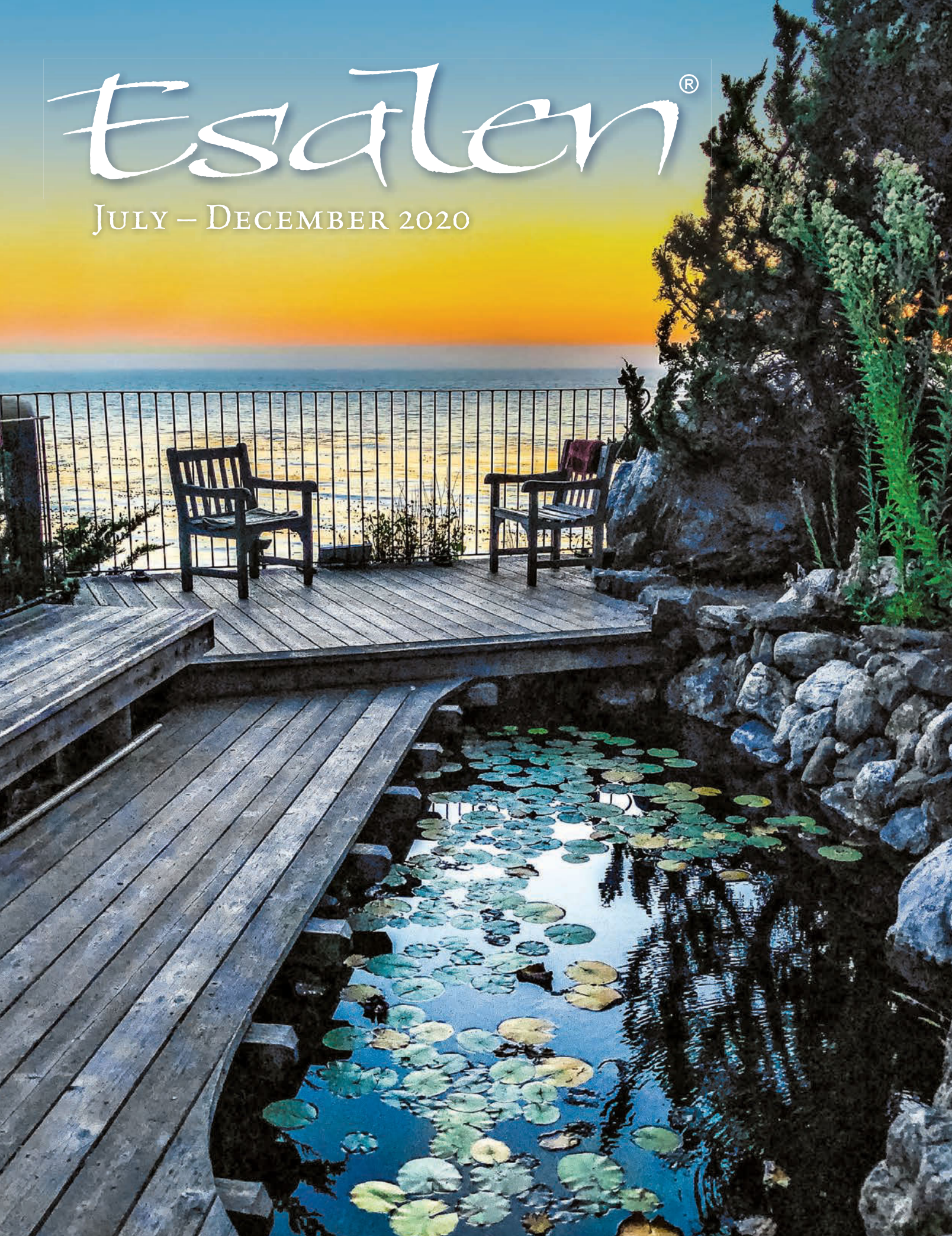


Esalen®

JULY – DECEMBER 2020



New Journeys

As Esalen Institute enters a new decade, we do so with a renewed sense of purpose in our potential. It was just three years ago when landslides isolated our Big Sur campus, effectively cutting us off from the rest of the world. During those nearly six months of physical isolation we learned anew the power of connection as well as our own intrinsic abilities — or potential — to surpass what we believe is possible.

Today we embark on a new journey for both Esalen and our global community. In a world where we have so much connectivity, many also feel more disconnected. Over and over again, we hear how can we create stronger connections to ourselves, to others and to nature.

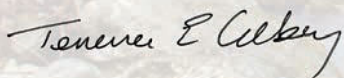
At Esalen we have voiced a strategic imperative to maximize our mission impact. We look to meet that imperative in the coming years through the following six priorities:

- Create a thriving global community that supports Esalen and human potential
- Drive higher sustainability and reduce negative environmental impact on the Big Sur campus
- Design a guest experience that supports personal transformation
- Foster greater diversity, equity and inclusion in the Esalen community
- Support Esalen staff in exploring and fulfilling their own potential
- Maintain Esalen's long-term financial viability

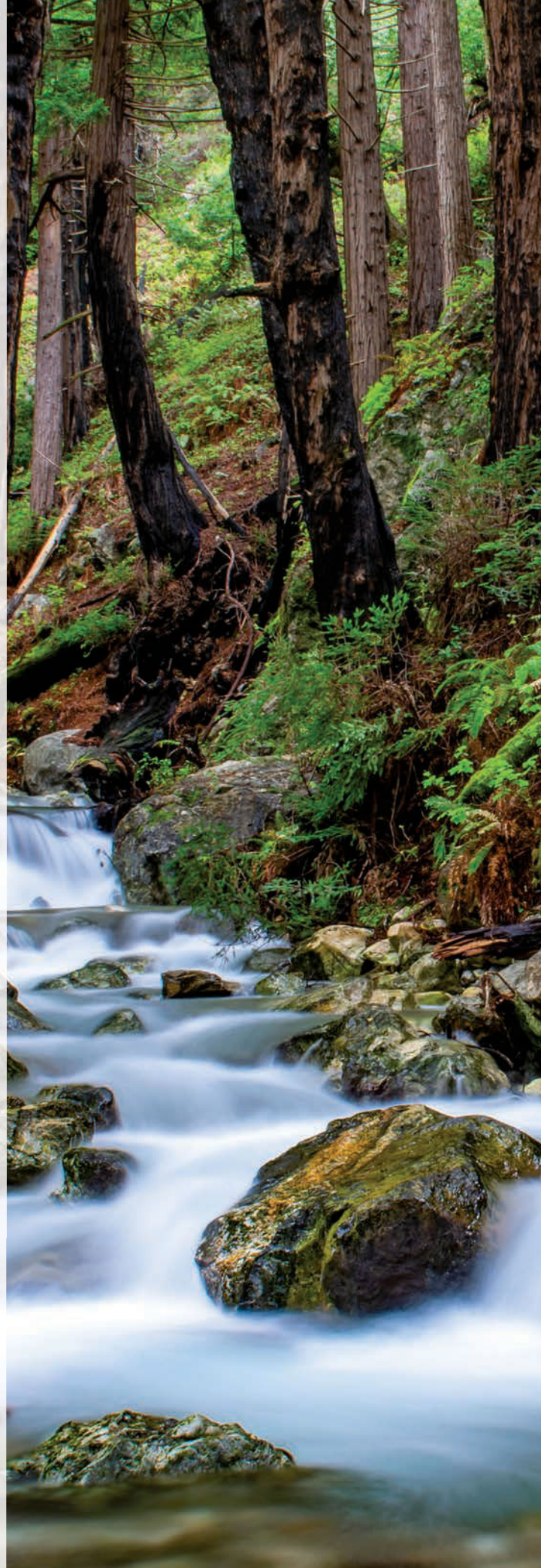
Areas for potential exploration of these priorities include extending the Esalen experience after the workshop, finding new ways for Esalen workshop participants to connect with each other outside of Big Sur and expanding learning opportunities through our residential education experience.

As the birthplace of the human potential movement, Esalen is in a unique position to serve both as a gathering place and a mindset of what is possible when we tap into our humanity. We invite you to join us on this new journey.

With gratitude,



Terence Gilbey
General Manager and CEO





Welcome to Esalen

Our History

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

Our Vision

Esalen is a major catalyst in the transformation of humankind, working with individuals and institutions to integrate heart, mind, body, spirit and community in a nurturing relationship with the environment.

Our Mission

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





OUR OFFERINGS

WORKSHOPS/CONFERENCES/ RESIDENTIAL STUDY

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

Additional information can be provided if needed. Esalen provides continuing education (CE) credit for MFTs, LCSWs, nurses, bodyworkers, acupuncturists and more. See page 100 for details.

