is a longtime Diamond Approach student. He published Group Field: A Practitioner’s Guide. www.essentialsolutions.info

Plein Air Painting in Big Sur
Jennifer McChristian

Join award-winning painter Jennifer McChristian for a five-day intensive workshop for all levels of artists who want to learn the time-honored joy of painting en plein air. Painting en plein air is a term made popular by the French Impressionists and translates as “painting in the open air.” The deep spiritual connection to nature derived from this form of intense observation has made it a lasting tradition which is especially needed in these modern times.

The aim is to learn to interpret nature in terms of paint, using light and color to create form. Color relationships, design and composition, simplifying, and the benefits of painting outdoors are discussed, as well as how to design and build a painting that carries an emotional impact. Students focus on values, shapes, edges, and color as they relate to painting.

There are brief demonstrations each day and one-on-one advice in the field. Exercises include creating small 6"x8" color sketches, where students will paint color block-ins and value studies prior to working on larger canvases.

In the event of inclement weather, students must bring with them several reference photographs of landscapes.

Recommended reading: Payne, Composition of Outdoor Painting; Carlson, Carlson’s Guide to Landscape Painting; Goerschner & Lehrman, Oil Painting, The Workshop Experience.

Jennifer McChristian is an award-winning artist who was born and raised in Montreal, Canada. In 1986, she moved to California, where she was an animation artist for Disney and Nickelodeon, among other studios. She has studied under Robert Blue, Karl Dempwolf, and Steve Huston, and leads painting and drawing workshops internationally. www.jennifermcchristian.com

The Dancing Buddha: Meditation, Movement and the Divine Abodes of the Heart
Heather Munro Pierce & Donald Rothberg

In this workshop, we will combine traditional Buddhist practice of the “Divine Abodes” (brahmavihara) of lovingkindness, compassion, joy, and equanimity, with movement meditation and ecstatic dance, to help us access and cultivate these wonderful and transformative qualities of the open heart. We will particularly focus on developing embodied expressions of these four abodes based on our understanding that embodied practices are the key to making the qualities real in our daily lives.

Most of the workshop will involve silent practice and spaciously guided freeform movement meditation and ecstatic dance to music, complemented by talks. There will also be time for discussion and interactive exercises. We will begin with a foundational emphasis on mindfulness and embodiment. We will then build on this foundation by bringing in, over the five days, teachings and practices on the “Divine Abodes” and explorations of these themes through dance. We will emphasize especially how lovingkindness, compassion, joy, and equanimity interpenetrate each other as they become more mature, and how these qualities might be further expressed in our daily lives. Come join us in celebration and inspiration as we evoke the depths of our hearts through silence and sound, stillness, and movement. Movers and meditators of all levels are welcome. Helping professionals will learn how to support the development and expression of these skills in their work.

Please Note: Some mornings will be in silence and there will be optional sessions offered before breakfast.

CE credit for MFTs and LCSWs; see page 103.

Heather Munro Pierce founded TransDance® and has led inspirational, transformative, and healing movement for over 20 years nationally and internationally. She is the creative force behind the dance meditation audio CD Embodied Awakening Through the Elements. www.TransDance.com

Donald Rothberg, PhD, the author of The Engaged Spiritual Life: A Buddhist Approach to Transforming Ourselves and the World, is a member of the Spirit Rock Teachers Council in Northern California, and teaches meditation, daily life practice, and engaged spirituality. He has practiced meditation since 1976. www.donaldrothberg.com

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

This workshop is about healthy relationships—in love, in friendship, in daily life. The focus is on how to nurture our own vitality in situations where we long for connections that are more real, more safe, or more rewarding. Pleasure is essential for healthy relationships. Add the erotic element and the potential for pleasure grows exponentially. But whether in love or friendship, in same- or opposite-gender relationships, the reality of sustaining delight in one another is often a mystery and a struggle. We substitute old avoidance patterns for intimacy as we play out the Good
Girl and Super Guy roles we developed during traumatic childhoods and adolescences. Or we repeatedly act out of fear, sadness, or rage, keeping our relationships locked in the “cultural missionary position.” Giving up carefully honed pain-avoidant habits releases new energies for the pursuit of personal fulfillment in relationships.

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

Come alone or with an intimate.

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

Terry Hunt is a licensed psychologist, bioenergetic therapist, and long-time Esalen instructor. Specializing in body-centered psychotherapy, he works with individual, couples, and people struggling with trauma and addictive behaviors. He also consults nationally with families in intergenerational transitions. www.marketstreethealth.com

Yoga and Addiction Recovery: A Celebration of Healing

Nikki Myers, Rolf Gates, Tommy Rosen & Noah Levine

Join us as we bring together the ancient tools and practices of yoga and meditation as a way to deepen the exploration of recovery from addictions. The leaders represent a wide variety of backgrounds and modalities in this dynamic field. They gather to share their experience, strength, and hope through the journey from addiction to recovery.

Addictive behaviors separate us from ourselves, each other, our environment, and the Divine. Yoga offers us a set of practices that directly address the range of issues caused by the family disease of addiction. Connected to our wholeness, we more readily recognize our addictive behaviors and find the inner strength to move beyond them. Through this retreat experience, we will connect our inner and outer worlds and awaken the joy and peace from within by learning how to bring recovery alive in our practice.

The mornings will begin with an asana and meditation practice embracing such concepts as surrender, letting go, acceptance, and gratitude, and each day different workshops will be offered, allowing us to explore more fully the convergence of the path of yoga and recovery. Our evenings will be filled with kirtan, speakers, dancing, and free time to mingle, reflect, soak in the hot springs, rest, rejuvenate, and connect. Through these magical five days, we will celebrate the vision for our life paths.

Everyone is welcome—all recovery, all addictions, family members, all seekers, and those who work as healing professionals in the field. There will be something for everyone. Please bring a yoga mat and a meditation cushion if you use one.
Roxanne “Nikki” Myers is a yoga therapist, Somatic Experiencing practitioner, certified recovery specialist, and founder of CITYOGA School of Yoga and Health. Nikki is the co-founder of Y12SR, the Yoga of 12-Step Recovery.

Rolf Gates conducts Vinyasa teacher trainings and programs internationally. His work has been widely featured in television and in print. As a former US Army Ranger and social worker Rolf brings his eclectic background to his teaching and his life. He is the author of Meditations from the Mat. www.rolfgates.com

Tommy Rosen is a Vinyasa and Kundalini yoga teacher who focuses on yoga for addiction recovery. His blogs and articles have appeared in LA Yoga, Huffington Post, MindBody Online, and The Daily Love. Tommy’s first book is Recovery 2.0.

Noah Levine, author of Dharma Punx and Refuge Recovery, is a Buddhist teacher and counselor. Trained to teach by Jack Kornfield of Spirit Rock Meditation Center in Woodacre, Calif., he is the founding teacher of Against the Stream Buddhist Meditation Society. www.againstthestream.org

Weekend of October 18–20

Michaela Boehm

Program description forthcoming. Please visit www.esalen.org for updates.

Falling in Love with the Divine: Devotion and Tantra of the Heart

Sally Kempton & Marc Gafni

For many contemporary spiritual practitioners, devotion is a missing ingredient in their practice. Yet part of what gives practice its juice and excitement is the living relationship with the personal face of the divine—the Being-Intelligence of all that is—by which you are personally addressed, loved, challenged, and held. Devotion, heart practice directed toward a divine other, or the divine other in a beloved, is a secret of inner awakening, and a key to emotional healing and evolutionary transformation. It’s no wonder that some of the greatest sages and teachers of all time, from Rumi to the Hasidic masters, were also followers of the devotional path.

In this workshop, two heart masters merge their gifts in the service of the unfolding of your own secret heart-tantra. Awakened Heart meditation teacher and author Sally Kempton joins Dr. Marc Gafni, rabbi, author, and teacher of Kabbalah and evolutionary spirituality, for this unique offering. You’ll explore:

- How to see beyond the myth of god to the reality of divine presence
- Transformative insights from three great traditions about surrender to the divine
- How divine presence can both uncover and heal emotional wounds
- How to find your own right relationship with the personal divine
- How a relationship with the divine changes all other relationships
- How to balance discernment and trust

The weekend is layered with meditation, chant, partner work, contemplation, and deep dharma transmission.
Sally Kempton bio on page 51.
Marc Gafni’s teaching is marked by a deep transmission of heart, love, and leading-edge provocative wisdom. A visionary scholar, public intellectual, and spiritual artist, he is the author of ten books, including the award-winning Your Unique Self: The Radical Path to Personal Enlightenment. www.marcgafni.com

Awakening Joy
James Baraz & Jane Baraz

True happiness is not about acquiring anything, but rather opening to the natural joy and aliveness right inside of you. Awakening Joy is based on a popular ten-month course taken by thousands since 2003, and designed to develop our natural capacities for well-being and happiness.

Learn basic principles and experiential exercises drawn from Buddhist philosophy, and other supportive practices which are presented in a user-friendly way. Explore techniques for developing gratitude, learning to love yourself, opening up to the hard stuff as a path to joy, and finding joy in the happiness of others. Perhaps you can’t imagine yourself skipping through a meadow with childlike exuberance. Don’t worry. Truly happy people are not happy all the time. They feel sad and angry and have the whole range of human emotions. Joy is a general feeling of aliveness and well-being that is characterized by engagement with life, meeting its ups and downs with authenticity and perspective. It can look very different from person to person, from a quiet sense of contentment and aliveness right inside of you. Awakening Joy expresses itself uniquely through you is one of the discoveries that awaits.

Note: You do not have to be a “joyful person” to benefit from this workshop, though you might have fun anyway.

Recommended reading: Baraz and Alexander, Awakening Joy: 10 Steps That Will Put You on the Road to Real Happiness; Foster and Hicks, How We Choose to Be Happy.

CE credit for MFTs and LCSWs; see page 103.

James Baraz bio on page 39.

Jane Baraz has been practicing meditation since 1976 and leads Awakening Joy workshops internationally. She served on the board of directors at Spirit Rock Meditation Center and helped start the Spirit Rock Family Program. Jane is a life coach who helps women live with more purpose, balance, and fulfillment.

Peace Starts at Home: Dialogue as a Way of Life
Miki Kashtan

Imagine sweet, open dialogue in all your relationships. Imagine full compassion for yourself, accepting your humanity in moments of challenge. Imagine the freedom to choose, in every moment, how you want to meet life. Imagine the power of responding empathically to those around you. When asked how to create peace, the Dalai Lama once responded, “start at home.” Through the practice of living in dialogue at home, where the stakes are often very high, we can expand outward and become messengers of hope, courage, and empathy everywhere we go. All of us can move closer to this vision through mastering concrete practices rooted in the core insight that authenticity and empathy can combine in a dialogue aimed at finding solutions that work for everyone. This workshop is designed for couples and anyone who wants to transcend the legacy of separation, scarcity, and powerlessness. Miki’s teaching is highly interactive and emerges organically from the needs, challenges, and opportunities participants bring with them.

CE credit for MFTs and LCSWs; see page 103.

Miki Kashtan, PhD, co-founded Bay Area Nonviolent Communication. She shares the principles and practices of Nonviolent Communication through mediation, meeting facilitation, coaching, consulting, and trainings. She writes a weekly blog (www.baync.blogspot.com) and her articles have appeared in Tikkun magazine and elsewhere. www.baync.org

Foster Natural Mind-Brain Change Effortlessly: Ericksonian Hypnosis Seminars
Anellen Simpkins & C. Alexander Simpkins

Milton Erickson (1901–1980) was one of the foremost twentieth-century practitioners of hypnotherapy. He created an original and highly effective hypnotic method to foster the natural mechanisms of mind and brain that we all possess. Erickson’s hypnosis was based in a firm belief that the unconscious is a reservoir of potential and that hypnosis is the way to access that potential. Recent neuroscience research corroborates this belief in finding that the brain has many intelligent, unconscious pathways. These pathways function automatically and can be engaged and used to help accomplish goals that might be difficult to do deliberately. By working indi-

rectly and unconsciously, people can bypass conscious limitations to resolve problems and live a happy, fulfilling life.

This workshop will teach Erickson’s powerful and individualized self-hypnosis approach. All participants will be shown how to experience trance in themselves, use direct and indirect suggestion, experience the ideomotor mind-body link, work with the utilization method, and experiment with varied trance phenomena. Therapists and health professionals will gain hypnotic techniques to use with clients and patients, and everyone can enjoy deep relaxation, fostering creativity, and the experience of natural, effortless change. With stories from case examples, guided trance experiences, handouts, and a clear understanding of the effects in the brain, this workshop will inform, inspire, and uplift.

Recommended reading: Simpkins and Simpkins, Neuro-Hypnosis and The Dao of Neuroscience.

CE credit for psychologists; see page 103.
CE credit for nurses; see page 103.
CE credit for MFTs and LCSWs; see page 103.
CE credit for clinical hypnosis; see leader

Anellen M. Simpkins bio on page 35.
C. Alexander Simpkins bio on page 35.

Cultivating Extraordinary Experience
Erik Davis & Jennifer Dumpert

Experience is not just something that happens to us. Experience is also something we cultivate and refine. With practice, we can increase our capacity for wondrous insights and delicious sensations. By learning to focus attention, break through ordinary habits, and develop a taste for even challenging experiences, we can tease the extraordinary out of ordinary life. Professional author and writing instructor Erik Davis and dream researcher Jennifer Dumpert will introduce approaches to meditation, dreamwork, and writing that can help access the extraordinary and integrate it into our lives. Erik will show how writing can become a path toward transforming and reflecting upon our own lived experience. Jennifer will introduce the Oneironauticm, an emerging approach to dreamwork that we will explore both nights of the weekend. Rather than emphasize the symbolic meaning of dreams, this form of dreamwork cultivates the visionary texture of the dream itself. Over the weekend, we will also learn how enjoyment and curiosity can become portals into richer experience.

Register online at www.esalen.org or by calling 888-8-ESALEN (888-837-2536).
Erik Davis is an award-winning author and teacher. His books include The Visionary State and Nomad Codes: Adventures in Modern Esoterica. He has taught at UC Berkeley, Pacifica, and CIIS, and hosts the popular podcast Expanding Mind on the Progressive Radio Network. www.techgnosis.com

Jennifer Dumpert is a San Francisco-based writer and lecturer, and the founder and leader of the experiential dream group Oneiroautomat. She tweets a dream a day as Oneirofer.

**Week of October 20–25**

**A Matrix of Light: Prana and the Practices of Yoga**

Thomas Michael Fortel

Just as a plexus of nerves (many criss-crossing at the same place) in the body emits a stronger force of energy, the practitioners of yoga, by virtue of ongoing practice, have developed a high level of panic force within the body and nervous system. We could say that the prana is an invisible or metaphysical force of energy, yet flows through and illuminates the physical body and being of the practitioner. We students of yoga engage conscious breathing as a way to connect to alternative states of consciousness. Through the practices of yoga, we develop a relationship with the formless dimension of being even as we are living in the physical world of material reality.

This is the theme and focus for our week of yoga retreat. Our mornings will begin with meditation and pranayama, which will lead into mid-morning active yoga practice. We’ll gather in the afternoons at various places on the Esalen property for the spiritual practice of lying on the lawn and observing the natural forces of nature. Then once again we’ll return to the yoga room for twists, forward bends, and restorative poses.

Please have a minimum of 3 months yoga experience, and bring your yoga mat.

**Week of October 20–25**

**A Matrix of Light: Prana and the Practices of Yoga**

Thomas Michael Fortel

Just as a plexus of nerves (many criss-crossing at the same place) in the body emits a stronger force of energy, the practitioners of yoga, by virtue of ongoing practice, have developed a high level of panic force within the body and nervous system. We could say that the prana is an invisible or metaphysical force of energy, yet flows through and illuminates the physical body and being of the practitioner. We students of yoga engage conscious breathing as a way to connect to alternative states of consciousness. Through the practices of yoga, we develop a relationship with the formless dimension of being even as we are living in the physical world of material reality.

This is the theme and focus for our week of yoga retreat. Our mornings will begin with meditation and pranayama, which will lead into mid-morning active yoga practice. We’ll gather in the afternoons at various places on the Esalen property for the spiritual practice of lying on the lawn and observing the natural forces of nature. Then once again we’ll return to the yoga room for twists, forward bends, and restorative poses.

Please have a minimum of 3 months yoga experience, and bring your yoga mat.

**Upledger Institute International’s CranioSacral Therapy 2**

Eric Moya

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’s Institute CranioSacral Therapy 1 (CS1) and thorough working knowledge of the 10-Step Protocol.

Note: Registration for this workshop is through 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 reserve accommodations at Esalen; course fees and accommodations are separate. Please see accommodation costs under “Pricing for Partner Programs” at [www.esalen.org/workshops/reservations.html](http://www.esalen.org/workshops/reservations.html).

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

CE credit for nurses; see page 101.

CE credit for bodyworkers; see page 103.

CE credit for acupuncturists; see page 103.

CE credit for physical therapists; see leader.

**Eric Moya**, MFCT, CST-D, is a career manual therapist, instructor for the Upledger Institute, and mental health therapist specializing in mind/body awareness and growth. [www.ericmoya.com](http://www.ericmoya.com)

**Awake in the Wild: Meditation in the beauty of Esalen, Big Sur**

Mark Coleman

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 the 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 the following 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?
Register online at www.esalen.org or by calling 888-8-ESALEN (888-837-2536).

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. Participants can gain clarity and courage to take the next steps to create an inspired life. Please bring comfortable layers of clothing and be prepared for cool or warm days spent outside.

CE credit for MFTs and LCSWs; see page 103.

Mark Coleman is author of Awake in the Wild. He has studied Buddhist meditation since 1984. He is a Spirit Rock meditation teacher and has led wilderness meditation retreats from Alaska to Peru. Mark is also a coach and therapist. www.awakeinthewild.com

Experiencing the Esalen Farm and Garden

Christopher LaRose & Jessica Spain

For more than forty years, the Esalen Farm and Garden has provided a holistic model of food security and sustainability—producing food that sustains, heals, and educates the community. Growing one’s own food is a powerful form of activism and a deep source of spiritual experience. The Esalen Farm and Garden staff strives to cultivate soil, plants, and people while honoring the spirit of the land and its ancestors.

This dynamic workshop experience provides the opportunity to immerse yourself in the farm and garden alongside our talented and experienced staff. This week will introduce you to the practical and experiential knowledge needed to start or refine your own garden, as well as a chance to revel in the beauty and power of the Esalen land. You will gain hands-on experience with topics including seed starting, harvesting, cultivation, transplanting, composting, seed saving, flowers, and herbs.

We invite you to explore working on the land as a physical, emotional, and spiritual experience. As an Esalen work tradition, Gestalt awareness practice is integrated into our time together, to support our growth processes and group relationships. Each morning after harvest, we gather in a sharing circle to connect with ourselves and each other before the day of learning and working. We ground and connect with the land through mindful and playful activities and rituals. The week culminates with a farm-to-table dinner that we prepare and share in gratitude together on the beautiful farm.

Christopher LaRose bio on page 24.
Jessica Spain bio on page 23.

Living in Gratitude

Joe Cavanaugh

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

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

When we hold on to our stories from the past, we perpetuate our suffering in the present and alienate ourselves from our natural state of love and joy. Utilizing group processes including Gestalt, psychodrama, and meditation, this workshop will assist you in working through self-imposed limitations to release the burden of the past. It will provide participants, including mental health professionals, with the skills necessary to identify and overcome self-defeating thoughts and behaviors, shift the emotional meaning of past experiences to enhance personal growth, and develop a healthy internal support system and cohesive sense of self.
When we empty ourselves of stories from our past, we open to the wellspring of joy and gratefulness (great-full-ness) that spontaneously arises in the present moment from the core of our being. In this state of gratitude (Latin, gratia, “to give thanks”) we recognize that love is for-giving, and we naturally experience greater empathy and compassion for all human suffering.

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


CE credit for MFTs and LCSWs; see page 103.

Joseph Cavanaugh bio on page 22.

Weekend of October 25–27

Into the Fire: The Sun Celebrates Personal Writing

Sy Safransky with Authors from The Sun

To write about ourselves in a way that touches others and reminds them of our fundamental connectedness we must be willing to take a leap — with all our passion, fear, and longing — into the fire.

Since 1974, The Sun has published the kind of brave, revealing writing that lives up to the magazine's motto, a line from concentration-camp survivor Viktor Frankl: “What is to give light must endure burning.” We invite you to join Sun readers, authors, and staff — including editor and publisher Sy Safransky and authors Ellen Bass, David Brendan Hopes, Steve Kowit, Frances Lefkowitz, and Cary Tennis — for a weekend of investigating our lives through the written word. We'll discuss essays, fiction, and poems with their authors, who will lead exercises with their authors, who will lead exercises geared to bring forth similar elements in your own writing. Readers Write–style writing sessions will help get your pen moving. (You don't have to be a writer to attend. We create a space in which people can tell their stories from the heart.)

The weekend will conclude with Sy Safransky reading from his Notebook.

Of course, the best part of a Sun gathering is getting to meet everyone: writers, staff, and other people who love the magazine and share its compassionate, unflinching view of the world. We hope you’ll join us.

The Sun is offering two full scholarships to writers (application deadline August 1). Please visit www.thesunmagazine.org for details or to see a complete program and list of materials to bring. A large enrollment for this workshop is expected; we recommend registering soon.

Sy Safransky is editor and publisher of The Sun.

www.thesunmagazine.org

Zero Balancing: Open Forum

Fritz Smith

This weekend is an opportunity for people practicing Zero Balancing to reconnect with Fritz Smith, with Zero Balancing, and with each other.

"It is critically important," says Fritz, "to periodically meet with like-minded people and to openly, freely, and safely discuss problems, insights, and successes of your work—in this case, the leading-edge therapy of balancing energy and structure."

The workshop's agenda will vary with the needs of those who attend, but will focus on personal nurturing and recharging, and will include giving and receiving sessions, refin-
ing touch, honing the ZB protocol, observing demos by Fritz, and looking at the newer emerging possibilities of ZB. Come and rekindle your sense of belonging, of not being isolated in the world.

Prerequisite training: Core Zero Balancing I. This open forum qualifies for 12.5 hours of class credit toward Zero Balancing Certification.

Recommended reading: Smith, The Alchemy of Touch, Inner Bridges, and Zero Balancing.

CE credit for nurses; see page 103.
CE credit for bodyworkers; see page 103.
Fritz Smith bio on page 42.

Week of October 27–November 1

Songs of the Heart: A Songwriter's Inspiration and Craft
Johnsmith & Julie Baker

Take your seat in a circle of songwriters and join us as we delve into the emotional heart of our personal story, and translate those experiences into song. Learn to cultivate your own unique songwriting voice through writing exercises, song assignments, group performances, co-writing, and constructive feedback. Explore the tools of the craft: verse, chorus, and bridge, melody, rhythm, and rhyming. Break open your emotional heart and learn how to tap the wellspring of all songs. Come roll up your sleeves, do the work, and bust through old limits bringing forth the deep elusive songs of your life. This workshop is for individuals who have had some experience in songwriting and are working on refining their musical voice. It is not required to play a musical instrument, but if you have one, bring it. There are also evening jams.

Johnsmith has been writing heartfelt songs for more than 30 years. He’s won national awards and contests, was a staff songwriter in Nashville, and has recorded 6 CDs. He’s taught songwriting workshops nationwide, and has been featured on NPR’s “New Dimensions.”

www.johnsmithmusic.com

Julie Baker is a psychotherapist specializing in empowerment of the individual’s authentic voice, recovery from substance abuse, and navigation of life transitions. She works with creative process as an expression of one’s inner landscape. She has a private practice in Marin County, Calif.

Gateway to Soul: Process Acupressure

Aminah Raheem

Would you like to find wise inner guidance from all parts of yourself? From your body’s internal promptings, your heart’s intelligence, your mind’s clearest insight, and even your own soul’s wisdom? Would you like to get all of yourself together in an integrated way? Process Acupressure teaches you how to gain a holistic perspective on your life directions and general health. And it teaches the skills of how to uncover the wise guidance that lies at your own unique center.

This class teaches a combination of body/mind skills, including hands-on work to the body (fully clothed), movement, meditation, and dialogue. The acupressure protocol strengthens and balances the body’s vital energy (chi) flow that opens to soul consciousness and the Infinite Source. Psychological and spiritual process skills facilitate more awareness in body, emotions, and thought. This combination of bodywork and conscious processing reveals the whole person and facilitates individual organic growth.

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


CE credit for nurses; see page 103.
CE credit for MFTs and LCSWs; see page 103.
CE credit for acupuncturists; see page 103.
CE credit for bodyworkers; see page 103.

Have you ever asked yourself those questions? According to the Bhagavad Gita, a 700-verse scripture that is part of the Hindu epic Mahabharata, it is better to do your own dharma (calling) imperfectly, than someone else’s dharma perfectly. Our ultimate life dharma is to find out who we are, which can be our most challenging task because there’s no manual to tell us how to do it.

In this workshop we will use the transformative practices of Kripalu Yoga and the free expression of movement to explore and cultivate your authentic self. You will be taught and practice skills in the art of listening, attuning your internal alignment for authenticity, and building courage to embrace the freedom of self-expression. At the end of the workshop, you can bring home three simple principles from yoga and movement to transform your everyday life by tapping into your unique, divine flow of abundant love, health, and joy.

We will begin our day with yoga practices and end the day with movement practices. No yoga or movement experience is required. Please bring a yoga mat and a journal.

Jovinna Chan, E-RYT 500, a transformational leader and teacher of Kripalu Yoga, is the assistant dean of the Kripalu School of Yoga. Her yoga, dance, and martial arts practice began at a young age in Singapore. Jovinna is also trained in Kripalu YogaDance, and is a trained transformational facilitator for Soul Motion™, founded by movement master Vinn Marti. www.jovinna.com

Weekend of November 1–3

The Art of Leadership: Communication, Creativity and Vision

Ronald Alexander

In the beginner’s mind there are many possibilities. While in the expert’s mind there are few.

—SUZUKI

This workshop is for individuals who are interested in exploring an intensive experiential process to become more effective as mindful leaders both in personal and professional life settings. Designed for entrepreneurs, executives, managers, and others committed to improving their communication and leadership skills, it is especially intended for those open to doing deep personal work to transform the self. The major areas of focus...
will be resolving conflict, developing trust with those who feel threatened, addressing blind spots in self-esteem, healing blocks in creativity, and building support for transforming vision into reality.

The workshop includes Gestalt open-seat work, sharing feedback on leadership and communication styles, improving coaching skills, developing the unconscious to creatively solve problems, mindfulness meditation practice, and role-playing exercises for real-life work situations. We will also explore the functions of building and shaping mind-strength, a power tool for change that enables you to enter and lead from the state of Big Mind, Wise Mind, and Open Mind. Enrollment is limited to thirty-five participants.

Recommended reading: Alexander,Wise Mind Open Mind; Heider, The Tao of Leadership; Bennett, On Becoming A Leader; Goss, The Last Word on Power.

CE credit for psychologists; see page 103.
CE credit for nurses; see page 103.
CE credit for MFTs and LCSWs; see page 103.

Ronald Alexander, PhD, is the director of the Open Mind Training Institute, and leads trainings internationally in mindfulness, mind-body therapies, and transformational leadership. He is the author of Wise Mind Open Mind.

Gratitude Retreat

Jenet Stone

“We gather at Esalen for a weekend to remember — with our bodies, minds, and spirits — all that we have to be grateful for,” Janet Stone writes. “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-supp- tuous approach to Vinyasa yoga. She teaches in San Francisco, and leads retreats internationally. www.janestoneyoga.com

A Time to Reflect

This is a special opportunity for people to experience Esalen without taking a workshop. During this period, we would have a limited number of spaces available for people who would like to participate in the Esalen learning culture in their own unstructured way. Please see page 21 for full details.

Week of November 3–8

A Prajna Yoga Immersion

Tias Little, Djuana Mascall & Brenda Proudfoot

The word Prajna means insight and understanding from within. The word prajna suggests an insight or understanding that is not simply intellectual but involves an embodied, cellular knowing. In this week-long immersion we combine the powerful techniques of asana and pranayama with the clear and poignant teachings of the Buddha dharma. We use asana to strengthen the body and dharma study to gain insight into the mind, heart, and emotional body. This process requires sensitivity, listening, and a capacity to intimately connect with what is happening. Through dharma study, guided meditation, somatic awareness, and yoga postures, this training is a profound integration of yoga and mindfulness. In this intensive we will investigate poems of awakening from the Taoist, Zen and yoga traditions. Our aim this week will be to actualize the dharma in the midst of daily activity — walking the paths, listening to birdsong, gazing at the rolling surf. This immersion marks the celebration of Tias’ 50th birthday.

Make the form formless. Form the thought thoughtless thought. Singing and dancing, the dharma voice. How vast the sky of unobstructed concentration! At this very moment, what can be sought? Nirvana is immediate. This place is the lotus land. This body is the buddha body.

— Zen Master Hakuin

Tias Little combines Iyengar and Ashtanga Vinyasa yoga in his teaching practice. Also a licensed massage therapist, he has been influenced by Ida Rolf, Moshe Feldenkrais, and Thomas Hama.

Tias is a long-time student of Tsoknyi Rinpoche in the Dzogchen practice of Tibetan Buddhism. www.tiaslittle.com

Djuana Mascall is a senior teacher with Prajna Yoga and teaches workshops nationally and in Canada. She lives in Marin, Calif, and teaches retreats, classes, and teacher trainings. She was featured in Yoga Journal in August 2012 and graced the cover of the October 2012 issue. www.yogapracticeandreflection.com

Brenda Proudfoot is a senior teacher with Prajna Yoga and has her own studio, Valley Yoga, in Visalia, Calif. She is also trained in Thai yoga therapy/massage. Brenda has searched deeply into her practice during difficult times and uncovered unexpected treasures she holds as precious and sacred.

Mindfulness and Intimacy for Women: Connecting Deeply with Self and Others

Nancy Mortiffe

How do we cultivate and sustain fulfilling intimate relationships? True intimacy with another begins with caring for one’s self, something many of us lose sight of when we’re busy parenting children, building our careers, engaging in new romance, or dealing with divorce, grief, or loss. Mindfulness practice offers us the opportunity for deep listening when we question, Who am I and what do I want? Intimacy training gives us tools to reclaim self and build a greater capacity for relationship.

In this confidential circle of women, we explore issues that challenge us to stay present and fulfilled in our ever-changing lives. Through personal one-on-one sessions, group processes, and periods of personal reflection, you will be taught effective practices for cleanly expressing and receiving authentic emotions without blame or judgment. When we rediscover the joy of being fully present, emotional expression becomes fuel for our passion and creativity whether we feel excitement, anger, joy, fear, sadness. Body meditation, voice, movement, and storytelling help us affirm our spiritual nature, allowing us to connect with a deeper knowing. From this place we can awaken to our unconscious patterning, learn to let go of behaviors that no longer serve us, and cultivate a more intimate life.

A list of things to bring to the workshop will be sent to participants after registration.

Nancy Mortiffe is an educator, author, vocal-
The Desire Path to Enlightenment: Integral Psychology
Scott Von

The “desire path to enlightenment” elevates the unconscious passion of the body to the radical understanding of mind, providing a truly integral psychology. Participants discover the lost drive which serves as a powerful motor for transformation. Rather than seeing desire as illusion, we analyze how desire operates in the body as a microcosm for spiritual change. This workshop is for those who seek to move beyond impasses in their own life path in medical, therapeutic, and spiritual practice, whether as patient or clinician.

Scott Von opened the New Clinic for Integral Medicine & Psychiatry over a decade ago to integrate Eastern and Western therapeutic practice into a powerful new method. In this workshop we offer a direct experience of this process demonstrating why it can be more powerful than medical, psychiatric, or spiritual practices by themselves. By applying techniques from diverse sources with proven results and assessing how they operate in action, participants can create a simple integral practice for their own life which reaches the physical, psychological, and spiritual levels and creates real change by actualizing desire that leads to greater awareness.

CE credit for MFTs and LCSWs; see page 103.
CE credit pending for acupuncturists; see page 103.

Scott Von, MD, PhD, is a physician, psychoanalyst, philosopher, and poet. He is founder and director of the New Clinic for Integral Medicine & Psychiatry. He completed his Doctor of Medicine at the American College of TCM with residencies in neurology and psychiatry, and advanced training in acupuncture and homeopathy.

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

As we write, we are both describing and deciding the direction that our life is taking.
—JULIA CAMERON

Everything in your life, from the mundane to the extraordinary, is a story waiting to be told. This workshop is an invitation to discover your own unique and powerful story. Michel de Montaigne, the great personal essayist, said, “Every man has within himself the entire human condition.” The intention of this workshop is for you to delve deep into your own personal narrative.

Writing from your deepest source, gain insight and self-understanding that can bring peace and healing. You will then make your words leap from the page to the stage, sharing them orally to uncover the power of story to transform your life and your listeners.

Through improvisation, writing exercises, and group discussion, you will find your authentic voice, along with an honest, organic way to express your truth. Ann Randolph creates a supportive, fun, and dynamic space in which to create. All levels are welcome. This is a workshop for those seeking to explore personal essay, memoir, solo performance, or the sacred practice of journaling. Topics include:

• Writing exercises to stimulate memory
• Learning to structure the narrative in a compelling way
• Discovering ways to create spontaneously
• Overcoming performance anxiety
• Tools to release yourself from the inner critic
• Transforming your ideas/stories into performance
Recommended reading: Pressfield, War of Art.

Ann Randolph has been described as “revolutionary,” a “tour de force,” “Whitmanesque,” and “hilarious” for her award-winning solo performances. Direct from an Off-Broadway hit (produced by the late Anne Bancroft), Randolph teaches and tours extensively throughout the US.

www.annrandolph.com

Weekend of November 8–10

The Art of Seeing: Integrating Our Eyes, Brain and Body for Better Wellness

Sam Berne

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

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

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

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

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

($15 materials fee paid directly to the leader)


CE credit for acupuncturists: see page 103.
CE credit for nurses: see page 103.
CE credit for RD and DTR: see page 103.

Sam Berne, OD, is board certified in behavioral optometry, a certified craniosacral therapist, a certified aromatherapist, and an authorized Continuum teacher. He has written three books and produced a DVD on holistic health, autism, and vision therapy. www.drsamberne.com

Mind, Brain, Consciousness: A Deep Knowing

David Presti & Kristi Panik

The human brain is the most complex object in the known universe, and the study of its structure and function is one of the most rapidly developing fields in contemporary science. Yet many great mysteries remain, including understanding the brain.
processes involved in memory, perception, mental illness, and arguably the greatest unanswered question in all of science: How are consciousness and mind related to the physical processes within the brain? In addressing the question of the nature of mind, one necessarily encounters the boundary between biophysical science and concepts of spirit and soul. Participants will develop an understanding of the biology of the brain and the neuroscience of consciousness, the effects of drugs on the brain and mind, and the emerging dialogue between neuroscience and the contemplative-meditative disciplines. In addition, we will gain wisdom about consciousness through the experiential route of meditation. This workshop is of interest and value to anyone, including health professionals from all clinical areas who wish to deeply explore the mind-body connection.

CE credit for psychologists; see page 103.
CE credit for nurses; see page 103.

David Presti is a neuroscientist at the University of California in Berkeley. His areas of expertise include the chemistry of the human nervous system, the effects of drugs on the brain and mind, and the scientific study of mind and consciousness.

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

Prime of Life Yoga*: Brain, Heart and Joints

Larry Payne & David Allen

Prime of Life Yoga reflects adaptations recommended for the majority of the US population, which is now in midlife or beyond. In a balanced format of lecture and movement, two health professionals provide an introduction to the Prime of Life Yoga lifestyle program. This year’s lecture topics by David Allen include the brain, heart, and joints as well as longevity. The yoga, taught by Larry Payne, offers a safe, gentle, breath-oriented approach based on the needs of participants and inspired by the teachings of Indian yoga master T.K.V. Desikachar. In addition to the emphasis on breath and movement for general conditioning, focus will be on movement of the spine, with special consideration for lower and upper back problems and chronic knee and hip ailments. The workshop will also include effective stress-reduction practices, advanced breathing methods simplified for all levels, biomechanical reeducation, healthy lifestyle tools, and guided meditation.

Please note: This workshop is not recommended for people with acute back problems. It is also not recommended for those seeking a vigorous yoga workout. For more information, call 1-800-359-0171. Please bring your own yoga mat.