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

A TIME TO REFLECT

This is a special opportunity to spend time at Esalen without enrolling in a specific workshop. A Time to Reflect is offered regularly throughout the year. Nourish your body, mind, heart and soul by enjoying yoga and movement classes,

massage, time in the Meditation Hut, evening programs and the hot springs. Visit the website for updates and pricing.

HEALING ARTS

Esalen has long been known for its unique massage and bodywork modalities, developed by innovative practitioners at the hot springs overlooking the Pacific Ocean, and offered to guests during their stay. Esalen Massage® incorporates long, flowing strokes over the whole body, and helps release the stresses of everyday life, leaving the receiver feeling integrated and deeply relaxed. Reservations must be made and paid for in advance. Please visit <https://www.esalen.org/page/welcome-esalen-healing-arts> to book your massage and for more information.

HOT SPRINGS

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

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

ADDITIONAL CLASSES

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

FARM & GARDEN

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





ACCOMMODATIONS

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

CHILDREN AND FAMILIES

Esalen offers some family-oriented workshops. Guests attending non-family themed workshops who have small children are required to have childcare.

GIVING BACK

Help support personal and social transformation by becoming a Friends of Esalen member. Benefits include ability to reserve a Friends of Esalen retreat, when space allows, and subscription to the Esalen Catalog. Join a worldwide network of friends supporting Esalen's nonprofit mission. Learn more at www.esalen.org/give.



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Contact

Stay connected with Esalen:

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- [instagram.com/Esalen](https://www.instagram.com/Esalen)
- twitter.com/EsalenInstitute

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ONLY AT *Esalen*

Inside the Farm & Garden

On a stunning coastal terrace that has been mindfully cultivated for more than 40 years, the Esalen Farm & Garden is nothing short of abundant. Flowers bloom. Vegetables are harvested. Honey bees and hummingbirds partake in an intricate cosmic ballet. In an effort to continue building upon Esalen's lineage of transformational growth and establish a work environment that is just as healthy as the food it grows, the Farm & Garden staff participate in a unique process known as Relational Agriculture. "This allows us as a group to keep learning how we can better connect to ourselves, the community and this great land on which we walk," says Farm Supervisor Chris Omer.

Three times a week, just after breakfast, the crew meets and after several minutes of sitting in silence, they acknowledge the land and the people who cultivated it in the past. After a group check-in, the staff tends to the land with presence and intention. This creates a Gestalt, where the whole becomes greater than the sum of its parts. To that end, the ripple effects of Relational Agriculture ultimately influence how crops are grown and what visitors experience as they walk through the Farm & Garden, sit in contemplation and reflection or volunteer with the crew for a more immersive experience with the land, the soil, the plants and the intrepid souls who cultivate this fertile arena. "We ask ourselves important questions," Chris says. "What impact are we having? How do we listen to the land and each other in order to ensure our systems support all life?"

Opportunities abound for those kinds of transformational experiences, and seminarians can volunteer in the Farm & Garden every Monday and Friday from 7:15 a.m. to 8:30 a.m. The hands-on experience includes participation in the staff's group check-in, assisting in the collective effort to feed the community and interacting with the beauty and richness of the land. It also offers an opportunity for seminarians to enjoy the fruits of their labors—what they help harvest can be placed on their plates in the Lodge.

"It's a beautiful exchange," Chris observes. "We hope that people experience the wealth of what the land provides and hope to offer a platform to share knowledge, rituals and opportunities to hold space for others to connect to the plants. In this way, we can all be nourished by the healing art of the land."



Photo by Esalen seminarian Christie Del Vesco

Visiting Esalen

We've put together some helpful tips to help you plan for your visit. Esalen is located in a remote, yet tranquil, location south of Big Sur, California. Please allow yourself enough time for travel and be aware of changing road conditions. We encourage ridesharing when possible. Please ask our Guest Services team for rideshare or shuttle service options.

WHAT TO BRING

- Our coastal weather can be unpredictable. We recommend bringing comfortable, layered clothing and sturdy shoes.
- Please bring any medication you may need during your visit. Esalen has no medical services or pharmaceutical supplies on property.
- Rooms include towels and soap. Please bring any additional toiletries (including shampoo), hair dryer and other necessities.
- A flashlight is ideal to help explore Esalen's campus at night.
- Water bottle and sunscreen can help you stay hydrated and protected during the day.
- If you are sharing a room, please consider bringing earplugs just in case.

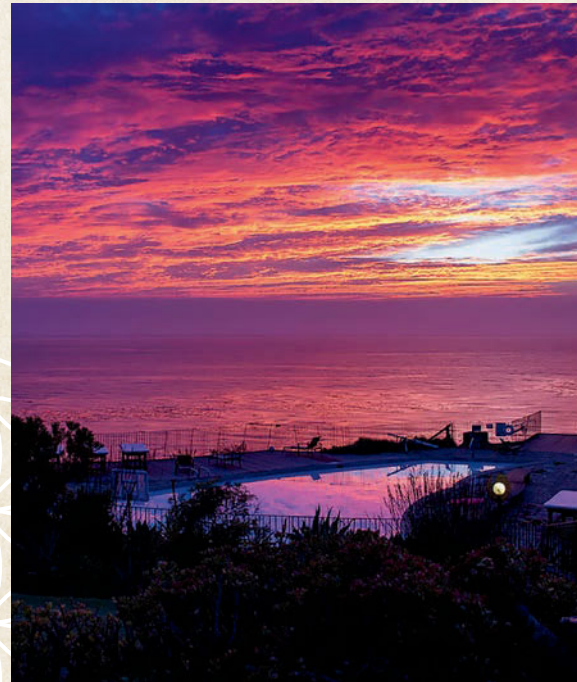
WHAT TO EXPECT

- There is no cell service at Esalen, so please plan accordingly. There is limited WiFi access in the Lodge except during meal times. We offer two shared internet stations for public use.
- Esalen's terrain is rugged. Access to some parts of campus may be difficult depending on your level of mobility.
- Esalen is located 45 miles south of Monterey and any medical facility or pharmacy. We provide no medical services except for emergencies, so please come prepared to administer to your specific health needs.

- Esalen's hot springs, pool and massage area are clothing optional. The environment we strive for at Esalen is one of personal sanctuary and respect for the human body.
- Please be responsible for your own belongings. Guest Services does not have facilities to store guest valuables.

GUEST POLICIES

- Smoking and vaping are not permitted in guest rooms, meeting rooms or the Lodge.
- In accordance with state and federal laws, the possession or use of illegal drugs at Esalen is strictly prohibited.
- If you plan to bring a service animal to Esalen, please contact Guest Services prior to your arrival to register your animal. Other than service animals, pets are not allowed at Esalen. Service animals are defined as dogs that are individually trained to do work or perform tasks for people with disabilities (Americans with Disabilities Act).
- Workshop participants must be 18 years or older unless otherwise noted (such as family workshops).
- Workshop participants may not have guests at Esalen.



Feel Home at Esalen

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

ADDITIONAL OFFERINGS INCLUDE:

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

CHOOSE YOUR ROOM

We offer a wide array of accommodations to meet different needs, including shared sleeping bag areas and bunk beds. If you choose a sleeping bag option, you will have access to your sleeping area from 11 p.m. to 8:45 a.m. Standard rooms are shared housing with two to three people per room. Couples are housed privately. Premium plus rooms with king-sized beds and Point Houses offer greater privacy, upgraded amenities, and ocean or garden views. Point Houses offer a kitchenette and private redwood deck. Please visit www.esalen.org for current pricing.



RESERVE YOUR SPACE NOW

ONLINE: www.esalen.org

PHONE: 888-8-ESALEN (888-837-2536)

+1 703-342-0500 (intl. callers)

ARRIVAL AND DEPARTURE

Guests are welcome to arrive at Esalen anytime after 2 p.m. on the day your stay begins. Rooms become available after 4 p.m. and you may pick up your key at the Esalen Gate or at Guest Services located in the Lodge.

We host a guest orientation on Friday and Sunday evenings.

Workshop schedules normally begin at 8:30 p.m. on the day of arrival.

On the day of your departure, please check out of your room before attending the closing workshop session or before 10 a.m. Enjoy lunch with us and please depart by 2 p.m.

Accommodations include a Friday and Saturday night stay for weekend workshops and Sunday through Thursday night stay for five-day workshops. Schedules for seven-day workshops vary; please ask at registration.

PAYMENT AND CANCELLATION

To reserve your space in a workshop, we require a minimum deposit of 30% of the total reservation balance. The full payment of your total balance is due 10 days before your arrival date and is automatically charged to your credit card. All fees are payable in U.S. currency only. You will receive an email confirming the final payment. If we encounter issues processing your credit card, we will email you a link to make your final payment. If the final payment is not made within seven days of your arrival date, your reservation will be canceled and your entire deposit will be forfeited.