Recommended reading: Feuerstein and Payne, Yoga for Dummies (revised edition) and Payne, et. al, Yoga Rx.

Larry Payne was named one of America’s most respected yoga teachers by the Los Angeles Times. He is coauthor of Yoga for Dummies and Yoga Rx, and founder of Yoga Therapy Rx and Prime of Life Yoga certification programs at Loyola Marymount University.

www.samata.com

David Allen, a graduate of UCLA School of Medicine, has 25 years of experience in anti-aging and preventative medicine, as well as in alternative treatment of acute and chronic diseases. He is board-certified in emergency medicine, Chinese medicine, acupuncture, homeopathy, and body-mind medicine.

www.davidallenmd.com

Impassioning Relationships: Men, Women and the Power of the Feminine

Scott Von

Feminism is an unfinished project. Women have gained rights equal to men, but as women and men, have we really understood the power of the feminine? This workshop is for women and men who want to explore the feminine-masculine relationship within themselves and with others.

Through a series of practical and experiential exercises in somatic awareness, energy work, creative play, and performative dialogue, we will learn how to harmonize the masculine-feminine and yin-yang continuum in the physical body, the psyche, and the cosmos. During our time together, participants can explore the energetic sexual principles of the body as well as the psyche and discover a new approach to moving beyond conflict, separation, and isolation toward impassioning relationships. The ultimate goal is the respect for difference within the larger integration that each of us can possess within our own nature and in everyday life.

This work was developed by Scott and Julie Von out of their long-term work in physical sexuality, relationships, and family dynamics. Their work is devoted to freeing the masculine-feminine relation from old institutions and making it the core of new life and community.

CE credit for MFTs and LCSWs; see page 103.
CE credit pending for acupuncturists; see page 103.

Scott Von bio on page 75.

What’s Next? Reviewing and Revisioning Our Lives

Sam Keen

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

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

CE credit for MFTs and LCSWs; see page 103.

Sam Keen is the author of numerous books, including The Passionate Life, Faces of the Enemy, Hymns to an Unknown God, and Learning to Fly. www.samkeen.com

A Time to Reflect

This is a special opportunity for people to experience Esalen without taking a workshop. During this period, we have a limited number of spaces available for people who would like to participate in the Esalen learning culture in their own unstructured way.

Please see page 21 for full details.
Thinking Differently: Unlocking Right Brain Creativity

William Donius

Activate the creative right brain and discover what lies waiting in your subconscious. How well do you really know yourself? Receive insights into the barriers you face, even the lies you tell yourself in life. Unlike conventional thinking, this methodology opens up your intuitive guide in a manner that truly allows you to think differently — more holistically — in order to live life in a more creative, authentic manner. The left brain skills are the more linear and logical ones we use most often in the typical course of our lives. Although useful, they do not give you the entire picture about your life’s potential. Tapping into the right brain allows for a more complete and thorough understanding of self, the gifts you possess, and the highest and best purpose for your life.

The skills presented during this workshop are straightforward and easy to learn. The week begins with a dynamic multi-media lecture and transitions quickly to a fast-paced series of individual writing and drawing exercises. Group processes will be woven in as well opportunities to connect with nature.

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

Week of November 10–15

Hearth of Belonging

Susan Harper & Michael Molin-Skelton

Belonging is a powerful theme that is directly related to the capacity for intimacy that is in every human being. In this five-day retreat, we’ll explore the relational capacity of the heart. Through movement, feeling, and perceptual explorations we’ll refine the compass of our genuine longing and fundamental belonging.

Using the awakening energy of dancing through the 5Rhythms® and Soul Motion™ movement practices, we’ll move with the grace of our belonging and the struggles of our exclusion. Through the organismic movements and sounding in the inquiry style of Continuum Montage, we’ll explore the intelligent dynamics of the elements of water, air, fire, earth, and space in our bodies, thus deepening our inherent connection to our wild, breathing, planetary body.

Through movement and ritual, we’ll explore the meaning of how and where we belong in ourselves and our lives, and the places we feel exiled from ourselves and others. We will actively step into the participation required to belong, responding to the call that stirs a deep inner longing to fall into the place we call home. We will experience the possibility of resting through our bodies and listening to the silences within; to trust and surrender as gravity repeatedly tells us “I have a place for you: it is called here.”

Susan Harper bio on page 12.

Michael Molin-Skelton listens to prayers of the wind and hears music. Michael reaches through dance rather than teaches to dance. “Dance is not something I do, it’s simply who I am.”

www.spiritweaves.com

Dreamgates: Exploring the Worlds of Soul, Imagination and Life Beyond Death

Robert Moss

In this high adventure in Active Dreaming, you’ll be encouraged to remember and live the deeper story of your life. You’ll find confirmation that:

• You are here in this world on a mission
• You had a life before you were conceived, and you’ll have a life after death
• You have counterparts in other times and in alternate realities
• You can visit the Other Side, have timely communication with the departed, and make Death your ally instead of your fear
• You can navigate by synchronicity (coincidence is when the universe gets personal). This is the way to dream 24/7

You’ll be taught practical methods that can bring energy, guidance, and healing from a deeper reality into everyday life. You can discover how to project consciousness safely beyond the body, how to open gates between the worlds — and how to close them when necessary. You’ll be invited to rise to the knowledge of the Higher Self. And we’ll all have wonderful fun, as we grow the group energy that makes the extraordinary easy, and play creative games and develop spontaneous rituals to honor our experiences together.

Recommended reading: Moss, Dreaming the Soul Back Home.

Robert Moss is the creator of Active Dreaming, an original synthesis of modern dreamwork and shamanism. Born in Australia, he leads popular seminars all over the world. His nine books on dreaming, shamanism and imagination include Conscious Dreaming and Dreamways of the Iroquois, among others. www.mossdreams.com

Come Alive

Linda Nicholls

Come Alive is an opportunity to revitalize your life, discover and activate your resources, and realize your full potential in your personal and professional life. Join Linda Nicholls for a unique experience of emotional, physical, psychological, and spiritual integration and engagement.

Come Alive is for you if you want to:

• Experience the juiciness of living life more fully
• Deepen your self-knowledge and move beyond self-imposed limits
• Open to and express deeper dimensions of feeling in ways that enhance your life and relationships
• Gain valuable insights to strengthen your health and well-being
• Learn and practice a transformative paradigm for communicating
• Rediscover joy and meaning in life
• Expand your capacity for harmonious, loving, and fulfilling relationships

Participants will be taught the Haven models of communication, relationship, and self-responsibility. In addition to group activities and discussions, some participants may be offered a time for individual experience, including breath and body work, Gestalt, psycho-drama, and other forms. Come Alive is part of the core curriculum of The Haven Institute on Gabriola Island, British Columbia, Canada. Created more than thirty years ago by The Haven’s founders, Bennet Wong and Jock McKeen, Come Alive provides understanding and experience that will empower you to transform your life.
Linda Nicholls, DipC, PhD, is a dynamic facilitator with an extensive background in group process. Her direct yet compassionate approach establishes a respectful foundation for discovering genuine whole-person health and harmony. She has developed and taught energetically engaging workshops on five continents.

Weekend of November 15–17

Writing For Our Lives
Ellen Bass

“The philosophy behind this workshop experience,” writes Ellen Bass, “is best expressed by Martha Graham, who said, ‘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.’

“This workshop will help keep the channels open. It will be an inspiring environment in which to write, share our work, and receive supportive feedback. We’ll help each other to become clearer, go deeper, express our feelings and ideas more powerfully. From beginners to experienced, all writers are welcome. Whether you are interested in poetry, fiction, nonfiction, or journal writing, this workshop will provide an opportunity to explore and expand your world.”


Shapeshifting and Barefoot EarthWisdom
Llyn Roberts & Mick Dodge

“Shapeshift into the healing force of the Earth to awaken fresh possibilities for living,” write Llyn Roberts and Mick Dodge. “Cultures around the world agree that we are in the midst of a transformation of consciousness unlike any humankind has encountered before. In this experiential workshop we integrate modern and traditional indigenous methods of empowerment with simple movement forms to integrate body, mind, heart and Earth, so that we can tap the deep wisdom available to us now.

“Applying shamanic practices from the Siberian steppe, ancient Quechua, Maya, Celtic highlands, and the Pacific Northwest of the US, we navigate expanded realities and engage shapeshifting practices and ceremonies that align us with the Earth’s power. Practicing soft, strong, and sensory walking, we recover our natural footing on the land to shift our attitudes, bodies, and the cultural story; we restore movement patterns that open our hearts and invoke the wisdom of the Earth beneath our feet.

“Join us to recover the passion and deep expanded states that heal us, and the land. Be inspired to co-create a world that will nurture us, and the Earth, and future generations.”

Llyn Roberts, MA, is a teacher of healing and shamanism whose teaching style incorporates a background in psychotherapy, Tibetan Buddhism, and work with diverse, remote indigenous groups. Her Independent Publisher’s Award-winning book, Shapeshifting into Higher Consciousness, integrates shamanism with environmentalism. www.EarthWisdomCircle.org

Mick Dodge is known as the Barefoot Sensei. His work draws upon what he learned while studying diverse martial arts forms in Japan and Okinawa throughout his childhood, walking as a barefoot nomad, and living ascetically in the wild. He now lives in the Hoh Rainforest in Washington State.
Mindful Communication: Truth Without Blame

Jean Morrison

All too often, the words we express create walls when we were hoping for connection or understanding. This workshop provides practices to integrate the principles and processes of Nonviolent Communication (NVC) to help us say the hard stuff without poking the finger of blame.

NVC is recognized internationally as a process for clarifying and living one’s values, an effective process for conflict resolution, a powerful tool for social change, and a language of compassion for any life situation. In a fun, lively, and supportive environment, we integrate practices that support you to relate to yourself and others in your life; examine the way you think, communicate, 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 Mindful Communication, visit www.returntooursenses.com.

Spirit Songs: Freeing Your Voice through the Power of Gospel

Vernon Bush

Do you want to feel musical and spiritual freedom in every cell of your body? Connecting to your spirit through song, gospel rhythms, and spontaneity is what this lively, heart-opening workshop is all about. You can experience in-the-moment expression, and strengthen and explore the way you communicate in the world from the powerful sound you carry within. We will explore gospel and inspirational music, powerful breathing techniques, song arrangement, improvisation, harmony, and learn from the stories we sometimes carry that keep us from our own freedom in every cell of your body? Consc...
November 17–December 6

100-hour Esalen® Massage Certification Program

Oliver Bailey & Peggy Horan

Esalen offers two levels of basic certification in massage: For those already certified in massage by a state-approved school, this 100-Hour Esalen® Massage Certificate Program provides all instruction required to earn an Esalen Massage Certification. The 250-hour Esalen® Massage Certification Course (see page 101) meets all core requirements of the CAMTC in California. In both cases, many of Esalen's weekend and five-day workshops qualify for follow-up continuing education credit.

This 100-hour course is designed for those already certified in the practice of massage who wish to add the Esalen approach to their professional repertoire. Esalen has been a place dedicated to supporting many approaches to integrate body, mind, and spirit, and Esalen Massage reflects this rich history in the depth of its curriculum. This program offers not only education in massage theory, method, and relevant anatomy and physiology, it also offers an experience of the "bigger picture" of the Esalen approach: how to use simple human touch to support self-organization and healing within the whole person.

Through lecture, demonstration, and supervised hands-on practice, students will be taught massage as a holistic approach to optimal health and functioning. The course offers 100 hours of comprehensive Esalen Massage experience, including relevant anatomical/physiological explorations that link theory to practice. Students will have ample time for massaging one another, emphasizing body mechanics, self-care, and innovation. The curriculum includes centering skills, Esalen long-stroke methods effective in whole-body integration, draping, detailed structural work, passive joint movement and gentle stretches, and techniques that energetically balance a massage. This Esalen massage certification training is open to massage practitioners certified by an accredited school.

Upon satisfactory course completion, a successful evaluation session, and documentation of thirty additional massages at your home site, an Esalen Institute-recognized Certificate of Completion for 100 hours will be issued. The certification fee is $115. Esalen is an approved school by the Bureau for Private Postsecondary Education (school code 2700571). This is a professional training with limited admission. Please request an application by contacting massagecert@esalen.org or calling Esalen Reservations. Tuition is $3750 for standard shared accommodations and $2850 for a limited number of work scholarship bunk-bed accommodations. Other scholarship assistance may be available. (An additional $20 materials fee is paid directly to the leader)

Oliver Bailey is a practitioner and instructor of Esalen® Massage. His background includes training in Gestalt Practice, neurolinguistic programming, intuitive work, and meditation. Peggy Horan has been practicing and teaching massage at Esalen for more than 40 years. She has also been involved in childbirth education and practiced midwifery in Big Sur for 15 years. Peggy is the author of the book Connecting through Touch.
Week of November 17–22

Lotus Borne Perception: Awareness Teachings of Tibetan Buddhism and Continuum Movement

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 Drimed 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 Harper 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 Drimed 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 bio on page 12.
Lama Drimed bio on page 12.

Barral Institute’s Visceral Manipulation 1

Dee Dettmann Ahern

In this course, you will be introduced to the models and concepts of functional biomechanics as viewed from Jean-Pierre Barral’s Visceral Manipulation approach. This method of evaluation and treatment is based on the concept that each of our internal organs rotates on a physiological axis. Focus is on the abdominal cavity and includes the organs,
their membranes, ligaments, innervation, and their spatial functional interrelationships. You will be taught basic manipulations for correcting abnormal motions and stress patterns within this cavity. The manual techniques are not advised for pregnant participants.

CE credit for nurses; see page 103.
CE credit for bodyworkers; see page 103.
CE credit for acupuncturists; see page 103.
CE credit for physical therapists; 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.

The Buddhist Path to Freedom: Breaking the Addiction to the Mind
Noah Levine

Buddhism is a path to freedom from suffering. That suffering originates in the addictive quality of the mind and our habitual tendency to grasp at pleasure and push away pain. All addictions stem from these roots.

The Buddhist path offers a spiritual and psychological process of transformation that has proven to be a most effective treatment for our human addiction to thinking and all the suffering we create with the mind. And Buddhist meditation is the most potent tool there is for recovering our original wholeness or Buddha nature.

Open to all levels of experience, this workshop will provide an opportunity to learn and practice several different forms of Buddhist meditation oriented specifically toward breaking free of old ways of thinking. People in 12-step recovery programs are especially welcome.

Noah Levine bio on page 68.

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

The practice of painting is healing and meditative. No experience is necessary as we transform our everyday consciousness into the inner artist that lives in each of us. The week is designed to introduce the possibility that you are an artist, and that the artist path is one of joy, insight, and awareness. It’s amazing that in just a few days, you can finish a colorful painting that reveals many of the deep inner patterns that connect you with your soul.

After seeing mandalas made during Paul’s workshop, Eckhart Tolle commented, “These paintings carry a healing presence.” Deepak Chopra said, “These paintings are archetypal manifestations of higher consciousness.”

After the workshop, you will have the foundation for painting sacred art and mandalas at home, as you continue on this path of self-discovery and the newfound relationship to art and your soul.

Recommended reading: Heussenstamm, Divine Forces: Art that Awakens the Soul.

($50 materials fee paid directly to the leader)

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

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

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

—COYOTE OLD MAN

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

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

A time designed to leave you feeling more nimble, poised, and able to face the challenge of making the life you hope for.”

David Schiffman bio on page 60.

A Time to Reflect

This is a special opportunity for people to experience Esalen without taking a workshop. During this period, we have a limited number of spaces available for people who would like to participate in the Esalen learning culture in their own unstructured way.

Please see page 21 for full details.

Weekend of November 22–24

The 5Rhythms® and 4 Foundations of Mindfulness
Lucia Horan & Noah Levine

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

—RUMI

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

Noah encourages meditation students to practice mindful dancing in order to bring balance and insight into their lives. Lucia invites dancers to engage in sitting meditation in order to embody integration, balance, and insight. Join them for the groundbreaking union of these two deep and wise practices.

CE credit for bodyworkers; see page 103.

Lucia Rose Horan bio on page 11.
Noah Levine bio on page 68.
**Start Over: Choose Aliveness and Intimacy**

Mary Goldenson

One day you finally knew what you had to do, and began.

—Mary Oliver

Start over: The resilient brain is always starting over. Aliveness: Show up, speak from your heart, suspend judgment, and be open to outcome. Intimacy: Move closer to yourself and someone else with the possibility that you could be forever changed by the experience. We have all experienced moments of feeling totally alive, yet much of our life is spent in a half-asleep, half-committed state of being. While there are many life-situations beyond our control, we choose how we respond to these events. The choice to be passionately alive is an act of courage. To choose life is to open ourselves to all of life: suffering, joy, success, failure, love, and grief. It is to fully acknowledge the truth of who we are, commit to living our deepest values and dreams, define what we must change in our relationships, and learn new ways to heal, forgive, and communicate. This workshop is designed to bring to awareness our unconscious choices of how we deaden ourselves and to create the possibility for new aliveness and passionate involvement. It provides insight into starting over, aliveness, and intimacy for clinical work, using the practices drawn from cognitive behavioral therapy, dialectical behavioral therapy, psychodynamic, and Gestalt methods.

Recommended reading: Goldenson, It’s Time: No One’s Coming to Save You.

CE credit for psychologists; see page 103.
CE credit for MFTs and LCSWs; see page 103.

Mary Goldenson bio on page 15.

**Esalen® Massage in Motion**

Brita Ostrom & Silvia Guersenzvaig

We live our lives in motion. A muscle appears static on the anatomy chart, and the ribs nicely align, but in fact we are reaching, bending, and coordinating dozens of fine motor skills every second. A joyous mood opens the limbs wider; an anxious mood freezes our breath and contracts our core. During this weekend, we will learn how to use lifting, passive joint rotations, gentle movement, and stillness to make our bodywork more effective, enjoyable for the receiver, and easier for the practitioner. This workshop offers the practitioner a three-dimensional approach into the body-mind experience. The basic lengthening, integrating strokes add another dimension to the massage, welcoming a sense of release and acceptance, while giving the body a feeling of wholeness. The schedule allows time for hands-on practice sessions, feedback, and questions, including individual attention from Brita and Silvia. This course is suitable for those interested in learning basic massage skills, as well as for advanced practitioners who want to add a fresh dimension to their massage. This workshop is especially useful for those in the helping and healing professions in working with their clients and patients.