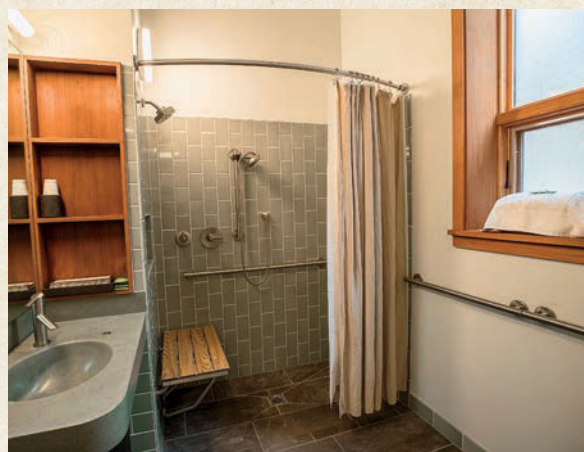
All cancellations must be made directly with a Guest Services staff member. Please call 888-837-2536 to make a cancellation. A cancellation fee applies to all workshop reservations.

If you change or cancel your reservation more than 14 days before your arrival date, you will be charged a processing fee of half the deposit. Any remaining amount will be refunded. If you change or cancel your reservation more than seven but less than 14 days before your arrival date, you will forfeit your entire deposit (30% of your reservation). Changes or cancellations made less than seven days before your arrival date will result in forfeiting the entire cost of the reservation (deposit and final payment).

Esalen reserves the right to cancel any program at any time. If your workshop is canceled, we will notify you of the following options: you may receive a full refund; subject to availability, you may transfer into another workshop taking place at the same time period as the canceled workshop; you may come to Esalen and stay for the duration of the canceled workshop.

FEES FOR CHILDREN

Please inquire at registration for fees for children 10 and under, and for children ages 11-15, who are enrolled in weekend and five-day family workshops. Children not attending workshops may be housed with two full-paying adults in premium or standard rooms. Single-parent accommodations are limited. All children must be accompanied by a parent or guardian at all times and at all programs except for family workshops. Workshop participants must be at least 18 years old.



Guide to Workshops

Heart

CREATIVE EXPRESSION/THEATER

Nov 29-Dec 4 • The MAX: Expanding the Limits of Your Self-Expression

LIFE PURPOSE/VISIONING

Jul 24-26 • Changes and Transitions: Finding Clarity and Well-being in Times of Change

Sept 13-18 • Your Well of Being: Optimize your Emotional, Relational and Spiritual Health

Oct 30-Nov 1 • The Making of a Modern Elder

Nov 1-29 • The Art of Skillful Living: Truth, Love, and Freedom

Nov 6-8 • Designing a Joyful Life

Nov 20-22 • The Inspired Life: Cultivating Peace, Meaning and Joy in Everyday Life

MUSIC/RHYTHM

Jul 3-5 • Esalen Midsummer Festival Time to Reflect

Aug 2-7 • Music and Nature Family Workshop

Aug 23-28 • Courting the Muse | Many Voices, One Song

Aug 23-28 • Courting the Muse | Songwriting from the Heart

Sept 27-Oct 2 • Stillness and Spirit: Playing in the Fields of Awareness, Sound, and Movement

Oct 9-11 • Singing on the Edge: A Community Singing Festival

Oct 25-30 • Songwriting from the Heart — Progressing on the Journey

RELATIONSHIP/COMMUNICATION

Jul 5-10 • Hold Me Tight Workshop for Couples

Aug 21-23 • The Extraordinary Couples Workshop

Oct 16-18 • Getting the Love You Want: A Workshop for Couples

Oct 23-25 • The Embodied Path to Intimacy

Dec 4-6 • The Art of Mindful Communication: Living Your Values

SEXUALITY

Jul 10-12 • Come As You Are: The Surprising New Science that Will Transform Your Sex Life

Aug 28-Sept 4 • Healing the Pelvic Floor: Reclaiming Your Power, Sexuality and Pleasure Potential

Oct 11-16 • Tantra: The Art of Conscious Loving

Nov 13-15 • Character Strategies: A Transformational System for Attaining Deep Intimacy and Erotic Fulfillment

Dec 11-13 • Couples' Heart Tantra

VISUAL ARTS

Jul 5-10 • Art Making Is Transforming

Jul 19-24 • Awakening the Creative: The Painting Experience

Oct 4-9 • Soulful Photography: The Art of Creating Effective Images

Nov 8-13 • Creative Catalyst

Dec 20-27 • Awakening the Creative: The Painting Experience

WRITING

Aug 28-30 • Wise at Heart: Writing as a Path to Insight

Nov 29-Dec 4 • Engaging the Feminine Heroic: A Mythic Journey of Creative Discovery for Women

Dec 4-6 • The Writing Life

Mind

MEDITATION/MINDFULNESS

Jul 12-17 • Mindful Self-Compassion Intensive Training

Aug 9-14 • The Art and Science of Mindfulness, Compassion and Awe

Aug 28-30 • Mindfulness-Based Stress Reduction Tools

Oct 16-18 • Mindfulness, Meditation, and Modern Life: Staying Present and Focused in a Distracted World

Oct 23-25 • Awake in the Wild: Meditation in Nature

Nov 22-27 • The Radiant Path to Wholeness: A New Kind of Meditation Retreat

Nov 22-27 • The Gift of Gratitude: Practices of Self-Compassion and Human Connection

Dec 4-6 • The Art of Mindful Communication: Living Your Values

Dec 6-11 • Mindful Self-Compassion Intensive Training

Dec 27-Jan 3 • Awake in the New Year: Setting Conscious Intentions for Our Lives in 2021

Dec 27-Jan 3 • New Year Meditation Retreat: Self-Love and Kindness that Benefits All

NEUROPSYCHOLOGY/NEUROSCIENCE

Jul 17-19 • Live Blue: The Seven Ages of Water

Aug 30-Sept 4 • The Buddha, the Brain, and Bach

Sept 6-11 • Positive Neuroplasticity: How to Grow Resilient Self-Worth and Happiness

Sept 20-25 • Mind, Mood, Food

Dec 18-20 • The Resilience Mindset: Bouncing Back from Disappointment, Difficulty, and Even Disaster

PERSONAL REFLECTION

Dec 20-27 • The Gift of Presence: A Week of Stillness, Gratitude and Inner Listening

PSYCHOLOGY/TRANSPERSONAL PSYCHOLOGY

Jul 5-10 • Abandonment to Healing: Overcoming Your Self-Defeating Patterns

Jul 17-19 • Burnout: Stress Management for Feminists

Jul 31-Aug 2 • Shadow Work: Essential Psychological Tools for Becoming Healthy and Whole

Aug 7-9 • Igniting the Power of Your Empathy and Intuition

Sept 27-Oct 2 • The Transformational Enneagram: Mindfulness, Insight and Experience

Oct 11-16 • Acceptance and Commitment Therapy: Cultivating Psychological Wellness

Nov 15-20 • Relational Gestalt Practice: The Transformative Power of Emotion

Dec 11-13 • Finding Meaning: The Sixth Stage of Grief

Dec 13-18 • Gestalt Experience Workshop: Finding Our Body/Selves in the Present Moment

Dec 13-18 • Thriving in Uncertainty: A Workshop in Sensory Awareness

Body

DANCE

Jul 26-31 • Mother Tongue: 5Rhythms® and Insight Meditation

Aug 7-9 • In Good Standing: Open Floor Dance

Aug 16-21 • Empowering Creativity Through Movement & Metaphor

Oct 11-16 • 5Rhythms® Moon Lodge: Honoring the Sacred Feminine

Nov 15-20 • Dancing with the Dharma: 5Rhythms® and Insight Meditation

Dec 20-27 • Soul Motion®: Tenderness at the Heart of the Dance

HEALING ARTS/SOMATIC PRACTICES

Jul 12-17 • Upledger Institute International's SomatoEmotional Release 1

Aug 2-7 • IAHE: Upledger Institute International's Advanced CranioSacral Therapy 1

Aug 16-23 • EMDR Basic Training: Parts 1 and 2 — Transforming Trauma with EMDR

Sept 25-27 • BodyWise: Discovering Your Body Intelligence for Lifelong Health and Healing

Sept 25-27 • The Embodied Life™: Meditation, Guided Inquiry and the Teachings of Moshe Feldenkrais

Oct 4-9 • The Barral Institute's Visceral Manipulation 1: Abdomen 1 (VM1)

Oct 4-Nov 1 • Upledger Institute International's CranioSacral Therapy Level One Intensive: Presence, Palpation and Protocol

Oct 11-16 • Zero Balancing Part 1

Oct 25-30 • Upledger Institute International's CranioSacral Therapy 2

Oct 25-30 • Advanced CFR®: Healing Through Resolved Childhood Trauma

Nov 29-Dec 4 • Creative Tai Ji Experience: Change-Transformation-Metamorphosis

Dec 4-6 • Body Conscious Design: Make Body-Friendly Changes to Your Own Home and Workplace

Dec 4-6 • The Essential Qi-Gong Exercises of China

Dec 13-18 • Thriving in Uncertainty: A Workshop in Sensory Awareness

MASSAGE

Jul 24-26 • Weekend of Advanced Esalen® Massage

Aug 9-Sept 6 • Deep Bodywork®

Sept 13-18 • Enhancing Your Skills in Esalen Massage® and Bodywork

Sept 18-20 • An Introduction to Esalen Massage®

Nov 6-22 • 100-Hour Esalen Massage®

Certification Program

Nov 8-13 • Healing Art of Deep Bodywork®: Advanced Techniques for Acute and Chronic Back Pain

Nov 27-29 • Esalen Massage® for Couples, Partners & Friends

Nov 29-Dec 4 • Deep Bodywork®, Esalen Massage®, and Subtle Energy: Understanding and Directing Subtle Energy in the Body

Dec 6-18 • Esalen Massage® Teacher Training Module One

Dec 13-18 • Esalen Massage®: The Art of Continuous Presence

YOGA

Jul 5-10 • Intermediate Yoga Practice Intensive: Affirm Your Freedom!