CE credit for bodyworkers; see page 103.
CE credit for nurses; see page 103.
CE credit for psychologists; see page 103.

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.

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. www.openstars.com

**Week of November 24–29**

**The MAX: Expanding the Limits of Your Self-Expression**

Paula Shaw

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

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

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

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

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

Please note: There will be a celebratory Thanksgiving dinner in the Esalen Lodge.

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

**5Rhythms®: A Graceful Journey**

Lucia Horan


—Gabrielle Roth

“Do you know where you land in the sacred map of beginning, middle, and end?” Lucia Horan asks. “Do you want to be fluid and graceful in the face of change? The 5Rhythms movement practice invites us to become agile creatures of the present moment.

“Through the 5Rhythms we learn to honor each cycle of change in our lives. This retreat will be an investigation into the art of graceful transitions through the map of the 5Rhythms: flowing, staccato, chaos, lyrical, and stillness. The cycles that rule us are in constant motion. Through movement we practice less resistance and more acceptance. As energy flows where attention goes, we practice becoming aligned to the truth in our lives. Where there is an ending, there is also a...
beginning. Wherever we find ourselves, conscious effort is required to achieve the results we desire. We move. We practice the art of transition and freedom, embodying grace and awareness with each step we take.

Please note: There will be a celebratory Thanksgiving dinner in the Esalen Lodge.

Recommended reading: Roth, Sweat Your Prayers and Maps to Ecstasy.

CE credit for bodyworkers; see page 103.

Lucia Rose Horan bio on page 11.

Knowing the Self through Understanding the Mind

Pierre Grimes

Communications from the mind are as profound as they are utterly appropriate to our circumstances, for while the scope of the mind is pervasive, its precision is always directed to what is personally and spiritually significant. The self is always seeking completion; hence, our choice of goals, the problems we face, the daydreams and fantasies we have, the seemingly random thoughts that occur during our meditations, and the dreams that visit us in our sleep – each is a doorway into the richest source of insights into our lives. During this workshop we will explore a new paradigm that offers a profound understanding of the way the mind functions and communicates with us for our benefit. As we focus on our dreams and daydreams with the simple rules of this new paradigm, we are brought to an awareness that our everyday existence can be the doorway to the profound and that what is often ignored can be the key to our inner development. Pierre Grimes has developed this new paradigm as a path of self-discovery over many years. It has its roots in the Homeric/Socratic tradition. Please bring writing materials and a small tape recorder for recording your dreams.

Please note: There will be a celebratory Thanksgiving dinner in the Esalen Lodge.

Pierre Grimes is founder and president of the Academy of Platonic Studies and the Noetic Society. He wrote Philosophical Midwifery: A New Paradigm for Understanding Human Problems. He has led workshops and meditation retreats for 30 years. www.openingmind.com

Feldenkrais Spinal Awareness for Yoga Practitioners, Health Professionals and You

Patrick Douce

Spinal awareness is a combination of the Feldenkrais Method®, Taoist energetic science, and the Esalen experience. In this workshop, participants will experience movements that help bring new awareness as well as maintain health and assist in the rehabilitation of pain, tension, stiffness, limitation, and injury. The use of joy and humor will be the under-tone of this week. Real freedom in the body is also freedom of spirit and fun.

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

Safe, non-invasive touch lessons will be used to help in the understanding of our spines as well as to loosen and improve each person in the workshop. Fun partner lessons will add to the learning and the freedom to be experienced in our bodies.
By increasing awareness and fluidity in the spine, students will find new ways of being sensitive to and improving their work with patients and clients, in their own yoga practice and teachings. Those persons with chronic or acute tension, stress, stiffness, or pain will find tools specific to their needs that will help in their improvement and often healing.

Please note: There will be a celebratory Thanksgiving dinner in the Esalen Lodge.

CE credit for nurses; see page 103.
CE credit for MFTs and LCSWs; see page 103.

Patrick Douce bio on page 14.

Weekend of November 29–December 1

Improv Inspiration: Wit and Wisdom in an Instant

Paula Shaw

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

In this work, you are never alone. The easy-to-follow instructions and coaching tune you in with the other players, and when that connection is made, instantaneous creativity issues forth effortlessly. Once you’ve allowed yourself to join in, each improvised piece takes flight, with truly amazing results. As a participant in these games, you go back and forth from being a player to being the audience. You play from both positions, and both are filled with fun.
The program is an experience of how wonderfully well life can flow when you get out of your own way, and the learning is what it means to be able to do that. It is also full of falling-down laughter.

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

Paula Shaw bio on page 84.

Heart Fire: Tending the Flame of Your Sva Shakti

Shiva Rea

The time has come to turn your heart into a temple of fire.

—Rumi

“Join our annual Thanksgiving retreat to tend your heart fire authentically as the center of your creativity, vision, inspiration, wisdom, and most of all the transforming power of love,” writes Shiva Rea. “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 is open to those returning from previous years and newcomers who are transforming Thanksgiving weekend into an ideal time for unwinding, healing, and tending the sacred fire of the heart.”

Together we will explore:

• The universal and ancient understanding and practices of our heart center from tantra, Hatha, and Bhakti yoga, integrated with our heart’s intelligence for releasing our capacity for healing wisdom and love
• Dynamic and meditative vinyasa flow yoga to awaken the body mandala and heart fire
• Chanting of the bija mantras of the heart chakra and the body mandala
• Simple householders homa for connecting to the heart fire in daily life

This immersive retreat is for practical mystics seeking equal parts transformational vinyasa yoga, meditation, ecstatic movement meditation, and group exploration. Every year has been a great adventure that weaves live music, chanting, and ritual into a heart-based approach to the flow of yoga. Please bring a yoga mat.

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

Social Entrepreneurship: From Spiritual Values to Effective Action

Susan Collin Marks & John Marks

Many of us long to do something that will have a positive impact on the world. We hold a vision of infusing our spiritual values into the life of our planet. We want to be social entrepreneurs.

This workshop offers the accumulated experience of Search for Common Ground, which grew out of meetings at Esalen in the 1980s into the world’s largest non-profit organization in conflict transformation. The keys to Search’s success have been profound creativity, nimbleness, and an unwavering, compassionate vision, which is reflected in the range of their work: media projects reaching tens of millions of people, multiethnic kindergartens in the Balkans, a Common Ground News Service, and racial healing in the US.

During this workshop, Search founder and president John Marks and senior vice president Susan Collin Marks will take you deep within to unfold and define your own vision. They will share the Principles of Social Entrepreneurship and offer individual coaching through a clinic that draws on their experience as well as the wisdom of the group. They will lead you through the possibilities that abound when you grasp your inner potential to make the difference you long to make, and the world needs, right now.

Susan Collin Marks, senior vice president of Search for Common Ground, works to build peace and transform conflict worldwide. She is a Skoll Fellow for Social Entrepreneurship, and the author of Watching the Wind: Conflict Resolution during South Africa’s Transition to Democracy. www.sfg.org

John Marks is president and founder of Search for Common Ground, an international conflict transformation organization. He also heads Common Ground Productions. A best-selling, award-winning author, in 2006 he was awarded a Skoll Fellowship for Social Entrepreneurship. www.sfg.org

Esalen® Massage: A Thanksgiving Retreat

Daniela Urbassek & Laurie Lioness Parizek

During an Esalen Massage, we experience a remarkable web of interdependence: a listening touch, a deepening breath, our nervous system soothed in connection with another. When we receive a massage we remember an easier time and “come home.”

Esalen Massage seeks the interface between form and energy, physical structure and the soul, you and I. The long, integrative strokes build a sense of presence, while deeper focused work evokes release of tension patterns. Both teachers have shared this grounding, loving practice with many different people, and know the joy and healing that this form of calming and revitalizing touch can bring to many diverse cultures and personalities.

During this weekend retreat, through brief demonstrations, one-on-one guidance and plenty of practice time, you will have the opportunity to awaken your own talent and resources to easily and safely give and receive the basic elements of an Esalen Massage. To support you in your massage learning experience, centering, grounding, and self-care exercises are also included in the workshop presentation.

This course offers foundation skills to the newcomer and a fresh approach for the practitioner. This workshop is especially useful for those in the helping and healing professions in working with their clients and patients. There is also plenty of time to breathe in the beauty of the Big Sur Coast.

CE credit for bodyworkers; see page 103.

CE credit for nurses; see page 103.

Daniela Urbassek bio on page 45.

Laurie Lioness Parizek bio on page 26.

December 1–8

The "Pointing Out" Way of Tibetan Buddha Meditation

Susan Mickel & George Protos

This workshop presents an integrative approach to the practice of Mahamudra meditation, as developed by Daniel Brown. It is designed for everyone—those new to meditation and experienced meditators. The course begins with an emphasis on intensive concentration meditation according to the Indo-Tibetan Nine States of Mental Calming/Staying, followed by an introduction to classic Tibetan emptiness meditation. A balance of mental stabilization and emptiness practices serves as a foundation for the “extraordinary” or essence meditation practices. Essence meditations like the Mahamudra and the Great Perfection assume that wisdom is an inherent property of the natural mind that has become obscured through conceptualization and negative emotional states. Essence
Meditations are designed to access the natural state of “awakened wisdom” through continuous, uninterrupted mindfulness, taking the non-dual condition of the natural mind and its spontaneous manifestations in the present moment as both the point of observation and the object of the meditation.

The “pointing out” style of instruction developed by Daniel Brown is a relationally-based approach, emphasizing repeated short meditation sessions, with detailed instructions given before and after each session. Leaders point out the desired state, the way to attain it, and how to correct the problems that typically occur. Instructions are individualized for each student.

Susan Mickel and George Protos, both long-time students of Daniel Brown, were trained as teachers and authorized by him to teach this approach.

Enrollment is limited to 30 participants, and participants must attend all sessions. Please bring a meditation cushion, if you would like to use one.

CE credit for MFTs and LCSWs; see page 103.

Susan Mickel has been meditating since 1990, first in the Christian tradition, then in the Burmese mindfulness tradition, and now in the “pointing-out” style of Tibetan Mahamudra. Her teachers include Daniel Brown and Rahob Tulku, Thupten Kalsang Rinpoche. She has taught meditation retreats since 1998.

www.pointingoutway.com

George Protos has studied the “pointing-out” style of meditation with Daniel Brown since 1995. He leads weeklong retreats and an ongoing meditation study group in Marin County, Calif., and created an online user support group for meditators. www.pointingoutway.com

Week of December 1–6

Creative Tai Ji Practice: Play and Improvisation in Tao Living

Chungliang Al Huang

In Asian culture, the philosophy of "play" is always at the underlying core of "serious" living. During this workshop participants will be taught the essential Tai Ji metaphors and movement motifs as recipes and tools to explore, enhance, and enjoy the creative process in everyday living. To follow the Way (Tao) is not difficult if we can get out of our own way, allowing the improvisation of nature’s flowing guidance along the way, composing and choreographing the “music and dance” of our day-by-day autobiography-in-progress. Daily sunrise and sunset Tai Ji will be celebrated on the ocean front Tai Ji Deck named in honor of
Chungliang’s nearly five consecutive decades of teaching at Esalen.

You are cordially invited to join this joyful journey of “Living Your Own Tao.”

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. www.livingtao.org

Awakening the Creative: The Painting Experience
Stewart Cubley

The power inherent in painting is that it can awaken a wild vein of passion that will not go back to sleep. Using only the simple tools of brush, paper, and paint, Awakening the Creative invites you on a highly personal journey of daring and discovery, made possible through a safe environment and the support of Stewart Cubley and his experienced staff. The potential is to tap into an extraordinary resource: the vibrant, driving force of your own creative spirit.

In this workshop, everyone is a beginner. You are welcome even if you’ve never picked up a paintbrush. The goal is free expression, with the emphasis on the creative process rather than on technique or expertise. Awakening the Creative is an opportunity to embark on the greatest of all human adventures—embracing your own path and confidently following it.

Stewart is the coauthor of the acclaimed book Life, Paint and Passion: Reclaiming the Magic of Spontaneous Expression. He has traveled throughout the world for more than thirty years working with individuals and groups to access the potential within the human heart and imagination. Originally a scientist, he has led seminars in creativity for more than 30 years. www.processarts.com

The Gokhale Method™ for a Pain-Free Life
Esther Gokhale

Why are so many of us in pain? Why are we damaged from our normal activities (bending and lifting), exhausted from our most basic positions (sitting and standing), and uncomfortable even in our stillness (sleeping)? And why do some populations in the world enjoy pain-free, relaxed, and potent lives into old age? How can we improve our situation?

In this workshop you will be taught to use everyday activities to support pain-free Primal Posture. In a small group, using gentle touch, images, and reason, Esther Gokhale will help you realign and restore your spine to its natural shape, restructure the arches of your feet, realign your knees, hips, and shoulders, and elongate your back. Reduce back pain, neck pain, foot problems, and muscle or joint dysfunction. Discover improved appearance and athletic performance, as well as a new level of wellness in your body.

The Gokhale Method is based on historical, anthropological, and medical research on populations who have virtually no musculoskeletal pain. Interwoven intellectual, visual, kinesthetic, and aesthetic cues make the Gokhale Method remarkably efficient and effective. Join Esther Gokhale for this transformative and empowering five-day experience... and expect to grow half an inch taller!

CE credit for nurses; see page 103.
CE credit for bodyworkers; see page 103.

Esther Gokhale, LAc, author of 8 Steps to a Pain-Free Back, was educated at Harvard, Princeton, SFCAOM (in Chinese medicine), and by people in non-industrial cultures worldwide. She and other certified Gokhale Method instructors offer instruction online and all around the world. www.GokhaleMethod.com

Recommended reading: Cassou and Cubley, Life, Paint and Passion. ($50 materials fee paid directly to the leader)

Weekend of December 6–8
Rise Up: An Ecstatic Journey into Yoga, Movement and Singing for the Soul
Suzanne Sterling

Join Suzanne Sterling for this ecstatic mind/body immersion into the heart of soulful self-expression. This practice will combine yoga asanas with sound, ecstatic movement, pranayama, and guided meditation, leading you to access your own true voice and embodied creativity to sing yourself awake! Through vinyasa flow yoga, conscious movement, chanting, and singing, we will break free from the stifling grip of the inner critic and focus on freeing the natural voice, allowing our creativity to expand, and tapping into our sacred self as well as our connection with the Divine.

Join us for a juicy fusion of chanting, meditation, trance dance, ritual, and prayer.

Please bring a yoga mat.

Suzanne Sterling is an ecstatic vocalist, innovative teacher, and sacred composer whose music has been commissioned for film and theater. Her work as a ritual designer has been incorporated into curriculums and trainings nationwide, and as a co-founder of Off the Mat, Into the World®, she trains activist-leaders worldwide.

www.suzannesterling.com

Rediscovering Your Self in the Second Half of Life
Karen Ely

What is it you plan to do with your one wild and precious life?

—Mary Oliver

We get many chances in life to do more, run faster, and be more productive. However, it is rare that we receive the precious opportunity to do less and be more. Join experienced facilitator Karen Ely and a community of like-minded women for a quiet exploration back to yourself, while surrounded by the tranquility and spectacular scenery of the Big Sur coast. Nestled in the nourishing beauty of Esalen, you’ll easily slip back from your busy life and gently get in touch with yourself and the still, small voice within you that whispers the truth — of who you are and of what is possible. You’ll be shown easy, practical ways to manage your mind and open your heart in a safe, supportive environment. Through the beauty of nature, walking, journaling, quiet, laughter, large and small group exercises, and ceremony, you can come into balance and alignment, rekindle your sense that anything is possible, and leave inspired with a new vision and plan for your future.

Karen Ely is the founding director of A Woman’s Way, one of the country’s premiere women’s retreats.
programs, and the author of Daring to Dream: Reflections on the Year I Found Myself, A Retreat of My Own, Breathing Space: Mini-Retreats for the Heart & Soul, and others. www.awomansway.com

The Tao of Global and Personal Ecology: Active Meditation and Tao Practice
Chungliang Al Huang & Amory Lovins

For more than three decades, Amory Lovins and Chungliang Al Huang have shared a special kinship in the natural wisdom of the ineffable Tao. As pioneers in their individual paths, they continue to merge in their shared living philosophy and way of being. Many years ago, in a collaboration between Lovins’s Rocky Mountain Institute and Huang’s Living Tao Foundation, a calligraphic poster was created of “The Tao of Leadership,” based on Verse 17 from Lao Tzu’s Tao Te Ching. Now it is a collector’s gem gracing the walls of executive offices around the world.

This seminar will be another continuing open dialogue between these two special friends. They will share with participants their mutual respect and convergent ways to invest more deeply in harnessing the powers that be, whether from personal ecology — making healthier and greener choices in our daily lives — or in consort with global politics, especially in relationship to China—the upcoming mighty nation’s influence on world culture, economics, and ecology. To enhance the breadth, depth, and flow of this intensive dialogue, the leaders will also provide music and Tai Ji movement, their personal passion and lifelong practice, to lighten the heart and enlighten the mind.

Chungliang Al Huang bio on page 89.
Amory Lovins is chairman and chief scientist of Rocky Mountain Institute. Published in 31 books and over 450 papers, his innovations linking energy, design, security, environment, and development have received many global awards. He has advised major firms and governments in 50+ countries for 40+ years on advanced energy and resource efficiency. www.rmi.org

Relational Gestalt Process
Dorothy Charles

In order to become whole, we must engage in the ongoing process of discovering our own personal truth. This truth may challenge us, may even be painful, before it gives us new freedom and expands our horizons. When we choose to remain content with intellectual wisdom only, we limit ourselves and limit our relationships. When we integrate the full breadth of our emotional wisdom, we open the path toward becoming whole.

Experiencing and expressing emotions are integral to being alive. Learning to fully experience feelings and express them in healthy ways enables us to have more pleasurable and fulfilling relationships. We cannot change the past. We can change what we have come to believe about our capacity for love and belonging.

Relational Gestalt process is a holistic, process-oriented, dialogical, phenomenological, existential, and field theoretical approach to human change with the centrality of contact, awareness, and personal responsiveness and responsibility. Primacy is given to the uniqueness of the individual. In this way of working, people are viewed as an integrated whole with the innate potential of growth and mature self-expression.