Jul 10-12 • The United States of Flow: A Vinyasa Immersion for Dedicated Practitioners

Aug 14-16 • Power Vinyasa Yoga

Aug 30-Sep 4 • Radiant Body: Living from the Heart

Sep 11-13 • NAMASWEAT: Strength, Connection and Self-Compassion

Sep 25-Oct 4 • Path of Devotion: A Yoga Teacher Training

Oct 4-9 • Yoga Practices for Transformation

Nov 6-8 • Gratitude Retreat

Nov 13-15 • Yoga, Meditation and Addiction Recovery Retreat: A Celebration of Healing

Nov 20-22 • Tickets to Paradise: A Yoga-Based Therapeutic Approach to Self-Care and Healing

Nov 22-27 • Heart Refuge and Revival: Meditation, Movement and Flow

Nov 27-29 • Tending the Heart Fire: Regenerating the Body of Love Thanksgiving Yoga Journey

Dec 6-11 • Illuminating Our Natural Rhythms: Yoga, Ayurveda and Self Care for Winter

Dec 13-18 • Jivamukti Yoga: Nada and the Healing Sound of Yoga

Dec 18-20 • Aligning with Nature: A Winter Solstice Yoga Retreat

Dec 20-27 • Centering Mind, Body and Breath with Yoga and Meditation

Dec 27-Jan 3 • Shadow Yoga: Cultivating a Personal Practice

Spirit

CONTEMPLATIVE/SPIRITUAL STUDIES

Jul 19-24 • R.D. Laing in the Twenty-First Century: What is Spiritual?

Jul 31-Aug 2 • I Am the Word: The Energetics of Consciousness

Aug 2-7 • I Am the Word: The Energetics of Consciousness

Oct 2-4 • Awakening Shakti: Meditation, Kundalini and the Opening of the Heart

Nov 8-13 • The Tibetan Yogas of Dream and Sleep

Nov 20-22 • Walking Each Other Home: Conversations on Loving and Dying

ECOLOGY/SUSTAINABLE PRACTICES

Jul 12-Aug 9 • Herbal Medicine Immersion for Health and Wellness

MYTH/RITUAL/SHAMANISM

Jul 19-26 • Mystical Realism in Film: Openings to the Numinous Through Mindful Viewing of Films

Aug 21-23 • Earth Altars for Life Transitions: The Healing Power of Nature, Art and Ritual

Nov 13-15 • The Archetypal Journey: Awakening the Creative Forces Within

WILDERNESS/HIKING

Jul 5-10 • Simply Wild: Experiencing Nature

Sep 13-18 • The Nature of Movement: Embodiment and the Wilds

Oct 4-9 • Reunion with the Wild Earth: Relational Hiking in Big Sur

Oct 16-18 • Offerings of the Big Sur Wild — Hiking Inner and Outer Wilderness

Community

CONVERSATIONS ON THE EDGE

Aug 28-30 • A Wildfire Story on a Changing Planet

Sep 18-20 • Who's Giving Up? Changemakers on the Front Lines

Oct 2-4 • Awe and Wonder — Exploring the Intersection of Art, Science and Technology

Dec 18-20 • Build It Better — Centering Racial Equity in Institutions

GENDER

Jul 10-12 • Ultimate Courage: Self-Compassion Workshop for Men

Jul 24-26 • Women's Spirit: We Rise Together!

Aug 16-21 • Relational Mindfulness, Power and the Deep Feminine: An Experiential Training

Sep 18-20 • Men and Masks: Returning to the Authentic Self

Oct 11-16 • Gender Journeys: Exploring Identity in Community

Oct 23-25 • Well Woman: A Restorative Retreat for Women Touched by Breast Cancer

LEADERSHIP

Jul 12-17 • The Radically Alive Leader: A Radical Aliveness Workshop

Jul 17-19 • A Call for LGBT Heroes

Jul 19-24 • Leading at the Edge: How to Reach Extraordinary Performance

Sep 6-Oct 4 • Leadership and Presence

Sep 11-13 • Rising Strong™ Workshop

Oct 16-18 • Women's Visionary Leadership Summit

Nov 1-6 • A Gathering of the Tribe: Diving Deeper into a New Story

Nov 6-8 • Humanize, Don't Politicize: Conversing Across the Divide

Nov 15-20 • Leading with Relational Mindfulness: Regenerating Ourselves and the World

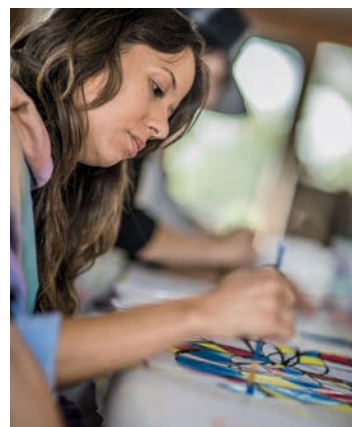
SOCIAL/POLITICAL CHANGE

Jul 17-19 • Psychological Crises and Spiritual Awakening

Sep 6-11 • A Changemaker's Practice: Finding the Essential Tools of Inner Well-Being

Sep 18-20 • Men and Masks: Returning to the Authentic Self

Nov 27-29 • Social Entrepreneurship: From Spiritual Values to Effective Action





ESALEN WORKSHOPS

Register |

ONLINE: www.esalen.org

BY PHONE: 888-8-ESALEN (888-837-2536)

WEEKEND OF JULY 3-5

ESALEN MIDSUMMER FESTIVAL TIME TO REFLECT

Join us for a fun holiday weekend full of friends, families, music and delicious food. This time will be relaxed and unstructured, and offer ample opportunities to meet others, participate in daily movement classes, take long walks, visit the Esalen Farm & Garden or simply relax in the Esalen baths. On Saturday afternoon, Esalen will host a celebratory concert and outdoor dance jam open to the general public.

WEEK OF JULY 5-10

HOLD ME TIGHT WORKSHOP FOR COUPLES

Sam Jinich and Michelle Gannon

The Hold Me Tight® Workshop for Couples is based on practices drawn from Emotionally Focused Therapy (EFT), Attachment Theory and Sue Johnson's best-selling book, *Hold Me Tight*. The work will be designed around seven conversations that have been shown to

be essential to successful relationships. Relationships can be a cause of stress and pain or a source of comfort and joy. Couples will learn how to understand and improve their relationships via presentations, private exercises, conversations with relationship partners and multimedia demonstrations. By utilizing exercises drawn from EFT, Sam and Michelle help couples learn how to deal with their feelings together, reach towards each other, be responsive in more loving and positive ways and move from isolation and frustration to security, emotional safety and lasting relationship satisfaction. This workshop welcomes couples of all orientations.

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

For continuing education syllabus, see <https://www.esalen.org/hold-me-tight>.

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

☆ CE credit for nurses; see faculty.

☆ CE credit for psychologists; see faculty.

Sam Jinich, PhD, is a San Francisco-based clinical psychologist, relationship expert and Hold Me Tight® Workshop leader. He is a certified trainer, supervisor and therapist in Emotionally Focused Therapy (EFT). Sam teaches internationally. www.HoldMeTightWorkshop.com

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

INTERMEDIATE YOGA PRACTICE INTENSIVE: AFFIRM YOUR FREEDOM!

Noah Mazé

Join Noah Mazé for a week of yogic practices, community, nature, contemplation and celebration of our freedom over this July 4th week. Each morning session begins with a philosophical theme (or mythic story) and meditation to awaken your imagination and contemplation, followed by a strong and focused postural yoga workshop to open and strengthen your body in every direction. Each afternoon session will nourish you with restorative yoga, forward folds, inversions, pranayama, mantra, storytelling, meditation, journaling and satsang. This week of strong work, deep play and transformative practice in community will deeply nourish and recharge you. Expand your capacity and reconnect to what lies at the foundation of your relationship to yoga. Each session will include progressive alignment and vinyasa yoga, contemplative practice, applied anatomy, strong work in fundamental and intermediate poses and lots of fun!