This experiential and didactic workshop will blend individual and group Relational Gestalt work with the intention of finding individual truths through our felt and expressed emotions, and exploring how these truths will help strengthen our relationships to self and others. We will experiment with tracking emotions as sensations and learn to recognize them as signals calling for awareness and attention, rather than problems to be avoided.

CE credit for MFTs and LCSWs; see page 103.
Dorothy Charles bio on page 48.

The Courage to Create
Phil Cousineau & Gregg Chadwick

What role does creativity play in our lives? Is it a luxury reserved only for so-called geniuses — or is it an inner imperative that helps us forge the well-lived life? This workshop reconsiders the notion of creativity as a “battle with the gods” in light of its Latin origins in creare, the natural urge “to grow or make order of chaos.”

Our point of departure is that creativity is an archetypal journey with recognizable stages, which are especially helpful when we are stuck or lost in our work. For the last thirty years, Phil Cousineau has used his three-stage model — Inspiration, Perspiration, and Realization — as a guide to help writers, artists, and filmmakers to deepen and complete their work. The artist Gregg Chadwick uses his own artwork and anecdotes from his lifelong study of painters to provide an inside look at practices that will help us find a balance between inspiration and the marketplace, traditional notions of beauty with daring acts of innovation, and personal discipline with the importance of building community. Together, they will alternate lecture, discussion, movie clips, slide shows, readings, and exercises that encourage cross-fertilization between the visual arts and the written word.

This workshop is designed for creative souls in every field who hope to rekindle their imagination and passion, and renew their sense of joy.

Recommended reading: Cousineau, Stoking the Creative Fires and The Art of Pilgrimage; Cousineau and Chadwick, The Painted Word.

Phil Cousineau is a freelance writer, filmmaker, teacher, and youth baseball coach. He has published more than 30 books, including the bestselling The Hero’s Journey: The Life and Work of Joseph Campbell. He has written award-winning documentary films, and is the host of “Global Spirit,” a nationally broadcast series on LINK TV and PBS. www.philcousineau.net

Gregg Chadwick is a painter based in San Francisco and Los Angeles, Calif. His work has appeared in galleries all over the world, as well as in the book collection, The Speed of Light. www.greggchadwick.com

Resilience Dynamics™: Riding the Waves of Change
Daniel Ellenberg

Unexpected changes happen. Be it in our relationships, work, health, finances, or other areas, change can feel unsettling and scary. It can disrupt our feelings of safety, security, and happiness.

So the message is clear: we must expand our emotional and behavioral repertoires to handle current and futures disruptive changes. Resilience — the capacity to flourish in the face of uncertainty and challenging life circumstances — is the number one mindset and skill set we need to increase.

Resilience Dynamics is about maintaining maximum intelligence, balance, and skill (and minimum defensiveness) when facing these stressors. It integrates the latest brain science, cybernetics, mindfulness, complexity theory, and psychological systems including cognitive, evolutionary, Jungian, Gestalt, and existential.
This experiential workshop gives you the opportunity to create a lifelong resilience action plan that will serve you both personally and professionally. You will be taught methods to develop greater stability, flexibility, and capacity to bounce back after life’s inevitable challenges. Exercises include visualization, movement, writing, internal dialoguing, small group processes, and ritual. Your confidence to meet whatever emerges will soar and you will feel more relaxed in the process.

Daniel Ellenberg, PhD, is a leadership coach, group facilitator, organizational trainer, and licensed therapist. He is a principle in both Relationships That Work and Authentic Leadership Institute. He leads men's growth groups and co-authored Lovers for Life.

www.aleadershipinstitute.com

Week of December 8-13

Luminous Being: Embodying the Radiance Sutras

Camille Maurine & Lorin Roche

Immerse yourself in love-drenched meditation and movement. We explore the luminous teachings of the Vijnana Bhairava Tantra, an ancient text that describes 112 awareness practices for touching the sacred in the midst of daily life. The Radiance Sutras is a musical, sensuous translation of this tantra by Lorin Roche, who has lived and breathed these yogas for forty years. The Radiance Sutras evoke a world of wonder, awe, and delight. The focus of this workshop is on full-body spirituality — accepting every breath, sensual experience, and emotion as a doorway into deep and intimate contact with the energies of life. The practices include mudra (energy gestures), pranayama (breath), mantra (sound), and dhyana (meditation). Anyone can practice these methods. The emphasis is on naturalness, spontaneity, and being at home in the universe. You meet yourself wherever you are, whether you are restless, lonely, loving, tired, excited, nostalgic, or quiet. This workshop is an opportunity to dive into the Sutras that are calling you and receive coaching from Lorin and Camille to make them your own, so that you can embody, move, and breathe this luscious reality. All levels of experience are welcome.

Recommended reading: Roche, The Radiance Sutras and Meditation Made Easy; Maurine and Roche, Meditation Secrets for Women.

CE credit for MFTs and LCSWs; see page 103.
See pages 110–111 for reservations, fees, accommodations, scholarship information, and discounts.

Camille Maurine co-authored Meditation Secrets for Women and Meditation 24/7. A dancer and performing artist who has taught movement, meditation, and expression since 1975, Camille is the creator of kinAesthetics and the transformational Moving Theater process. www.camillemaurine.com

Lorin Roche has meditated since 1968. He is the author of The Radiance Sutras, a new translation of the Vijnana Bhairava Tantra, and coauthor of Meditation Secrets for Women and Meditation 24/7. His other books include Meditation Made Easy, Breath Taking, and Whole Body Meditations. www.lorinroche.com

A Time to Reflect
This is a special opportunity for people to experience Esalen without taking a workshop. During this period, we have a limited number of spaces available for people who would like to participate in the Esalen learning culture in their own unstructured way.

Please see page 21 for full details.

The Healing Art of Deep Bodywork®: Healing the Shoulder and Carpal Tunnel Syndrome
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 then 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. Focusing on deep bodywork as a healing art, this program is designed for massage and bodywork practitioners seeking to incorporate effective deep tissue techniques into their work. Whether in private practice or working in a spa, there is growing demand for practitioners who have mastered the art of moving deeply into the body with skill and sensitivity. Areas of focus include: Relieving chronic and acute pain in the back, neck, around the major joints of the shoulder and hip, and in the forearm and wrist. We spend a good deal of 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 for greatest effect. The teachers are available to answer questions of specific interest to students as they arise during our practice sessions, and we add new hip and shoulder material for students who have previously attended this seminar.

For more information, visit www.deepbodywork.com.

CE credit for nurses; see page 103.
CE credit for bodyworkers; see page 103.

Perry Holloman bio on page 59.
Johanna Holloman bio on page 59.

Total Immersion for Total Transformation
Raphael Cushnir

This workshop is right for you if
• You’re willing to perform a rigorous emotional and spiritual self-assessment
• You want to determine which aspects of your life are calling for healing and change
• You’re ready to begin that healing and change on the very first day of the workshop
• You want to take a giant leap forward in consciousness
• You can support a small, like-minded community committed to the same leap.

Raphael Cushnir will create a safe and gentle environment to help call forth your very best, using tools that include emotional release work, journaling, small group exercises, meditation, movement, yoga, chant, collage, subtle energy practices, and mind-heart attunements. As a highlight of this workshop, you will co-design and experience a unique environment to help call forth your very best, not you to yoga. With Mark’s skillful and heartfelt guidance, you will:
• Explore the five principles of advanced personal practice
• Dive into asana, pranayama, and meditation as a seamless process
• Discover how yoga transforms life into an intimate celebration with everything
• Experience the nurturing principle as a constant in your life from now on
• Return home with understanding and the embodied felt sense of your own joyful practice

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

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

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

In this workshop, Linda Metcalf guides two writing meditations daily, and explores them individually and creatively, to help you hear and see them. As these inner thoughts come into focus, your perspective on them shifts—from distant and obscure to up-close and clear—producing a sense of greater mental space, with more room for both play and profundity.

Learning about your own thinking is one of the high pleasures of life. Like the practice of yoga, meditation, a musical instrument, or art form, a PW practice can bring you to the center of your experience, where your sense of self is rooted and a creatively expressive life rightly belongs, and from there expand your connection with the world. As a bonus, every practice session leaves you with a gift: a tangible record of your thinking in writing.

No prior writing experience is required.

Recommended reading: Metcalf and Simon, Writing the Mind Alive.

Linda Trichter Metcalf, author and educator, created the practice of Proprioceptive Writing (PW) in the mid-1970s. Founder of the PW Center, currently located in the Bay Area of California, she teaches, conducts PW therapy, and leads the PW Teacher Certification Program. www.pwwriting.org

Tobin Simon, poet and educator, has been collaborating with Linda Trichter Metcalf since 1977. Coauthor of Writing the Mind Alive, he is cofounder of the PW Center, and is a poetry teacher and writing coach of more than 30 years. www.proprioceptivewriting.com

Deep Thinking through Writing
Linda Trichter Metcalf & Tobin Simon

Linda Trichter Metcalf, originator of Proprioceptive Writing® (PW) and coauthor of Writing the Mind Alive: The Proprioceptive Method for Finding Your Authentic Voice, has been a pioneer of writing as a way to access inner thoughts and set them free. Inner thoughts maintain power over us because we don’t recognize them: mostly they’re unspoken and unwritten. The Proprioceptive Method is a writing meditation that brings these thoughts forward, allowing you to hear and see them. This recognition creates change.

In this workshop, Linda Metcalf guides two writing meditations daily, and explores them individually and creatively, to help you hear and see them. As these inner thoughts come into focus, your perspective on them shifts—from distant and obscure to up-close and clear—producing a sense of greater mental space, with more room for both play and profundity.

Learning about your own thinking is one of the high pleasures of life. Like the practice of yoga, meditation, a musical instrument, or art form, a PW practice can bring you to the center of your experience, where your sense of self is rooted and a creatively expressive life rightly belongs, and from there expand your connection with the world. As a bonus, every practice session leaves you with a gift: a tangible record of your thinking in writing.

No prior writing experience is required.

Recommended reading: Metcalf and Simon, Writing the Mind Alive.

Linda Trichter Metcalf, author and educator, created the practice of Proprioceptive Writing (PW) in the mid-1970s. Founder of the PW Center, currently located in the Bay Area of California, she teaches, conducts PW therapy, and leads the PW Teacher Certification Program. www.pwwriting.org

Tobin Simon, poet and educator, has been collaborating with Linda Trichter Metcalf since 1977. Coauthor of Writing the Mind Alive, he is cofounder of the PW Center, and is a poetry teacher and writing coach of more than 30 years. www.proprioceptivewriting.com
Fire’s astonishing findings, its two big stories — oil and electricity — and its implementation challenges and opportunities across all four energy-using sectors (transportation, buildings, industry, and electricity). This approach can profitably mitigate such diverse problems as energy insecurity, energy poverty, nuclear proliferation, and climate change. It is equally attractive whether one’s goals emphasize wealth creation, national security, or environmental stewardship.

This seminar’s integrative, transdisciplinary, wide-ranging, state-of-the-art exploration offers uniquely broad and current perspectives on this once-in-a-civilization energy transition — already well underway, yet surprisingly little-recognized. Emphasizing the US but within a global context, the seminar will be most useful to intermediate and advanced practitioners, executives, military officers, entrepreneurs, investors, activists, and concerned citizens of all political views. It will emphasize opportunities and needs in the private sector, combining key innovations in technology, design, public policy, and competitive strategy.

Recommended reading: Lovins & Rocky Mountain Institute, Reinventing Fire; Lovins, Datta et. al, Winning the Oil Endgame; Lovins, Small is Profitable; Hawken, Lovins & Lovins, Natural Capitalism; Lovins & Burns (ed.) The Essential Amory Lovins.

Amory Lovins bio on page 90.

The Art of Joyful Living: For Individuals and Couples
Linda Bloom & Charlie Bloom

The purpose of our lives is to be happy.
— His Holiness the Dalai Lama

The desire to experience joy and happiness is the underlying motivation behind nearly all of our behaviors. Joyful living enhances our health, well-being, relationships, the quality of our lives, even our longevity. It is a state of mind in which there is a sense of goodness, wholeness, and sufficiency that allows us to see life’s possibilities and blessings with clarity and hopefulness. To live in this experience we don’t need to deny suffering, but rather we bring a perspective that allows us to open to the fullness of life and experience ever-present grace and to see with eyes unclouded by delusion and fear. Perennial wisdom reminds us that happiness is to be found within, not in pursuit of external rewards, yet the compulsion to look outside of ourselves is relentlessly reinforced by our culture.

In this seminar for individuals and couples, we will de-condition the internalized tendencies to focus on changing external conditions, and strengthen our capacity to cultivate inner joy. The workshop will include interactive exercises, meditation, dialogue, and group process. It will also include practices that promote well-being and fulfillment.

CE credit for MTIs and LCSWs; see page 103.
CE credit for nurses; see page 103.

Linda Bloom bio on page 62.
Charlie Bloom bio on page 62.

Esalen® Massage for Couples
Brita Ostrom & Rob Wilks

Enjoy the serene beauty of Big Sur as you and your partner learn to give each other an effective massage. A tender touch can do wonders for any relationship by easing stress and deepening non-verbal communication skills. Emphasis will be on “hearing” with the hands, asking for what you need, and taking the time to truly nurture yourself and your partner. Sessions will include basic quieting exercises, brief demonstrations, hands-on guidance, and plenty of time for practice.

This weekend of mutual giving and receiving is for those who wish to learn the essential elements of Esalen Massage; no prior experience is necessary. Please join us for a pleasurable time of relaxation, renewal, and re-connection with your partner.

CE credit for bodyworkers; see page 103.

Brita Ostrom bio on page 84.
Rob Wilks bio on page 63.

Loving Yourself
Daphne Rose Kingma

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

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

Contrary to what you may think, it’s actually possible to learn how to love yourself — no matter how wounded you’ve been, no matter how habitually hard on yourself you may be. In this simple but profound workshop, you can learn how to claim your own beauty, hold yourself in your own compassion, and treat yourself with kindly care. Through teachings, meditation, and exercises, we will explore the following topics:

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

What better time to reconnect (or finally connect) with the precious treasure that you are? Find true support during this often challenging time and receive the remarkable gift of loving yourself!

CE credit for MTIs and LCSWs; see page 103.

Daphne Rose Kingma bio on page 55.

The Promise: Advanced Yoga for Everyone
Mark Whitwell

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

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

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

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

Mark Whitwell bio on page 93.
December 20–27

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,” writes Zuza. “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, heartbreaking, 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. 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.

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

CE credit for MFTs and LCSWs; see page 103.

Zuza Engler bio on page 36.
Scott Engler bio on page 36.

Weekend of December 20–22

Forgiveness, Gratitude and Compassion: Positive Portals to Healing
Fred Luskin

At some point in each of our lives we have been hurt, mistreated, or disappointed. Unfortunately too many of us linger too long in self pity and anger. Learning to acknowledge and grieve our wound is the beginning of a process that ends in forgiveness. We will begin with grief but this workshop will focus on the qualities of gratitude and compassion that lead to forgiveness. Compassion understands the universality of suffering with the desire to make it better, while gratitude reminds us of the beauty in each life that pain cannot fully obscure. Forgiveness is the resolution that orients us to the present and future rather than remaining stuck in the past. We will use journal writing, guided imagery, simple meditations, discussion, and some challenges to our think-
Moving Into Stillness: 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.

Sarana Miller is a faculty instructor at Yoga Journal and has led annual retreats at Esalen and Wilbur Hot Springs, and in Mexico and Alaska. Trained in the Iyengar and Forrest Yoga traditions, she has been teaching for more than ten years. www.saranayoga.com

Fred Luskin directs the Stanford Forgiveness Projects and is a senior teacher and supervisor for the Compassion and Altruism Research and Education program at Stanford. He is the author of Forgive for Good and Stress Free for Good. At Stanford he teaches classes on Happiness and Emotional Intelligence. www.learningtoforgive.com

CE credit for MFTs and LCSWs; see page 103.

See pages 110–111 for reservations, fees, accommodations, scholarship information, and discounts.
Solstice Meditation Retreat
Mark Coleman & Lori Anne Schwanbeck
Following ancient traditions on the winter solstice, we will take this poignant time to retreat, slow down, and dive into stillness, silence, and inner exploration. While the natural world appears to be dormant, the inner realms are alive, transmuting the passage between the old and the new. The solstice asks how we stand open hearted in the face of the darkest night, while holding faith in the returning light.
During this retreat, we will be exploring the following 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?
We will use meditations, ritual, time in nature, inquiry, and group exercises and discussion as ways to explore this rich theme of transition. Participants can gain new clarity and the courage to take the next steps to create an inspired life.
Mark Coleman bio on page 71.
Lori Anne 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 cofounder of Mindfulness Therapy Associates, located in San Francisco.
www.mindfulnesstherapy.org

The Gift of Touch: An Esalen® Massage Holiday Retreat
Deborah Anne Medow & Vicki Topp
Celebrate the holiday season by enjoying the natural beauty of the Esalen land, while learning how to give an Esalen Massage.
Esalen Massage is a continually evolving, creative form of somatic bodywork. The essence of this practice is the awareness and presence with which one addresses individual needs, balances the whole person, and honors the healing power of touch. This workshop provides a safe and supportive environment for participants to explore sensitivity and connection through massage.
Through brief lectures, demonstrations, and hands-on practice, the fundamental elements of Esalen Massage — breath awareness, quality of touch, long integrative body strokes, and creative table movements — will be presented. Sessions will include plenty of personal instruction and assistance, to support the process of learning. Our goal is to create a firm foundation for a massage that feels as satisfying to give as to receive.
This holiday retreat is for individuals and partners who would like to offer skilled caring touch to others and for anyone interested in experiencing the Esalen approach to massage and bodywork. Come prepared to touch and to be touched, both in the workshop and by the beauty, power, and spirit of Esalen and the Big Sur coast. All levels of experience are welcome. CE credit for bodyworkers; see page 103.
Deborah Anne Medow bio on page 16.
Vicki Topp is a senior practitioner and instructor of Esalen Massage and somatic bodywork. She teaches workshops and training groups internationally and is a Registered Movement Therapist and practitioner of Body-Mind Centering.
www.vickitopp.com

A Time to Reflect
This is a special opportunity for people to experience Esalen without taking a workshop. During this period, we have a limited number of spaces available for people who would like to participate in the Esalen learning culture in their own unstructured way.
Please see page 21 for full details.

Week of December 22–27
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 celebrate the Holy-days of winter and to prepare to welcome in the New Year with renewed energy, clarity, and vitality. With the re-emergence of light come opportunities to expand into new areas, to open more fully to our potential, to grow and leave behind patterns that no longer benefit us or our world. Qigong supports you in releasing limitations and expanding into new possibilities for balance, wellness, deep fulfillment, and lasting joy.
Whether you are addressing specific conditions such as cancer, Parkinson’s, diabetes, Lyme’s disease, immune deficiencies, addiction, chronic pain, or trauma; 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)
Please note: There will be a celebratory Christmas Eve dinner in the Esalen Lodge.
CE credit for acupuncturists; see leader. CE credit for MFTs and LCSWs; see leader.
Mingtong Gu bio on page 44.

A Big New Free Happy Unusual Life: Motion Improv Theater
Nina Wise
It is our nature to be free—and to express that freedom spontaneously and without hesitation through song and dance, poetry and play. Moreover, we each have the ability to wake up to who we already know ourselves to be: people dedicated to a sane and just world made up of individuals who celebrate their common humanity and this planet of indescribable beauty through singing, dancing, playing, and caring for all sentient beings.
This improvisation workshop in Motion Theater® allows the creativity that resides within us to have a voice. “Everyone has a story to tell,” says Nina, “and stories reside as much in the body as in the mind. So we begin with movement—slow stretches to open the body. We open the voice with playful classical- and jazz-based exercises. We meditate to calm the heart, dance to free the spirit, find a way to effortlessly compose with language. This journey leads to giving voice and physicality to the private characters and inner realities that live in the subconscious mind and the cells of our bodies.”
This workshop is like dreaming on your feet. Expect to surprise yourself and to become more playful and at ease before an audience.

Register online at www.esalen.org or by calling 888-8-ESALEN (888-837-2536).
You might even find that the sense of well-being achieved during the workshop not only expands your creative abilities, but also enhances your experience of daily life. And while it is not therapy, Nina’s work can be surprisingly, delightfully, holistically healing.

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

Recommended reading: Wise, A Big, New, Free, Happy, Unusual Life; Lamott, Bird by Bird; Rilke, Letter to a Young Poet.

Nina Wise is a performance artist and founder of Motion Theater, a form of autobiographical performance. Her provocative and original works have been honored with seven Bay Area Critics’ Circle Awards and three National Endowment for the Arts fellowships. www.ninawise.com

**Entering the Heart of Love**

Mark Coleman

This time of year, during the winter solstice, is a poignant time to retreat, slow down, and reflect on letting go of the old and inviting what you want to bring in for the coming season. For many traditions, this season is also a time of love and light, and so what better time to cultivate the heart through meditation practices that open you to deeper experience of love, compassion, and joy?

During this retreat, with the help of ancient Buddhist meditation practices of metta (love), karuna (compassion), and mudita (joy), we will learn how to meet ourselves, one another, and the world with a kind, wise, and joyful heart. We will also explore the simple but profound practice of mindfulness. Cultivating mindfulness meditation forms the foundation for self awareness, empathy, self-compassion, and releasing the boundaries between self and other.

Mark will lead the group in a variety of rich meditations, which will include taking in the beauty and love of nature at Esalen, and how that equally opens and enriches the heart. We will also engage in experiential exercises and playful practices that explore bringing the open heart into the world around us.

This course can be taken on its own or together with The Power of Mindfulness, December 21-23, for a seven-day immersion experience.

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

Mark Coleman bio on page 71.

**December 27–January 3**

**The Natural Singer**

Claude Stein

Come and celebrate the awesome healing power of your voice. Whether you already sing or have always wished you could, this exciting 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. The results can be simply amazing as each of us, no matter what level we’re at, triumphs over the physical, emotional, and psychological issues 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.

Note: Bring instruments, CDs, and songbooks if you like.

Claude Stein has 29 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, N.A.S.A and the U.S. House of Representatives. www.naturalsinger.com

Weekend of December 27–29

Gravity and Grace: Returning to Essence

Peter Sterios

In the personal journey of maturity, where we pass through phases of life and development, there are many dead ends — places we arrive with good intentions, only to discover disappointment or disillusionment. Yoga can be like that, and without an experienced guide, the opportunities at these types of crossroads can be missed for what they truly are: reminders to return to the essence of yourself and what is real.

Experience this New Year’s with the simple intention of having fun through movement and self-discovery, enjoying yourself and the company of like-minded people, in the magical enchanted and delightful experience of life itself, awakening you to the magical enchanted and delightful journey you’d always sensed that life could, like clear water. This course combines Zen practices with mindful awareness, and practice. The tendency to keep doing what we’ve already done is so strong because the neurons in our brains that fire together wire together—they tend to run the same sequence time after time, whether we want them to or not.

If you have ever broken a resolution, fallen off a diet, or given up on fulfilling a dream, this experiential workshop is intended to use the discoveries of brain science to help you make a promise to yourself that you can keep. Through discussion, lecture, journaling, and one-on-one and small-group interactions from a blend of emotional, spiritual, and practical perspectives, each person leaves with a blueprint for implementing and sustaining lasting change.

Recommended reading: Ryan, This Year I Will and Attitudes of Gratitude.

MJ Ryan is the author of This Year I Will... and AdaptAbility: How to Survive Change You Didn’t Ask For, and many other books. A member of Professional Thinking Partners, she currently serves as an advisor to entrepreneurs, senior-level executives, and leadership teams, and leads workshops around the world.

www.mj-ryan.com

Zen Practices for Transformative Times

Ji Hyang Padma

How can we work creatively with the energies of these transformative times, to discover a creative and centered path to our heart’s sure release? Welcoming the energies of change with mindful awareness, we can respond rather than react, and thus develop resiliency and create that life which is our path with heart. This is tangible: it begins with mindfulness practice, through which we return to our own luminous awareness, like clear water. This course combines Zen practice with creative approaches drawn from transpersonal psychology to discover inner resources and create positive outcomes in the body.
everyday life. Activities include Zen practice, kido (Zen chanting), and vision walk. We will also use sacred ceremony and metta meditation to harness the power of group consciousness for the purpose of personal and societal transformation.


Ji Hyang Padma has taught Zen for 20 years, 15 of these as a monastic in the Korean Zen tradition. She is the Director of Spirituality and Education Programs at Wellesley College. She is the author of Living the Seasons: Zen Practices for Transformative Times.

www.natural-wisdom.org

Week of December 29–January 3

Singles In Sync

Alison Armstrong

Ring in the New Year at Esalen with Alison Armstrong, author and internationally known relationship expert. This singles’ retreat is designed to rejuvenate and inspire in one of the world’s most beautiful places. Did you know that both men and women avoid using each other’s vocabulary — the one that would most easily get us what we need? Did you know that masculine and feminine mating instincts are perfectly matched for upset, disappointment, and rejection? Did you know that feelings of hurt and disrespect create insatiable needs for love, sex, food, status symbols, and validation?

Imagine instantly recognizing when your own past — whether ancient instincts or recent hurts — is sabotaging your efforts to find love and intimacy. Imagine healing injuries related to dating, commitment, trust, and sex such that you are free to engage in the dance of love with freedom and faith in yourself. Imagine being able to avoid predictable conflicts, misunderstandings, and disconnects as you attract the right partner for you.

In this five-day singles’ intensive, you can unravel the conflicts, heal the wounds, design an empowering context, and develop extraordinary skills of listening and speaking for relationships in 2014.

Alison A. Armstrong is the author of four books including The Queen’s Code. Her compassion, side-splitting humor and “illumination” approach to historical/hysterical relationships and the new paradigm of partnership has endeared her to workshop attendees and radio listeners since 1995.

New Year’s Silent Meditation Retreat

Mark Abramson

Meditating in noble silence offers a special opportunity to focus inward, and to deeply connect with oneself, create intentions, and reflect on life goals. New Year’s Eve, with its connection to the winter solstice and new beginnings, is the perfect time to silently journey inward. This will be Esalen’s first silent New Year’s meditation retreat. 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.

“We will begin Friday evening with time to introduce ourselves and receive an orientation about the sitting practice, and then we’ll enter noble silence,” writes Mark Abramson. “On Saturday I will guide you through a
series of practices of both stillness and movement, which will build the momentum of concentration and awareness. We will practice mindfulness meditation utilizing the rich, sensual experience of Esalen, with the sounds of the ocean, the feeling of the air, and the beauty of seeing the colors and textures as well as the rich experience of our own bodies and minds. The midday meal will be held in silence as part of Saturday’s practice. There will be an afternoon movement practice and discussion. After bathing in the nurturing bath of your own awareness, you may have Saturday evening free to enjoy New Year’s Eve at Esalen (not in silence), or if there is interest, we can sit together in meditation to bring in 2012. We will finish on Sunday morning with a meditation and time to connect with the group and share insights and intentions for the new year.”

Mark Abramson bio on page 53.

Shadow Yoga and Ayurveda: Creating a Personal Practice
Scott Blossom & Chandra Easton with Robert Svoboda

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 five-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. Shadow Yoga is a Hatha yoga system. 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. Ayurvedic classes each day will include education and exercises for developing a personalized lifestyle and diet plan. Ayurveda expert Robert Svoboda will join us for two lectures. For more about Robert, visit www.drsvoboda.com.

All levels are welcome; yoga experience is recommended.

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 Zhandra 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 Tibet and Archival 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

January 24–March 7, 2014

250-hour Esalen® Massage Certification Program
Deborah Anne Medow & Perry Holloman

Esalen offers two levels of basic certification in massage: For those already certified in massage by a state-approved school, the 100-Hour Esalen® Massage Certificate Program (see page 5) provides all instruction required to earn an Esalen Massage Certification. The following 250-hour Esalen® Massage Certification Course meets all core requirements of the CAMTC in California. In both cases, many of Esalen’s weekend and five-day workshops qualify for follow-up continuing education credit. Visit www.esalen.org/page/esalen-massage-certification-program-overview for full details.

This course is designed for those who plan to professionally practice massage, or combine Esalen Massage skills with another body-mind discipline. It will provide an in-depth experience of bodywork as an aspect of transpersonal growth, reflecting the rich history of the Esalen approach: an interweaving of disciplines focused on the integration of body, mind and spirit. As students develop competence during the course of this training in Esalen Massage methodology, they will be also be exposed to approaches such as Sensory Awareness, Gestalt Process, yoga, and meditation, all practices focused on supporting the embodiment of presence and awareness as we touch. This six-week immersion is an in-depth experience of Esalen Massage theory and method, teaching students how to move beyond technique and embrace this form as a true healing art.

Through lecture, demonstration, and visual aids, students will study massage as a holistic approach to optimal health and functioning. The course offers 250 hours of comprehensive massage instruction, including relevant anatomical and physiological exploration directly linked to the practice of massage. Students will have ample time for supervised practice with each other, emphasizing body mechanics, self-care, and innovation.

The massage curriculum includes centering skills, Esalen long stroke methods effective in whole-body integration, draping, detailed structural work, passive joint movement and stretches, and techniques that energetically balance a massage. Students will also learn communication skills for interacting with clients in a clear, compassionate manner, including education in difficult ethical situations that sometimes arise in massage practice.

This 250-hour certification training satisfies the requirements for CAMTC approval, and is open to all seeking licensure within the state of California. It is also open to professionals seeking an immersion-style course in this effective healing art. Beginners are welcome, including those not necessarily interested in professional massage practice, but in a deeper experience of their own embodiment.

Upon satisfactory completion, and after documenting thirty additional massages at your home site, a State-Approved Certificate of Completion for 250 hours will be issued. The certification fee is $115. Esalen is an approved school by the Bureau for Private Postsecondary Education (school code 2700571).

This is a professional training with limited admission. To request an application form and tuition information, send e-mail to massagecert@esalen.org or call 831-667-3005. Scholarship assistance may be available.

Tuition: Shared standard accommodations: $7500; Shared bunk bed dorm: $5600.

(An additional $15 materials fee is paid directly to the leader)

Deborah Anne Medow bio on page 16.
Perry Holloman bio on page 59.
## Continuing Education Programs

### EsaLen's Status as a Provider of Continuing Education

EsaLen’s status as a provider of continuing education is approved by the following boards:

- Psychologists; American Psychology Association (California psychologists are required to report their hours to the MCEP Accrediting Agency)
- MFT/LCSW; California Board of Behavioral Sciences (Provider No. PCE1594)
- Massage practitioners and Bodyworkers; The National Certification Board for Therapeutic Massage & Bodywork (Provider No. 043062-00)
- RNs; California Board of Registered Nursing (Provider No. 01152)
- Registered Dietitians; Commission on Dietetic Registration
- Acupuncturists; State of California Acupuncture Board (Provider No. 946)

### Workshops Approved for Continuing Education Units

All approved weekend workshops qualify for 10 hours of CE units, and approved five-day courses qualify for 26 hours of CE units. Please check workshop listings online at [www.esalen.org](http://www.esalen.org) for any updates to CE credit offered. In order to receive a certificate for continuing education units, participants must meet the following requirements:

- Attend and sign the attendance sheet for all sessions (please see leader)
- Fill out the evaluation form distributed by the leader and turn it in to the EsaLen main office with a $25 processing fee

Workshops for which CE credit has been approved are listed below and also noted in the Seminars section. For questions regarding continuing education, contact ce@esalen.org.

*Acupuncture and dietitian workshops are approved on a case-by-case basis. Please refer to the EsaLen website prior to registration for updated CE status.

### Sample Workshop Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 30-July 5</td>
<td>5Rhythms: Connections</td>
</tr>
<tr>
<td>July 5-7</td>
<td>Body and the Erotic Field</td>
</tr>
<tr>
<td>July 7-12</td>
<td>Feldenkrais Spinal Awareness</td>
</tr>
<tr>
<td>July 7-14</td>
<td>Transformative Journeys in Film</td>
</tr>
<tr>
<td>July 12-14</td>
<td>Choose the Resilient Life</td>
</tr>
<tr>
<td>July 12-14</td>
<td>Buddha, Brain, and Bach</td>
</tr>
<tr>
<td>July 12-14</td>
<td>Esalen Massage for Couples</td>
</tr>
<tr>
<td>July 14-19</td>
<td>Not for the Faint of Heart</td>
</tr>
<tr>
<td>July 14-19</td>
<td>Traditional Thai Massage</td>
</tr>
<tr>
<td>July 14-19</td>
<td>Mindfulness in Education</td>
</tr>
<tr>
<td>July 14-19</td>
<td>Traditional Thai Massage</td>
</tr>
<tr>
<td>July 19-21</td>
<td>Setting the Love You Want</td>
</tr>
<tr>
<td>July 19-21</td>
<td>Amore Already Loved</td>
</tr>
<tr>
<td>July 21-26</td>
<td>SomatoEmotional Release 1</td>
</tr>
<tr>
<td>July 21-26</td>
<td>Awakening the Brain</td>
</tr>
<tr>
<td>July 26-28</td>
<td>Awakening the Power of Intuition</td>
</tr>
<tr>
<td>July 26-28</td>
<td>Open Your Heart, Reclaim Your Life</td>
</tr>
<tr>
<td>Aug 1-2</td>
<td>How Wounds Lead to Healing</td>
</tr>
<tr>
<td>Aug 1-2</td>
<td>Empowering Creativity</td>
</tr>
<tr>
<td>Aug 1-4</td>
<td>Healing the Pelvic Floor</td>
</tr>
<tr>
<td>Aug 2-4</td>
<td>The Realization Process</td>
</tr>
<tr>
<td>Aug 2-4</td>
<td>Esalen Massage: The Basics</td>
</tr>
<tr>
<td>Aug 4-9</td>
<td>Advanced Craniosacral Therapy 1</td>
</tr>
<tr>
<td>Aug 9-9</td>
<td>Intro to CPR</td>
</tr>
<tr>
<td>Aug 9-11</td>
<td>The Embodied Life</td>
</tr>
<tr>
<td>Aug 11-16</td>
<td>Integral Tai Chi</td>
</tr>
<tr>
<td>Aug 11-16</td>
<td>Deepening into The Embodied Life</td>
</tr>
<tr>
<td>Aug 11-16</td>
<td>Ericksonian Hypnosis Seminar</td>
</tr>
<tr>
<td>Aug 11-16</td>
<td>Overcome Ongoing Patterns</td>
</tr>
<tr>
<td>Aug 16-18</td>
<td>Healthy Backs and Neckis</td>
</tr>
<tr>
<td>Aug 16-18</td>
<td>Ericksonian Hypnosis Seminar</td>
</tr>
<tr>
<td>Aug 16-20</td>
<td>The Embodiment of Love</td>
</tr>
<tr>
<td>Aug 16-20</td>
<td>Soul Motion: Taking Refuge</td>
</tr>
<tr>
<td>Aug 16-20</td>
<td>Visionsovereign 1</td>
</tr>
<tr>
<td>Aug 16-23</td>
<td>The Transformational Enneagram</td>
</tr>
<tr>
<td>Aug 23-25</td>
<td>Intro to Mindfulness Meditation</td>
</tr>
<tr>
<td>Aug 23-25</td>
<td>Intro to Mindfulness Practice</td>
</tr>
<tr>
<td>Aug 30-30</td>
<td>Full Body Presence</td>
</tr>
<tr>
<td>Aug 30-30</td>
<td>The Hakomi Method</td>
</tr>
<tr>
<td>Aug 30-30</td>
<td>Zero Balancing</td>
</tr>
<tr>
<td>Aug 30-Sep 1</td>
<td>Intro to Radical Aliveness</td>
</tr>
<tr>
<td>Aug 30-Sep 6</td>
<td>EMDR</td>
</tr>
<tr>
<td>Sep 1-10</td>
<td>The Radically Alive Leader</td>
</tr>
<tr>
<td>Sep 1-6</td>
<td>Doping for Health and Happiness</td>
</tr>
<tr>
<td>Sep 1-6</td>
<td>Intro to Esalen Massage</td>
</tr>
<tr>
<td>Sep 6-8</td>
<td>Loving What Is</td>
</tr>
<tr>
<td>Sep 8-13</td>
<td>Relational Gestalt Practice</td>
</tr>
<tr>
<td>Sep 8-12</td>
<td>Advanced Bodywork</td>
</tr>
<tr>
<td>Sep 13-15</td>
<td>Resilience Through Positive Emotions</td>
</tr>
<tr>
<td>Sep 15-20</td>
<td>Total Body Balancing</td>
</tr>
<tr>
<td>Sep 15-20</td>
<td>Resilience and Renewal</td>
</tr>
<tr>
<td>Sep 15-20</td>
<td>Tai Chi Easy</td>
</tr>
<tr>
<td>Sep 19-22</td>
<td>Mindfulness-Based Stress Reduction</td>
</tr>
<tr>
<td>Sep 20-22</td>
<td>Advanced Esalen Massage</td>
</tr>
<tr>
<td>Sep 20-22</td>
<td>Finding True Love</td>
</tr>
<tr>
<td>Sep 22-27</td>
<td>Rhythms</td>
</tr>
<tr>
<td>Sep 22-27</td>
<td>Couples Communication Retreat</td>
</tr>
<tr>
<td>Sep 27-29</td>
<td>Hear Your Heart, Live Your Purpose</td>
</tr>
<tr>
<td>Sep 29-Oct 4</td>
<td>Healing Art of Deep Bodywork</td>
</tr>
<tr>
<td>Sep 29-Oct 4</td>
<td>Brilliant Body: Conquer Injury and Pain</td>
</tr>
<tr>
<td>Sep 29-Oct 4</td>
<td>Opening the Mind, Awakening the Heart</td>
</tr>
<tr>
<td>Oct 4-6</td>
<td>Using Power with Heart</td>
</tr>
<tr>
<td>Oct 4-6</td>
<td>From Conflict to Connection</td>
</tr>
<tr>
<td>Oct 6-10</td>
<td>Esalen massage</td>
</tr>
<tr>
<td>Oct 13-18</td>
<td>Love and Belonging: Contributions</td>
</tr>
<tr>
<td>Oct 13-18</td>
<td>Dancing Buddha: Shrine Abbodes of the Heart</td>
</tr>
<tr>
<td>Oct 13-18</td>
<td>I-Yin-Yang, Pleasure, Intimicy</td>
</tr>
<tr>
<td>Oct 16-20</td>
<td>Awakening Joy</td>
</tr>
<tr>
<td>Oct 16-20</td>
<td>Peace Starts at Home</td>
</tr>
</tbody>
</table>
The Work Study program is a twenty-eight day immersion in Esalen’s integrative approach to personal and social development. The program combines a rigorous course of study in one area of transformative practice with the opportunity for deep relationship with the Esalen land and community. Work Study is a rich and challenging way to embody the idea that mental, physical, emotional, spiritual, and social dimensions of the self are inextricably connected. Please see the following pages for descriptions of Work Study courses.