We invite those with a regular yoga practice, including adho mukha vrkshasana (handstand) and urdhva dhanurasana (full bow pose/wheel pose), to participate. Please bring a yoga mat and a journal to each session.

■ Recommended reading: van Buitenen, *The Bhagavadgita in the Mahabharata*.

☆ 30 hours CE credit for Registered Yoga Teachers (RYT) available through Yoga Alliance; see faculty.

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

SIMPLY WILD: EXPERIENCING NATURE

Steven Harper

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

The week is simple. We stroll through the wilds of Big Sur on hikes, soak in the natural mineral hot springs, eat good wholesome food, and commune with ourselves, others and nature. With the bare attention of awareness and wilderness as our teacher, we show up for our life as it unfolds moment to moment. We make inquiry into



the process of getting out of our own way — doing less and being more. Cultivating silence, space and simplicity, we come into intimate contact with the raw beauty of this mysterious world.

During this workshop, the group will venture out each day on hikes, four to eight miles in length, and explore 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”) will be shared, 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.

(A \$60 permit and park entrance fee will be added to the workshop cost.)

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



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. During this workshop, 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, these tools will propel your growth, help restore your sense of self and increase your capacity for love. This workshop also offers experiential training for health and healing professionals.

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

☆ CE credit for LCSWs, LEPs, LPCCs and MFTS. For continuing education syllabus, see www.esalen.org/abandonment-to-healing.

Susan Anderson is a psychotherapist with 30 years of research and clinical experience working with the victims of abandonment trauma and loss. Founder of "Abandonment Recovery," her books include *Journey from Abandonment to Healing*, *Taming Your Outer Child*, *Black Swan: 12 Lessons of Abandonment Recovery* and *Abandonment Recovery Workbook*. www.abandonment.net

ART MAKING IS TRANSFORMING

Rebecca Anders

There is always art to be made! Whether creative work is intended as presentation, meditation or production, art is continually relevant in human life. In this workshop we'll consider how art making can be transformative to the individual as we work to transform our chosen materials. Working mainly with reclaimed materials and sheet metal, Rebecca will support creativity by helping the group change everyday objects into artistic pieces. Unique materials such as bicycle tires and wire mesh (window-screen style) will be provided and you are encouraged to bring objects of interest that could be incorporated into your creations. Be prepared to get your hands dirty, surprise each other with new ideas and produce creative work as we tune our skills and abilities.

(A \$40 materials fee will be added to the workshop cost.)

Rebecca Anders is a thing-maker based in Oakland, Calif. Her works are metal and mixed media sculpture, ranging from hand-held to 40 feet tall. She has contributed large-scale sculpture to Burning Man since 1999, and has created and shown monumental interactive installations in the U.S. and internationally.



WEEKEND OF JULY 10-12

COME AS YOU ARE: THE SURPRISING NEW SCIENCE THAT WILL TRANSFORM YOUR SEX LIFE

Emily Nagoski

During this workshop, which is designed for participants of all gender and sexual orientations, we'll begin with the science of sexual response like you've never heard it before, and then blow away five myths about women's sexuality.

- When does a woman's desire for sex start?
(Way sooner than you think.)
- What happens to her body when she's turned on?
(Nothing in particular.)
- What kinds of sensations are erotic?
(In the right context, ALL OF THEM.)
- What's the single best predictor of a woman's sexual satisfaction?
- How can you have great orgasms reliably?

As a bonus, you will be taught Emily's Top 5 Sex Tips for Having Better Sex Than Anyone You Know.

■ Recommended reading: Nagoski, *Come As You Are: The Surprising New Science That Will Transform Your Sex Life*.

Emily Nagoski, PhD, is the author of *Come As You Are: The Surprising New Science That Will Transform Your Sex Life* and co-author with Amelia Nagoski of *Burnout: The Secret to Unlocking the Stress Cycle*. Her degrees are in Health Behavior and Counseling, with concentrations in human sexuality and women's well-being. www.emilynagoski.com

ULTIMATE COURAGE: SELF-COMPASSION WORKSHOP FOR MEN

Steve Hickman and Daniel Ellenberg

What does it take for a man to be successful in this day and age? How do you navigate through the changing demands of life and keep fulfilling the expectations of your evolving roles? Men are expected to be strong, confident, productive and protective, but men face a unique and daunting challenge to find a satisfying and comfortable way through the changing demands and shifting standards of modern life. This workshop addresses these challenges through the practice of self-compassion. Drawing on Christopher Germer and Kristin Neff's Mindful Self-Compassion program, the group will explore the inner landscape of being a man and uncover the benefits of learning to treat ourselves with kindness and warmth, even when we suffer, fall short and fail.

In this workshop you will:

- Discover how experiencing our common humanity as men and simply as humans helps us overcome feelings of failure, isolation or not fitting in
- Explore how a middle path between the extremes of harsh self-criticism and complete surrender can result in greater happiness, life satisfaction and achievement
- Explore how developing a kind inner dialogue can actually motivate and encourage us more than self-criticism ever could

Please bring a writing utensil and journal. This workshop will have extended meeting hours beyond a typical workshop.

■ Recommended reading: Neff, *Self-Compassion: The Proven Power of Being Kind to Yourself*; Germer, *The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions*.

(A \$140 tuition will be added to the workshop cost.)

Steve Hickman, PsyD, is a clinical psychologist and associate clinical professor in the UC San Diego Department of Family Medicine & Public Health. He is the executive director and director of professional training of the nonprofit Center for Mindful Self-Compassion and the founding director of the UC San Diego Center for Mindfulness. He has taught Mindfulness-Based Stress Reduction (MBSR) for 17 years and has trained teachers of MBSR and Mindfulness-Based Cognitive Therapy (MBCT). Steve is an MSC teacher trainer and leads MSC intensives and workshops around the world. www.centerformsc.org

Daniel Ellenberg, PhD, is founder/director of Strength with Heart men's groups and workshops, co-founder of Relationships That Work, and a principle in the Rewire Leadership Institute. A leadership coach, organizational trainer, and psychotherapist, Daniel is co-author of *Lovers for Life* and is in private practice in the Bay Area. www.rewireleadership.com

ULTIMATE COURAGE: SELF-COMPASSION WORKSHOP FOR MEN

As our culture shifts away from the "traditional" role models many men were raised within, Steve Hickman and Daniel Ellenberg lovingly point out that men are challenged with learning to contend with their feelings in more productive and pro-social ways. "The way many of us learned to handle feelings was to deny, suppress and ignore them so that we didn't appear 'weak' or 'girly,'" Steve says of the male journey. "This has led to an epidemic of bad behavior by men that has been writ large in the headlines of our daily news."

This workshop invites men to discover new ways toward self-compassion and to create deeper connections with one another and their loved ones. "By finding new ways of relating to themselves, men can thrive and achieve more in modern society," Steve says. "Self-compassion skills are truly emotional survival skills and they are crucial for relationship, career and social success."

Understanding the origins of harsh, judgmental inner dialogue — messages often introduced from key caregivers when males were young — is also key toward creating effective change. That newfound understanding creates room for a second, more compassionate inner voice to dwell within, rather than just attempting to eliminate or suppress the inner critic. "This creates an opportunity to shift the tone and impact of the inner dialogue to one of support, encouragement and aspiration," Steve adds. "My hope is that as we develop more self-compassionate ways of being for men, this will become a sea change in how we raise boys and teach them, through example, what it means to be a man in the world."

THE UNITED STATES OF FLOW: A VINYASA IMMERSION FOR DEDICATED PRACTITIONERS

Schuyler Grant

Step out of the mundane and into an ecstatic experience of inner clarity. Join Schuyler Grant for a long weekend of exploring the multifaceted ways we can access the flow state. Some of the world's greatest thinkers agree that being "in the zone" — the experience of full immersion in the present moment — is the key to becoming more creative, productive and happier, all at the same time. There are many ways to merge our physical and subtle bodies, but a nuanced yoga practice can be one of the most direct and potent. This program will focus primarily on Vinyasa yoga asana, but we will also explore pranayama, kriya and meditation techniques.

Living in a time that feels intensely heightened and fractured, it is imperative that we bolster our personal and communal strength, and by doing so enlighten the body politic. We will come together at Esalen to get out of stress mode and into the flow state.

This is a rigorous workshop and not appropriate for anyone brand new to the practice or anyone with an acute injury. If you have any questions, please contact schuyler@kulayoga.com. Please bring a yoga mat.

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

WEEK OF JULY 12-17

MINDFUL SELF-COMPASSION INTENSIVE TRAINING

Michelle Becker and Steve Hickman

Self-compassion is the heart of mindfulness. It is warmhearted, connected presence during difficult moments in our lives. Self-compassion provides emotional strength and resilience that allows us to admit our shortcomings, motivate ourselves with encouragement, forgive ourselves when needed, care for others and be more fully ourselves. Rapidly expanding research shows that self-compassion is strongly associated with emotional well-being, lower levels of anxiety

and depression, healthy habits such as diet and exercise, and more satisfying personal relationships.

Fortunately, self-compassion is a skill that can be cultivated by anyone. During this workshop, you will learn how to:

- Practice mindfulness and self-compassion in daily life
- Understand the science of self-compassion
- Handle difficult emotions with greater ease
- Motivate yourself with kindness rather than criticism
- Transform challenging relationships, old and new
- Manage compassion fatigue
- Practice the art of savoring and self-appreciation
- Teach simple self-compassion practices to others

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

■ Recommended reading: Neff, *Self-Compassion: The Proven Power of Being Kind to Yourself*; Germer, *The Mindful Path to Self-Compassion*; Neff and Germer, *The Mindful Self-Compassion Workbook*.

(A \$525 tuition will be added to the workshop cost.)

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

☆ CE credit for nurses; see faculty.

☆ CE credit for psychologists; see faculty.

Michelle Becker, LMFT, developed the Cultivating Compassion for Couples program. She is a certified teacher of Mindful Self-Compassion, Compassion Cultivation Training, and The Daring Way™ and Rising Strong™ programs. She teaches and speaks on the topics of compassion for self and others nationally and internationally. www.CompassionforCouples.com

Steve Hickman bio on page 13.





Photo by Esalen seminarian John Pearson

UPLEDGER INSTITUTE INTERNATIONAL'S SOMATOEMOTIONAL RELEASE 1

Suzanne Scurlock

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 workshop, 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.

Please download and complete the preparation checklist here: <https://iahedisk.synology.me:7456/sharing/Qitr5OFM9>, and bring it with you. Your SER1 teacher will ask for it on the first morning of class. Note: Initial 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 begin the registration process, please call 1-800-233-5880. Only after you have registered with IAHE, will you be able to register with Esalen. For Esalen pricing chart, www.esalen.org/page/workshop-pricing-partner-programs.

Prerequisite: CranioSacral Therapy 2 (CS2); and reviewing, assimilating and applying what was presented in CS2.

■ Recommended reading: Upledger, *SomatoEmotional Release and Beyond*; Fisher, Ury, *Getting to Yes*.

☆ CE credit for acupuncturist; see faculty.

☆ CE credit for massage; see faculty.

☆ CE credit for nurses; see faculty.

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

THE RADICALLY ALIVE LEADER: A RADICAL ALIVENESS WORKSHOP

Ann Bradney

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 the Radical Aliveness approach to bring more charge and creativity to their work. The five Radical Aliveness principles are:

- Cultivating a non-shaming heart
- Knowing we don't know
- Honoring multiple perspectives
- Saying yes to everything
- Being willing to be changed by your encounters

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

This workshop process will be unlike any workshop work you've done before. It demands courage, committed engagement with others and a strong desire to discover and develop your leadership potential within an accelerated, intense time frame and setting. Acceptance to this program is contingent upon a pre-screening interview. Please email christina@radicalaliveness.org to schedule.


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

☆ CE credit for nurses; see page 100.

Ann Bradney, CPRA, is the founder and director of the Radical Aliveness Institute. The Radical Aliveness model is a distinct approach to working with groups and individuals that addresses healing on the personal, interpersonal and systemic levels. www.radicalaliveness.org



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



Esalen Through Your Eyes

Do you have a favorite photograph of Esalen?

Share your creative work with us and it could be published in the next catalog. Short essays and images of sculpture and other artwork created at Esalen will also be considered. Photos should be at least 300 dpi.

Visit Esalen.org/page/call-photos for more information.

WEEKEND OF JULY 17-19

BURNOUT: STRESS MANAGEMENT FOR FEMINISTS

Emily Nagoski and Amelia Nagoski

This is a workshop for women who have felt overwhelmed and exhausted by everything they had to do, yet still worried they were not doing “enough.” We’ll explore the daily practices that expand our capacity to cope as well as the larger-scale social pressures that make those daily practices feel “selfish” or “indulgent,” when in fact they are basic human needs. The biggest social culprit is something we call “Human Giver Syndrome,” which says we owe it to our loved ones and even to ourselves to be pretty, happy, calm, generous and attentive to the needs of others, no matter the cost to our well-being.

Is there a way to be deeply invested in our loved ones’ happiness without divesting from our own health? Can we help keep others warm without setting ourselves on fire? Yes. With the support of each other and four decades of science, you can leave the workshop with a plan and a new vocabulary for sustaining your own well-being. This workshop is for women only. All self-identifying women are welcome.

▮ Recommended reading: Nagoski and Nagoski, *Burnout: The Secret to Unlocking the Stress Cycle*.

Emily Nagoski bio on page 13.

Amelia Nagoski is a conservatory-trained choral conductor specializing in the embodiment of music, emotion and connection. She is co-author, with Emily Nagoski (her twin sister), of *Burnout: The Secret to Unlocking the Stress Cycle*. www.burnoutbook.net

PSYCHOLOGICAL CRISES AND SPIRITUAL AWAKENING

Phil Borges, Gogo Ekhaya and Dabney Alix

What can we learn from those who have successfully navigated a psychological crisis? When asked, many individuals share that their healing was rooted in having hope for recovery, a supportive community and finding meaning and purpose in their suffering.

Through the stories and cross-cultural experiences of individuals who have successfully navigated a psychological crisis, and the work of mental health professionals and neuroscientists, we will explore the transcendent and healing potential of non-ordinary states of consciousness, which can include various mental states in which the mind can be aware but is not in its usual wakeful condition, such as during hypnosis, meditation, trance or the dream state. This workshop weaves together group discussion, individual and group process and ritual as we explore the factors that can help understand and support those experiencing a crisis.

We welcome those whose lives have been touched by a mental health crisis, directly or indirectly, and those who are drawn to explore the transcendent nature of these experiences. This workshop is an exploration of the subject matter and is not intended to be therapeutic intervention for active and present psychological crisis.

▮ Recommended reading: Razzaque, *Breaking Down Is Waking Up: The Connection Between Psychological Distress and Spiritual Awakening*.

Phil Borges is a human rights photographer and documentary filmmaker. He has witnessed how indigenous cultures worldwide often identify “psychotic” symptoms as a sign of shamanic potential. His film *CRAZYWISE* and his latest work explore the deeper understandings of, and effective approaches to, a mental health crisis. www.philborges.com

Gogo Ekhyaya is an author, spiritual teacher, certified peer recovery specialist in the mental health field and initiated healer in the South African Sangoma tradition. She is trained in Trauma Informed Practices and blends these techniques with shamanic healing for a holistic approach to mental wellness.

Dabney Alix is the founder of “Shades of Awakening,” a speaker series and online peer support movement that provides a safe community space for discussion and story sharing on all topics related to spiritual emergency and extreme states.



Photo by Esalen seminarian Andy Abele

A CALL FOR LGBT HEROES

Christian de la Huerta

What does it mean to be a hero — to live heroically — in these times? Have you known or even suspected that you had a role to play as teacher, healer or spiritual activist? We are living in what may be the most critical juncture in the evolution of humanity. The clarion call has gone out: “All hands on deck! You are needed now. We are all needed now.”

People who today we call lesbian, gay, bi, trans or queer have a long tradition of fulfilling spiritual roles such as teachers, healers, seekers of higher consciousness, mediators and keepers of beauty. How are you giving expression to those roles in your life? Are you ready to step things up a bit? It's time.

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

■ Recommended reading: de la Huerta, *Coming Out Spiritually*.

Christian de la Huerta has been a retreat facilitator for 30 years. Author of *Coming Out Spiritually*, he has presented at conferences, corporations, universities and the TedX stage. His book, *Calling All Heroes: Soulful Power*, is being released in 2020. www.soulfulpower.com

LIVE BLUE: THE SEVEN AGES OF WATER

Wallace J. Nichols

Water covers more than 70 percent of our planet, makes up a similar percentage of our brains and bodies, and is the basis of all life. But the true cognitive, emotional, psychological, social and spiritual health benefits of water are only now being fully comprehended and embraced.

Blue Mind, the best-selling book by Wallace J. Nichols, ignited a movement of blue mindfulness, a state of consciousness that explores the interrelationship of humans and water, and creates a new water story that bridges science, ancient wisdom and real-world solutions to the challenges of our time. Over the course of the weekend, we will explore the science and practice of how our relationship with water changes and evolves during the seven ages of our lives: birth, play, the lover, the fighter, the justice, ebb and flow and death.