At the heart of the Work Study experience are the evening sessions. During these meetings, which occur four to five evenings per week, workscholars in each discipline meet together for core studies. The group leader or leaders for each discipline are highly experienced teachers who coordinate the course of study and guide scholars throughout the month. As a complement to their studies, workscholars participate in Esalen’s daily operations by volunteering 32 hours per week, usually in the housekeeping department or the kitchen, in exchange for their housing and meal costs. Contemplative and transformative practices are woven into the work environment at Esalen, so each day there are valuable opportunities for self and group exploration, including group process and check-in.

The Legacy Program is a second type of twenty-eight day work study experience at Esalen. With class sessions meeting just twice a week, with one intensive day of classes during the month, Legacy workscholars have more flexibility in their schedules to attend residential education classes (regularly occurring learning events designed for Esalen staff) and daily movement arts programs. Legacy programs are usually a mix of workscholars and Esalen staff. Legacy workscholars also volunteer 32 hours per week with an Esalen department, and the tuition for Legacy is the same as the traditional Work Study program.

Workscholars are selected by application only. After applications have been accepted, participants may register for the program. Some of the work can be physically challenging, including lifting, bending, and repetitive movements. Please be sure you are capable of the work you may be assigned. Workscholars are assigned to departments on the basis of community need, so please be ready to jump in anywhere.

The Work Study application is on page 109.

Please note: The Work Study program is designed to explore and apply human values and potentials. It is not intended as a substitute for therapy or as a “cure.” Esalen encourages workscholars to refrain from alcohol use during their stay. No pets, drugs, or violence allowed. We cannot accommodate children.

Commitment to the Work Study program is from 4 PM of the first Sunday to 7:30 PM of the final Sunday. Do not plan to take regularly scheduled catalog workshops during your stay.

Fees: A deposit of $400 in US currency is required with your application. Fees will not be processed until your place in a program is secured and you have accepted. The workscholar fee is $1,150 for the month. Fees are subject to change and are due upon your arrival. Workscholars may be invited to remain for a second month depending on space and community needs. Occasionally it is possible to stay for a longer period as an extended student.

Food and Housing: Accommodations are shared (occasionally co-ed), with up to four people to a room. Some workscholars stay at South Coast Center, a staff complex located 1.5 miles north of Esalen. Housing and meals are provided in exchange for 32 hours of volunteer work.

Cancellation Policy: If you choose to cancel, you will be charged the following amount: 15+ days prior to start, $100; 8-14 days, $200; 3-7 days, $300; 0-2 days, $400. Please mail the application form, personal statement, and deposit to:

Work Study Program
Esalen Institute
55000 Hwy 1
Big Sur, CA 93920

or fax to:

Work Study Program
888-214-8216

We will contact you to confirm that we received your application within 14 days of receiving it. We will inform applicants of admission three months prior to the program’s start date. After that time, there are generally wait lists for Work Study programs.
Reversing the depletion process can become a challenging, yet crucial endeavor for our lives. Using an approach based in the manual therapy techniques of CranioSacral therapy, mindfulness, coaching, and gentle mind/body work, Eric Moya will lead the group in practices to support the innate healing capacity of all participants. Emphasis will also be placed on integrating and sustaining the course skills.

This course is open to anyone interested in developing and building his or her innate resiliency. Since a big part of this course will involve therapeutic touch, interested participants should be willing to give and receive gentle therapeutic touch as well as share experiences in a group setting.

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

August 4–September 1

The Ensemble Process

In the centuries-old tradition of ensemble theatre, individual charisma and creativity are vitally bound up with the greater energy of the group. Modern modes of expression and understanding from jazz to systems theory have affirmed the power of symbiosis. There is now a greater understanding of a model of leadership fueled not by the decisions of a single personality but by the pulse and wisdom of the ensemble.

During this program, Peter James Meyers, veteran stage director and leadership consultant, will help cultivate communication skills, self-assurance, and physical presence through a process of group discovery and performance. Along the way, the group will practice movement, voice, and improvisation techniques that will allow each participant to amplify personal presence, enhance spontaneity, and heighten clarity of thought. In short, learn how to cultivate a room and shape an audience’s experience.

This is an ideal opportunity for anyone interested in blending performing arts with the art of leadership—expanding expressive skills while cultivating the ability to command and inspire. Participants will create an original theater piece to be offered to the Esalen community at the end of the month. Open to participants of all backgrounds and interests.

Recommended reading: Meyers, As We Speak: How to Make Your Point and Have It Stick.

Peter James Meyers bio on page 70.

Legacy Program: Leadership and Presence

The more present we are in ourselves, the more present we can be with someone else.

Presence is the hidden key to successful leadership. This seemingly elusive skill is learnable, and this Legacy program led by Suzanne Scurlock-Durana contains the steps, through experiential work that is designed to help you pay attention to the subtle cues you receive from your body and the surrounding environment all the time. This will then 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
- Be more able to BE present vs. DOING all the time
- Be aware of, but not absorb the emotions of others
- Make healthy connections (empathy vs. sympathy)
- Stay open hearted and clear headed
- 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, feet, and legs.

If you feel overwhelmed at times by your feelings or those around you, this course 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.

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

Required reading and listening: Scurlock-Durana, Full Body Presence: Learning to Listen to Your Body’s Wisdom, book and audio download or CD.

CE credit for nurses; see page 103.
CE credit for bodyworkers; see page 103.
Suzanne Scurlock-Durana bio on page 20.
September 1–29

The Embodied Spirit: Wake Up and Roar

“SpiritDance, created at Esalen during the 1980s, is a moving meditation practice, a bowing, a praying, a weeping, a prancing and dancing, rollicking, frolicking, bone-shaking, brain-jiggling invitation to fully occupy yourself — to wake up and roar,” writes leader and SpiritDance co-creator Ellen Watson. “A fusion of cross-cultural, neo-shamanic somatic arts practices, Wake Up and Roar cultivates wellness, both physical and metaphorical. The alchemy of movement, sound, and song is a path, portal, and doorway to cultivating embodied presence. Our sense of community builds through the alchemy of dance, song, and touch.”

This monthlong program combines SpiritDance, meditation practices, song, Esalen® Massage, and The Art of Essential Touch. Spontaneous moments of authentic presence are a likely side effect.

“Each of the practices are guided by the same principles: Awareness, breath, presence, contact, pauses for observation and integration, movement, vibration, and quality of touch. Our practice is one of cultivating embodied presence.”

Ellen Watson bio on page 51.

Legacy Program: Gestalt Relational Coaching

In Esalen Gestalt Coaching, we combine Gestalt awareness skills with the tools of Relational Coaching, to support taking a fresh look at the basic patterns we have been actively creating since birth. Some patterns are supporting us in connecting deeply with others and reaching our life goals. Others are more limiting, out of awareness, perhaps based on old stresses or traumas that are living in our body, mind, and spirit.

This program combines Gestalt principles and practices with NVC principles and practices with Mary Anne Will, who is a co-creator of the DVD Nonviolent Communication for the Body, a DVD workshop on the integration of the body and practices of NVC, and a certified coach to offer Esalen Gestalt Coaching. She is the Workstudy Coordinator at Esalen.

Mary Anne Will combines her expertise as a Gestalt practitioner and a certified coach to offer Esalen Gestalt Coaching. She is the Workstudy Coordinator at Esalen.

Gordon Wheeler, PhD, is a relational psychologist who writes and trains around the world, using the Gestalt model to integrate intersubjective, systemic, and developmental approaches. He is the author or editor of many books and articles. Since 2002 Gordon has served as president of Esalen Institute.

CE credit for MFTs and LCSWs; see page 103.
CE credit for nurses; see page 103.

Mary Anne Will leads the group in exploring your innate capacity to change old habit patterns and create new ones, opening up new possibilities for how we form intentions, build supports, and know and accomplish our own goals in living. Our focus is on expanding basic relational capacities — how well we know ourselves, how we know others, and how we communicate and build successful support systems in working and living. The new patterns we create and practice are key to our ability to build new supports for reaching our goals and deepening our connections with self and other.

Using sensory exploration and dyadic exercises, together with active experiments you will co-design yourself, the leaders will provide space for the exploration of your personal goals as you coach each other, then reflect and share learnings together. The new skills we acquire and practice can then serve us with others we may coach, manage, and live and work with in every setting — and with ourselves in our own life journeys. This workshop is especially useful for those in the helping and healing professions in working with their clients and patients.

CE credit for bodyworkers; see page 103.

Jim Gallas leads this program of Eastern bodywork and movement, including Reiki 1 Certification, a thorough overview of Shiatsu Massage, an introduction to meridian theory, and an easy-to-learn, powerful Chi Kung form. Various meditations, self-massage, and improv games will be used to encourage awareness and expression. The program is designed to open students to their own innate healing potentials, to the power of safe, therapeutic touch, and to being more fully present in their ongoing unfolding. Participants will also receive valuable tools to facilitate the healing of others. In a spirit of compassion, laughter, and expanding awareness, students will be nurtured and nourished by the group interaction and by a deeper connection to Self.

CE credit for bodyworkers; see page 103.

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

Legacy Program: Experiencing the Esalen Farm and Garden

Esalen Farm and Garden Staff

For more than forty years, the Esalen Farm and Garden has provided a holistic model of food security and sustainability — producing food that sustains, heals, and educates our community. We strive to embody our vision of “relational agriculture,” cultivating soil, plants, and people while honoring the spirit of the land and its ancestors.

Immerse yourself in the Esalen Farm and Garden and learn how to grow beautiful, organic food. Gain practical knowledge and experience alongside our talented staff to start or refine your own garden. Topics include seed starting, harvesting, cultivation, transplanting, bed preparation, composting, seed saving, flowers, and herbs. No garden or farm experience is required to join our learning environment.

Working on the Esalen land can be a powerful emotional and spiritual experience. Regular check-ins and group process sessions support our personal growth and group relationships. Mindful and playful activities connect us to the land, ourselves, and each other. We celebrate the end of the program by preparing and sharing a glorious farm-to-table meal on the Farm.

Saturday, September 29–October 27

Streams of Energy

Jim Gallas leads this program of Eastern bodywork and movement, including Reiki 1 Certification, a thorough overview of Shiatsu Massage, an introduction to meridian theory, and an easy-to-learn, powerful Chi Kung form. Various meditations, self-massage, and improv games will be used to encourage awareness and expression. The program is designed to open students to their own innate healing potentials, to the power of safe, therapeutic touch, and to being more fully present in their ongoing unfolding. Participants will also receive valuable tools to facilitate the healing of others. In a spirit of compassion, laughter, and expanding awareness, students will be nurtured and nourished by the group interaction and by a deeper connection to Self.

CE credit for bodyworkers; see page 103.

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

Legacy Program: Experiencing the Esalen Farm and Garden

Esalen Farm and Garden Staff

For more than forty years, the Esalen Farm and Garden has provided a holistic model of food security and sustainability — producing food that sustains, heals, and educates our community. We strive to embody our vision of “relational agriculture,” cultivating soil, plants, and people while honoring the spirit of the land and its ancestors.

Immerse yourself in the Esalen Farm and Garden and learn how to grow beautiful, organic food. Gain practical knowledge and experience alongside our talented staff to start or refine your own garden. Topics include seed starting, harvesting, cultivation, transplanting, bed preparation, composting, seed saving, flowers, and herbs. No garden or farm experience is required to join our learning environment.

Working on the Esalen land can be a powerful emotional and spiritual experience. Regular check-ins and group process sessions support our personal growth and group relationships. Mindful and playful activities connect us to the land, ourselves, and each other. We celebrate the end of the program by preparing and sharing a glorious farm-to-table meal on the Farm.

October 27–November 24

Nonviolent Communication (NVC), The Language of Life

NVC is internationally recognized, taught, and implemented as a tool for quality of life. During this month of intensive immersion in NVC principles and practices with Jean Morrison, participants are offered the opportunity to strengthen their ability to:

• Live from a consciousness of compassion, for yourself and with others
• Make peace with conflict; affecting emotional health and well-being
• Replace habits of mind and language that create distress and walls of separation with new habits that create connection, understanding, and healing
• Liberate your thinking and reactions in order to transform anger, hurt, and guilt into energy and expressions that serve life
• Clarify and express your emotions and needs, distinct from blame and accusation
• Make empowering requests distinct from demands and expectations
• Apply NVC principles and skills to your goals and aspirations

The sessions (totaling 72 hours of training) include a balance of playful exploration, thoughtful inquiry, powerful exercises for skill-development, and sharing of best practices.
with participants’ real situations. Guest presenters will augment our NVC practice with their expertise in the Enneagram, mindful meditation, art, and movement.

CE credit for MFTs and LCSWs; see page 103.

Jean Morrison bio on page 80.

Legacy Program: Seeing Eye to I: Learning the Art of Wellness

Sam Berne teaches that the eyes reveal many of our mind-body patterns related to health. For example, neuroscience shows that the eye pathway connects directly to and influences brain function, the endocrine system, and the nervous system. This program uses The Berne Method®, an individualized approach that begins by guiding each student to self-discover the visual patterns and imprints one may be using as an adaptive response to stress, trauma, and cultural conditioning. Sam Berne will then offer a developmental process of eye-brain mindful awareness activities, somatic movement practices, and other subtle energy therapies to help students increase their creativity and vitality!

Sam believes the group dynamic or unified field amplifies healing. His gentle and humorous approach creates a safe, trusting environment for students to increase their wellness potential by learning a deeper self-responsibility, self-regulation, and sustaining health practices.

He has developed The Berne Method® by researching a diverse variety of disciplines some of which include: vision therapy, biofield analysis, quantum physics, medicinal essential oils, somatic movement, craniosacral therapy, dolphin-assisted therapy, and photo (light) therapy as they relate to expanding human potential.

Sam Berne bio on page 76.

November 24–December 22

Relational Gestalt Process

Each of us is born with an inherent drive for aliveness and self-expression and belonging. As we grow up, our sense of self and our ability to be spontaneous may become blocked. Knowing who we are, and what we feel and want, can be difficult when we have lived with the absence of adequate attunement and responsiveness to our emotions. This lack can result in self-judgment and the belief that our emotions are the problem, instead of signals that can point the way toward a better understanding of ourselves and our environment.

The focus of a month with Dorothy Charles and Relational Gestalt Process will be creating a group experience that will provide a context in which feelings can be held and integrated. Individual work with the leader, family of origin work, communication and conflict resolution skills and group process, will be used to develop awareness, self-responsibility, to create relationships with self and others that are supportive and enlivening. Meditation and expressive arts will also be part of the curriculum.

CE credit for MFTs and LCSWs; see page 103.

Dorothy Charles bio on page 48.

Legacy Program: Transforming Your Identity, Finding Your Authentic Self

Our emotions can be hugely important in determining the quality of our lives. They occur in every relationship we care about – in the workplace, friendships, with family members, and in our intimate relationships. Emotions can, and often do, arise very quickly. Our conscious self
usually does not participate in or even witness what, exactly, triggers an emotion at any particular moment. That speed can save our lives in an emergency, but it can also ruin our lives when we react rather than respond.

Using an Emotional Intelligence framework, Tanya McGinnity will lead participants on a journey to witness their current capabilities and be encouraged to reach their highest potential. By establishing trust we create an energetic container in which participants will feel safe to dive deep into their souls through guided imagery and self-reflective questioning. By reflecting on negative patterns they will be able to determine the false identities that have been informing their negative self-talk. This transformative course is dedicated to a deep exploration of vision, identity, values, and emotions in order to live intentionally and with purpose, connected with a radiant life force.

Tanya McGinnity is an international consultant and success coach. Her passion is to support groups and individuals with cutting-edge tools for self-mastery. Originally from Northern Ireland, she now lives in Barcelona. Tanya also runs transformative programs for women in Barcelona and Madrid, and is a qualified yoga and tai chi instructor.