Join us at Esalen, where rivers meet the ocean and fog hovers over hot springs in a sacred confluence of water, to explore blue mindfulness and its capacity to heal both ourselves and our own wet planet.

■ Recommended reading: Nichols, *Blue Mind: The Surprising Science That Shows How Being Near, In, On, or Under Water Can Make You Happier, Healthier, More Connected, and Better at What You Do*.

Recommended listening: *Blue Mind Summit 2019 at Esalen*, www.esalen.org/page/blue-mind-summit-2019.

(A \$25 materials fee will be added to the workshop cost.)

Wallace J. Nichols, MEM, PhD, is an innovative, silo-busting, entrepreneurial scientist, movement maker, renowned marine biologist, voracious Earth and idea explorer, wild water advocate, best-selling author of *Blue Mind*, sought-after lecturer and fun-loving dad. He also likes turtles (a lot). www.wallacenichols.org

Spotlight



Wallace J. Nichols ignited a powerful movement of blue mindfulness with his best-selling book, *Blue Mind: The Surprising Science That Shows How Being Near, In, On, or Under Water Can Make You Happier, Healthier, More Connected, and Better at What You Do*. By revealing the unique interrelationship between human beings and water, he is generating a new water story, one that bridges science, ancient wisdom and real-world solutions to our challenging times.

J's workshop, *Live Blue: The Seven Ages of Water*, takes place July 17-19.

We spoke to J about the Blue Mind state of being and the fascinating effect water has on our lives.

What are the seven ages of water and how can we better understand their significance?

The stages are birth, play, the lover, the fighter, the justice, ebb and flow, and death. The first step is to appreciate the role water has played throughout our lives. We spent just over nine months swimming around in the personal, warm ocean of our mothers and many of us can recall when water has been a backdrop to play, creativity, romance, peace or healing. We can also see the ways we grieve, mourn and memorialize by the water. For me, at each step of my life I've found it's important to ask, "How can water, literally or metaphorically, make this moment better?"

What sparked the ideas behind your book *Blue Mind* and your Blue Marble global gratitude project?

One of the things I noticed was that the messages about waters and oceans had become pretty "gloom and doom." While the science describing our planetary crisis is clear, so is the science of behavior change. Gloom and doom are not a recipe for a calm, creative, collaborative, connected movement. I started sharing blue marbles at lectures as a simple gesture of gratitude for the big and small things people are doing to make the world better. It was also a small reminder of the beauty and awe and wonder that our planet offers. When people receive a blue marble, they are asked to pass it along to someone they want to thank. After a decade, these little recycled glass orbs have passed through tens of millions of hands around the world. It's a kind of slow motion, socio-physical media performance art-science project. There's no budget, no leaders and no "off switch."

Describe the Blue Mind state of being.

To understand it, let's begin with what we call "red mind," which helps us survive, reach our goals, is in fight or flight and

makes us work for what we believe in. But if it's the only mode we have, we will certainly burn out, which can lead to despondency, mild or severe depression and what we call "gray mind." Blue Mind is a mildly meditative state facilitated by many forms of water, nature or associated images, words, sounds and memories. In this state, our breathing and heart rates slow down, our skin cools, our stress hormones decrease and feel-good neurochemicals increase. It's almost a cliché that the coast is where people go to chill out but there's a biological reason for this.

What actions can we take to receive the benefits of water?

Do a quick inventory of all the water sources that are easily available—a shower, a community pool, a lake, river or ocean, perhaps a public park or fountain. Even rain, snow and ice. Then prioritize time with your water. Bring a friend to create new

social habits. Next, consider adding virtual water to your routine. Art, music, film water sounds can be reminders for us to breathe deeply and it sparks our imagination to transform us to that blue space we

"For me, at each step of my life I've found it's important to ask, 'How can water, literally or metaphorically, make this moment better?'"

love. You can also get involved in projects that help protect and restore waters or programs that help connect others to water—everything from surf therapy to swim lessons.

What do you love most about this work?

I love it when the light goes on for someone. When their switch flips. I love hearing about how Blue Mind has changed, and even saved, lives and families. But it's especially gratifying when the regenerative feedback loop kicks in. When a veteran with PTSD says, "this ocean saved my life, now I'm an ocean warrior," this is how we can build a movement of movements and create a groundswell for change.



WEEK OF JULY 19–24

AWAKENING THE CREATIVE: THE PAINTING EXPERIENCE

Stewart Cubley

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

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

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

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

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

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

☆ CE credit for nurses; see faculty.

Stewart Cubley has more than four decades of experience pioneering a way of integrative and creative living through the practice of process painting. His method is one of respectful questioning, and inviting you to extend yourself into new areas of thought and feeling.
www.processarts.com



Photo by Esalen seminarian Jackie Graves

R. D. LAING IN THE TWENTY-FIRST CENTURY: WHAT IS SPIRITUAL?

Michael Guy Thompson, Fritjof Capra and Nita Gage

One of the most seminal aspects to R.D. Laing's approach to the human condition was his relationship with spirituality. Born into a Scottish Protestant family, Laing was a voracious explorer of all the world religions, especially mystical Christianity, Hinduism and Buddhism, culminating in a journey to India where he studied with mystics and gurus.

This workshop will explore:

- What does it mean to be spiritual?
- What role does spirituality play in and outside organized religions?
- What is the relation between spirituality and morality?
- Happiness
- Therapy
- How does one become a more spiritual person?

Designed for those seeking answers to the human condition, this workshop is a continuation of previous Esalen workshops that

focused on Laing's take on the nature of sanity and madness, the therapeutic relationship, altered states, love and authenticity. It is best suited for those who are familiar with Laing's work and who wish to explore it further. Our three workshop leaders will be inviting program participants, many of whom who have worked intimately with Laing, to assess the question of spirituality at the most fundamental level. Your time will be comprised of theoretical conversations, panel discussions and experiential exercises to demonstrate practical aspects of Laing's legacy.

Note: Participants must first contact Michael Thompson at michaelguythompson@mac.com for pre-screening.

■ Recommended reading: Capra, *The Tao of Physics: An Exploration of the Parallels Between Modern Physics and Eastern Mysticism*; Gage and Wolf, *Soul Whispering: The Art of Awakening Shamanic Consciousness*; Thompson, *The Death of Desire*.

For continuing education syllabus, see www.esalen.org/rd-laing-what-is-love.

☆ CE credit for LCSWs, LEPs, LPCCs and MFTs; see page 100.

☆ CE credit for nurses; see page 100.

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

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

Nita Gage, DSPS, trained with R.D. Laing at the Philadelphia Association from 1974 to 1980. She co-founded the Neuroimaginal Institute, directs Healer Within retreats and is the author (with Linda Star Wolf) of *Soul Whispering: The Art of Awakening Shamanic Consciousness*. www.neuroimaginalinstitute.com

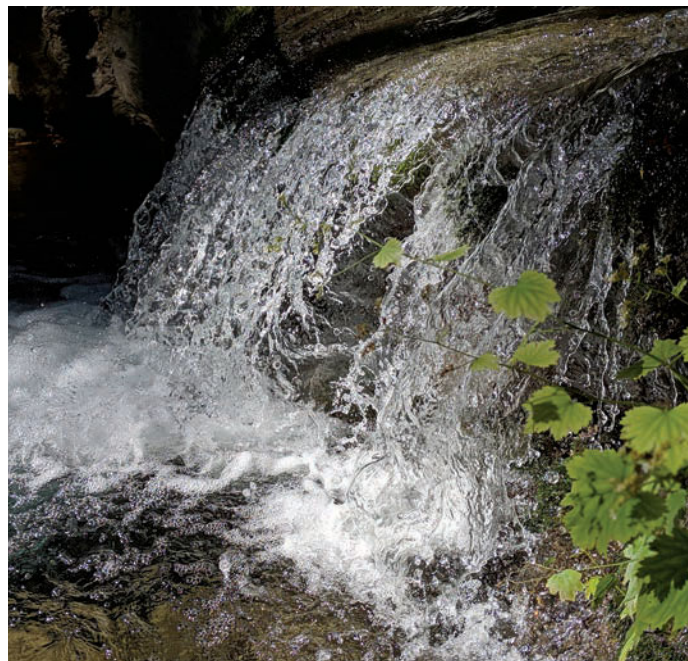
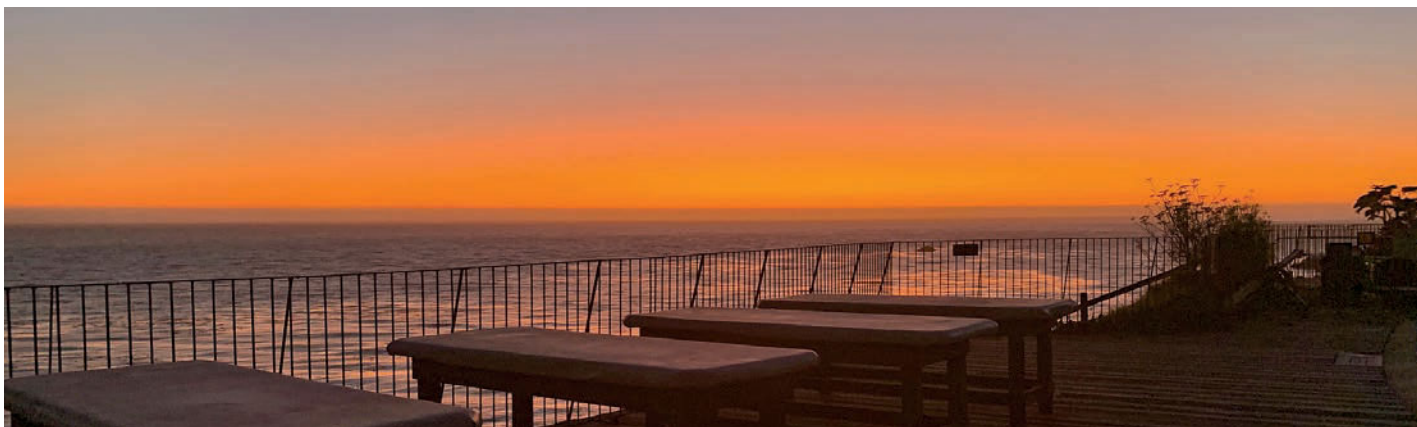