December 22–January 19, 2014
Deep Bodywork®

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

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

Professional massage experience is highly recommended for this advanced level class. Please visit www.deepbodywork.com for more information.

Note: During the first week of January, 2014, Esalen will host a campus-wide, silent meditation program. Students are not required to participate, but will be asked to refrain from conversation in public places including the dining room during that period.

Noah Levine bio on page 68.

Work Study Programs January–June 2014

Please visit www.esalen.org/page/work-study for complete program descriptions.

January 19–February 16
Healing with Humor: Spinal Awareness with Patrick Douce

February 16–March 16
Sharing Your Life Story with Ann Randolph

March 16–April 13
The Transformative Power of Emotion with Dorothy Charles

April 13–May 11
Body Centered Awareness with Patrice Hamilton

May 11–June 8
Embodied Relationship with Michael Clemmens

June 8–July 6
Timeless Wisdom for our Postmodern Lives with Bradley Lewis

Additional programs are always being added. Please visit www.esalen.org for the latest opportunities.
WORK STUDY program application

PLEASE PRINT LEGIBLY.

First Name __________________________ Last Name __________________________ □ Male □ Female Today's Date __________

Phone: Evening (_____) ______________________ Day (_____) ______________________ Cell (_____) ______________________

Home Address __________________________________________________________ City/State/Zip ______________________

Country ___________________________ Occupation (previous, if retired) ______________ Date of Birth _______ Age _______

E-mail Address __________________________________________________________

Do you have any physical/emotional condition (i.e. bad back, severe depression) that might affect your ability to participate? □ Yes □ No

Are you taking medication? □ Yes □ No If yes to either of these questions, please include details in your personal statement.

Are you a former workscholar? □ Yes □ No If yes, list dates and the dept. where you worked: ____________________________

Are you an ILP student? □ Yes □ No If yes, from what school? ____________________________

See www.esalen.org/workshops/workstudy.html for more info about ILP.

The Work Study program is for 28 days, beginning at 4 pm on Sunday and ending at 7:30 pm on the final Sunday. Sometimes particular dates and/or leaders are not available. List below, in order of preference, the dates/leaders for which you are available.

Please note: Space may become available up until the program start date. You must let us know if you wish to be removed from a wait list; if you're on a wait list and space becomes available, you will be notified for confirmation. If you cancel after placement, you will be charged a cancellation fee.

START DATE

Choice 1 ___________________________ Leader ___________________________ If full, wait list? □ Yes □ No

Choice 2 ___________________________ Leader ___________________________ If full, wait list? □ Yes □ No

Choice 3 ___________________________ Leader ___________________________ If full, wait list? □ Yes □ No

If your application is approved and we cannot give you your first choice, we will place you in your next available choice.

Workscholars may be invited to remain for a second term, depending on space availability and the needs of the Esalen community. Please indicate your availability for such an invitation (no obligation): □ No extension □ One-term extension

We encourage ridesharing. Are you bringing a vehicle? □ Yes □ No; Are you willing to give a ride? □ Yes □ No; Receive a ride? □ Yes □ No; I wish to rideshare from (if different from above address) ____________________________

Assignments to departments are made according to community labor needs (usually kitchen or housekeeping). However, if you prefer housekeeping or kitchen, or if you have landscaping skills, please list them below. □ Place me wherever I’m most needed – or – note my preferences below.

Choice 1 ___________________________ Skills/Experience ____________________________

Choice 2 ___________________________ Skills/Experience ____________________________

Please attach a personal statement about your interest in the Work Study program, telling us why you’d like to participate and what you hope to take with you when you leave.

All applicants are required to sign a standard release-from-liability and assumption-of-risk form as a condition of participation in the Work Study program. This form will be mailed to you upon acceptance to the program.

Do you want van service? Van service rates are subject to change. From □ Monterey Airport, 2 pm ($50); □ Monterey Transit, 2:20 pm ($50); □ San Francisco Airport, 11:45 am ($100).

Payment □ $400 deposit □ $1,150
□ Check (U.S. banks only), attached and payable to Esalen Institute
□ MasterCard □ VISA □ American Express

If you are making a credit card deposit, the balance will be automatically charged to your card five days before your arrival.

Applications cannot be considered without a deposit and a personal statement included. Deposits are not processed until your final acceptance into the program.

Name on Card ____________________________

Card No. ____________________________

Expiration Date ____________________________

Billing Zipcode ____________________________ CVV (security) code ____________________________

Name and phone number (if different from above):

____________________________________________________________________________________

____________________________________________________________________________________

Authorizing Signature ____________________________
**RESERVATION INFORMATION**

**Reservations**

**ONLINE:** [www.esalen.org](http://www.esalen.org)

**PHONE:** 888-8-ESALEN

If you prefer, download the reservation form at [www.esalen.org/workshops/reservations.html](http://www.esalen.org/workshops/reservations.html) and fax (831-667-2724) or mail it in.

**Esalen Rates Are All Inclusive**

All listed rates include:

- Workshop tuition
- Accommodations and meals
- Fresh produce from the Esalen Garden
- Vegan and vegetarian options for all meals
- Coffee, tea, and bread bar open 24/7
- 24-hour use of hot spring bath facilities, Arts Center (except when a workshop is scheduled), meditation Round House, and the entire Esalen grounds
- Participation in scheduled daily classes such as yoga, dance, meditation, art, and special events
- One-year subscription to the Esalen catalog

<table>
<thead>
<tr>
<th>Accommodations</th>
<th>Weekend Workshops</th>
<th>Five-day Workshops</th>
<th>Seven-day Workshops</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Point House Single</strong></td>
<td>$1,750</td>
<td>$3,550</td>
<td>$4,075</td>
</tr>
<tr>
<td><strong>Point House Couple</strong></td>
<td>$2,500</td>
<td>$4,850</td>
<td>$6,750</td>
</tr>
<tr>
<td><strong>Premium Room Single</strong></td>
<td>$1,300</td>
<td>$2,450</td>
<td>$3,430</td>
</tr>
<tr>
<td><strong>Premium Room Couple</strong></td>
<td>$2,000</td>
<td>$3,725</td>
<td>$5,225</td>
</tr>
<tr>
<td><strong>Shared Standard</strong></td>
<td>$730</td>
<td>$1,215</td>
<td>$1,700</td>
</tr>
<tr>
<td><strong>Shared Bunk Bed Dorm</strong></td>
<td>$555</td>
<td>$935</td>
<td>$1,300</td>
</tr>
<tr>
<td><strong>Shared Sleeping Bag Space</strong></td>
<td>$405</td>
<td>$650</td>
<td>$900</td>
</tr>
<tr>
<td><strong>Off-site</strong></td>
<td>$405</td>
<td>$650</td>
<td>$900</td>
</tr>
</tbody>
</table>

*Friends of Esalen receive a $25 discount on rates. For information on Friends of Esalen, see page 2.*

**Accommodations**

**Point Houses:** See below.

**Premium Accommodations:** See below.

**Standard Accommodations:** This is shared housing, with two or three people per room and in some cases a shared bathroom. **Couples will be housed privately.** Standard guaranteed single housing is possible based on availability for an additional $125 per night.

**Bunk Bed Accommodations:** This is shared housing with four or more persons per room.

**Sleeping Bag Accommodations:** Some Esalen meeting rooms are used as shared sleeping bag space. Storage space outside the meeting rooms is available when the rooms are being used for meetings. Access is from 11 PM–8:45 AM.

**Off-site Accommodations:** If you are attending a workshop and staying off property.

---

**This is Your Time...**

You have carefully selected a workshop, or made the decision to take a Personal Retreat. You are stepping out of your busy life to stop and breathe, heal, explore. Why not treat yourself to the finest accommodations during your stay at Esalen?

**Point Houses** are private suites nestled behind the Esalen Garden and perched at the cliff’s edge with stunning views of the Pacific Ocean. Each of the three Point Houses offers a living room with wood stove, a master bedroom, a sleeping loft, full kitchen and dining area, private redwood deck overlooking the Pacific with outdoor clawfoot tub, Internet connections, and in-room telephone.

**Premium Rooms** offer greater privacy, upgraded bathrooms, and enhanced soundproofing and climate insulation. You can request either ocean view or Internet (Ethernet cable provided) and a phone, and we will do our best to honor these requests. Please call 888-837-2536 for details about premium room accommodations and availability.
Workshop Payment

To reserve a space in any workshop, we require the following nonrefundable deposits.

Weekend: $150  5–7 day: $300

Deposits paid by credit card will automatically have the workshop balance drawn from your credit card five days before arrival. Deposits are payable in US currency only; overseas residents must pay by checks drawn on US banks or credit cards. Deposits are nonrefundable.

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

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

If you cancel a 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 a Personal Retreat with less than 24 hours’ notice, you will forfeit the price of one night of lodging (per person).

Esalen may cancel a workshop due to low enrollment.

Cancellations must be made by phone with one of our reservation staff. “Seven full days” means by Sunday before a Sunday workshop, and by Friday before a Friday workshop. Donations to the Friends of Esalen are nonrefundable. Esalen may cancel a workshop due to low enrollment two weeks before the workshop start date. You may either switch to another workshop, come for a Personal Retreat, or receive a full refund.

Money at Esalen: Esalen accepts cash, checks, and credit cards. Esalen does not have an ATM, so please bring enough cash for incidentals such as beverages from the bar, or gratuities for massage practitioners.

Reduced Rate Availability

Please request discounts at the time of registration.

Work Exchange: Some assistance is available for workshop participants in exchange for a work commitment in housekeeping or the kitchen.

Weekend: $50, 4 hrs.  5–7 days: $100, 8 hrs.

Scholarships: Limited scholarships are available for those in financial need. See the Esalen website for details and application.

Monthlong Residency Program: A 20% discount is available for anyone registering for 4 consecutive 5-day workshops, with 3 Personal Retreat weekends in between. This program is available January–April only. Contact Esalen Reservations for details.

Senior Citizen Discount: A discount is available to guests over 65, for workshops only. For a weekend workshop, the discount is $25. For 5-day or longer workshops, $50.

Schedules

Accommodations include Friday and Saturday night for weekend workshops and Sunday through Thursday night for 5-day workshops. Schedules for 7-day workshops vary; please inquire at registration.

Check-in/Check-out: Guests are welcome to arrive at Esalen any time after 2 PM; rooms become available after 4 PM. Check-out time is 12 NOON on departure days. Lunch is provided on departure days; we ask that you leave the property by 2 PM.

Workshops: Workshop schedules normally begin at 8:30 PM on the first evening and end at 11:30 AM on the final day.

Family Accommodations and Children’s Fees

Fees for children under 14 enrolled in family workshops are $100 for weekend workshops and $200 for 5-day workshops. Children not attending workshops may be housed with two full-paying adults in premium or standard accommodations for a meal charge of $20 a day per child ($10 for children under 6).

Single-parent accommodations are limited but will be supported to the best of Esalen’s ability. Lower cost shared bunk rooms and sleeping bag accommodations may be an option for families on limited budgets. Contact Esalen Reservations for details.

Note: If children are enrolled in Gazebo Park School, additional fees apply.

Gazebo Park School is an on-site, state-licensed, outdoor preschool program for children from infants to first grade. This program is available during the week to children of seminarians, workshop leaders, personal retreatants, as well as Big Sur families. The school offers children the opportunity for full immersion with the natural world through its rich, child-centered park environment and ecology-based curriculum. Gazebo Park School’s low teacher to child ratio allows for individual attention. Activities include caring for the school’s animals, gardening, harvesting fruits and vegetables, cooking, expressive arts, literacy activities, dramatic play, and excursions to explore Esalen’s unique campus.

Children may be enrolled for half days or full days during their Esalen stay. Older children may be eligible for Gazebo Park School. Please contact Gazebo for more information. School hours are Monday-Friday, 9:00 AM–4:30 PM. Qualified childcare providers may be available for parents taking workshops outside of Gazebo Park School hours. For more information and to enroll, please call 831-667-3026. Please give at least one month advance notice for enrollment.

<table>
<thead>
<tr>
<th>Personal Retreat Fees Including Accommodations</th>
</tr>
</thead>
<tbody>
<tr>
<td>FRIDAY AND SATURDAY NIGHT</td>
</tr>
<tr>
<td><strong>Point House Single (Private)</strong></td>
</tr>
<tr>
<td><strong>Point House Double (Private)</strong></td>
</tr>
<tr>
<td><strong>South Point Annex</strong> (When booking South Point House, you can add this bedroom annex for up to 2 people)</td>
</tr>
<tr>
<td><strong>Premium Single (Private)</strong></td>
</tr>
<tr>
<td><strong>Premium Double</strong> (Private)</td>
</tr>
<tr>
<td><strong>Standard</strong> (Shared: 2–3 person room)</td>
</tr>
<tr>
<td><strong>Bunk Bed</strong> (Shared: 4 or more persons per room)</td>
</tr>
</tbody>
</table>

Note: Shared accommodation is by gender.
INFORMATION for your visit

Location and Transportation

Esalen is located 45 miles south of Monterey and 11 miles south of Nepenthe restaurant on Coast Route 1. This isolation and tranquility can deepen your experience, yet it can also be a significant change in environment.

Driving Highway 1 is a beautiful, winding drive along the coast. Give yourself ample time to get here so you can absorb the beauty of Big Sur.

Ridesharing: We encourage ridesharing to reduce the number of cars on the road and at Esalen. See the reservation form online at www.esalen.org for ridesharing options, or tell your reservationist you are interested.

Van Service: A van service is available between Monterey Airport/Monterey Transit Plaza/ Monterey Airbus Station and Esalen on Fridays and Sundays. The incoming service departs Monterey Airport at approximately 4 PM, arrives at Monterey Transit Plaza at 4:15 PM, and Monterey Airbus Station at 4:20 PM. Return service departs Esalen at approximately 5:30 PM. The drive is approximately 1 1/4 hours to Monterey Airport, so please plan plane flights accordingly. Van service reservations must be made with Esalen at least 24 hours prior to arrival. The $65 one-way fee (subject to change) is payable to Esalen upon arrival.

Public Bathing in the Hot Springs

In addition to round-the-clock availability for Esalen guests, the hot springs are open to the general public, by reservation only, 1 AM–3 AM, for a cost of $25 per person, nontransferable and nonrefundable, payable by credit card only upon reservation. Reservations can be made 8 AM–8 PM (except Friday and Sunday: lines close at noon), at 831-667-3047.

Private Conferences

As part of its dedication to the humanities and sciences, Esalen offers its facilities to organizations and individuals for mission-aligned private conferences, meetings, courses, and trainings. Esalen can accommodate groups up to 124 people.

Conferences can be two, five, or seven days and include meals, movement classes, and use of the hot springs and Art Center when available. Most conferences are scheduled at least one year in advance. For more information and to schedule, contact the conference coordinator at 831-620-6244.

Phone and Internet: There is no cell phone service at Esalen. There are two shared Internet stations available and the Lodge has free WiFi access, except during meal times. Due to Esalen’s remote location, all connectivity (phones and Internet) is provided on a best-effort basis; we can’t guarantee service.

Age Restrictions: Workshop participants must be 18 years or older unless otherwise noted. See page 111 for family options at Esalen.

Snoring: If you are staying in shared accommodations and you snore, please be prepared to do everything possible to minimize the discomfort this may cause a roommate. Consider taking a private room. If you do not snore, please come prepared with earplugs for the possibility of sharing a room with a snorer.

Flashlights: Esalen paths are very dimly lit at night. Please bring a flashlight.

Health Services: Esalen has no medical services or pharmaceutical supplies on site. 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 very steep. Access to some parts of the property may be difficult depending on your level of mobility. Please discuss your needs with an Esalen representative at the time of registration (at least 72 hours prior to arrival) and we may be able to assist.

Personal Guests: Seminarians may not have guests on property.

Nudity: In the hot springs, massage area, and pool, swimsuits are optional and nudity is 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.

Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

Lost and Found: To inquire about items lost during your stay, call 831-667-3019.

Pets: Other than service animals, pets are not allowed.

Smoking: Smoking is permitted in designated outdoor areas only. Not permitted in accommodations or meeting areas.

Valuables: The Esalen office has no facilities to store guest valuables.

Volunteering: Guests are welcome to contribute time during their stay to work with Esalen staff, usually in the kitchen or in cabins. This help enables us to meet the pressures of peak working times and provides an opportunity for guests to experience Esalen from the inside.

Recommended Reading and Mail Order Merchandise: All recommended reading is available online through www.esalen.org. All other bookstore merchandise is available via mail order. For more information, see www.esalen.org/bookstore.

INFORMATION for your visit
A Center for Personal and Social Transformation

The Esalen Vision
Esalen is a major catalyst in the transformation of humankind, working with individuals and institutions to integrate body, mind, heart, spirit, and community in a nurturing relationship with the environment.

The Esalen Mission
Esalen is a leading center 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 residents, interns, and workshop participants.

Esalen Values
Human possibilities vastly exceed our imagination.

Realization of the human potential transcends religious and scientific dogma.

Mental, physical, emotional, spiritual, and social dimensions of our being are inextricably joined.

Transformation of consciousness is the basis for transformation of the world, individually, collectively, and in social systems.

All share the potential to love, learn, feel, and create.

Esalen explores these possibilities and celebrates unity in diversity.

Esalen Practices

Growth. We share the right to realize our potential to love, to learn, to feel deeply, and to create, living fully in all aspects of our being — mind, body, heart, soul, and community. We take risks to reveal and discover ourselves. We provide learning opportunities and support personal and social transformation.

Service. We value relationships and community, doing service by offering our experience and support to the growth of others.

Responsibility. We know and take full responsibility for who we are including our choices, attitudes, and actions. We acknowledge our part in each situation and recognize that our actions affect others.

Integrity. We strive for congruency among our values, beliefs, words, and actions and to cultivate authentic self-expression.

Stewardship. We take care of Esalen and the land. We take responsibility for the way we use all that is available to us. We understand and interact with the natural world with consideration for those here and now and those who will follow.

Presence. We are willing to return to body and sensation, seeking to be here now and fully experience what is in the moment.

Community. We recognize the interdependence of all things, appreciating diversity of persons, thoughts, actions, and beliefs. We are aware that our actions and attitudes affect the whole.

Gratitude. We recognize and honor the gifts of each moment.