Photo by Esalen seminarian Steve Meier



LEADING AT THE EDGE: HOW TO REACH EXTRAORDINARY PERFORMANCE

George Kohlrieser

Why do some leaders overcome impossible barriers, go beyond unbearable pressure and frustration and persevere in order to achieve outcomes seemingly beyond reach when others would give up? Through their desire for relentless improvement, leaders at the edge can unlock the highest levels of performance in themselves and others, making work a more exciting place to be. Leading at the edge enables people to “play to win” rather than simply “playing not to lose,” a mindset that focuses on survival.

People are facing intense pressure like never before. There are so many complex changes and challenges creating the necessity for high levels of engagement to reach high performance. This workshop will draw on the High-Performance Leadership Program (HPL), a flagship program at IMD Business School in Switzerland. It includes theory, experiential learning, and opportunities to do personal work on obstacles to high-performance leadership of self and others.

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

☆ CE credit for LEPs, LCSWs, LPCs and MFTs, see page 100.

☆ CE credit for nurses, see page 100.

George Kohlrieser is Distinguished Professor of Leadership and Organizational Behavior at the Institute of Management Development (IMD) Business School in Lausanne, Switzerland. He is the creator and director of IMD's High Performance Leadership Program and of the Advanced High Performance Leadership Program. George is a best-selling, award-winning author, a veteran hostage negotiator, organizational and clinical psychologist, media spokesperson, consultant and international keynote speaker. www.georgekohlrieser.com

JULY 19–26

MYSTICAL REALISM IN FILM: OPENINGS TO THE NUMINOUS THROUGH MINDFUL VIEWING OF FILMS

Francis Lu

The beginning of awe is wonder, and the beginning of wisdom is awe.
— Abraham Heschel

Rudolph Otto described *Mysterium tremendum et fascinans* as the numinous or the wholly other, experienced with wonder and awe that is both fearful and fascinating. Joseph Campbell taught that ... “the first function of a mythology is to reconcile waking consciousness to the *mysterium tremendum et fascinans* of this universe as it is.” In our time, filmmakers have given us new opportunities to do just this, which helps us understand the words of C. G. Jung about his psychotherapy with others: “The approach to the numinous is the real therapy and in as much as you attain to the numinous experiences you are released from the curse of pathology.”

Michael Murphy, the co-founder of Esalen, defined mystical realism in film using Esalen trustee and author Jeffrey Kripal's words: “It is an imaginative elaboration of human experiences that have actually occurred to numerous individuals ... something both fundamentally subjective (mystical) but also empirical and objective (realism).”

Through mindful viewing of 14 films exemplifying mystical realism, you will experience the numinous, then integrate the numinous with your everyday lives, and develop skills to help others who have had numinous experiences do the same. Films that will be shown include those directed by Stanley Kubrick, Peter Weir, Francois Truffaut, Agnes Varda, Werner Herzog, Terrence Malick and David Attenborough. Films inspired by the works of Carl Sagan will also be presented. The workshop employs methods developed over 28 film seminars at Esalen (1990–2016) co-led by Francis and Brother David Steindl-Rast, including mindful film viewing; contemplative reflection and group interaction focused on the participant's unique experience of carefully curated films; 4K Blu-ray video projection and seven loudspeakers; and an extensive PDF syllabus on the films.

■ Recommended reading: Campbell, *The Inner Reaches of Outer Space: Myth as Metaphor and as Religion*; Otto, *The Idea of the Holy*.

☆ CE credit for LCSWs, LEPs, LPCs and MFTs; see page 100.

Francis Lu, MD, is the Luke & Grace Kim Professor in Cultural Psychiatry, Emeritus, at UC Davis. Since 1987 he has led 35 seminars at Esalen exploring film and the transpersonal, 28 of them with Brother David Steindl-Rast. www.francislumd.com



ONLY AT *Esalen*

Midsummer Festival

Celebrate the spirit of summer at Esalen.

Join us for our annual Esalen Midsummer Festival from July 3rd through 5th. This special A Time to Reflect holiday weekend offers a festive opportunity to connect with friends and family through music, dance and much more. Bring a journal, a good book to dive into, art supplies, your walking shoes and nourish your heart, mind, body and spirit. Stroll through Esalen's tranquil Farm & Garden, soak in the hot springs and relish the breathtaking ocean and mountain views along the way.

On Saturday, Esalen will open its gates to the public for a celebratory outdoor concert. This year's featured artist is New Orleans soul band The Nth Power. Previous artists have included Rising Appalachia, Taimane and Nahko and Medicine for the People.

Visit www.esalen.org/midsummerfestival20 for updates as new artists are added.



WEEKEND OF JULY 24-26

WOMEN'S SPIRIT: WE RISE TOGETHER!

Jean Shinoda Bolen

Women's spirit has qualities similar to fire. Fiery spirit and passion are expressed in creativity, spirituality and sexuality, or in outrage and activism. Like fire, women's spirit can be intense and focused, can blaze up and be seen, burn out or lie dormant — covered with ash like banked coals. Women's spirit provides the warmth and illumination in a sacred space. Out of control, it becomes destructive. Women's spirit became ignited by the women's marches, the #MeToo movement and the number of women running for political office.

In this workshop, Jean will draw from the depth and breadth of her experience as a Jungian analyst/storyteller who brings archetypes and myths into real life. We will explore our lives as a spiral journey and our individuation as a soul path. When we recognize where we are on our path, as it relates to current phase of life, active archetypes, significant others and the world we live in, we gain an affirmed sense of our unique being and purpose in the world.

■ Recommended reading: Bolen: *Goddesses in Everywoman*; *Artemis: The Indomitable Spirit in Everywoman*. Visit www.jeanbolen.com/books.

Jean Shinoda Bolen, MD, is a psychiatrist, Jungian analyst, activist and author of 13 books in more than 100 foreign editions. She is a Distinguished Life Fellow of the American Psychiatric Association, past clinical professor of psychiatry at the University of California at San Francisco and former board member of the Ms. Foundation for Women. The Millionth Circle Initiative was inspired by Jean's book and led to her to advocate for a 5th World Conference on Women. Visit www.jeanbolen.com, www.5wcw.org and www.millionthcircle.org.

CHANGES AND TRANSITIONS: FINDING CLARITY AND WELL-BEING IN TIMES OF CHANGE

Phillip Moffitt and Jennifer Ward

Change is a fact of life and yet we often find ourselves ill-equipped to manage it skillfully. Major life changes naturally bring up concerns, fears and questions that can lead to confusion, lack of motivation or poor decisions. In this workshop, Phillip Moffitt and Jennifer Ward teach time-tested skills and strategies you can use to effectively respond to the challenges of change. Through a series of self-assessments and interactive exercises, you can lay the groundwork for making skillful change in your life by:

- Identifying the areas of your life that need attention, gaining insights about your strengths and challenges in dealing with change, and strategizing about next steps
- Recognizing habits of the mind that undermine you and learning mindfulness practices to disengage from their influence
- Clarifying your values and intentions so you have a basis for making wise decisions

Expect a weekend full of dynamic inquiry and the opportunity to learn essential life skills for meeting all your changes and transitions with authenticity, confidence and clarity.

■ Recommended reading: Moffitt, *Emotional Chaos to Clarity* and *Dancing with Life*.

Phillip Moffitt, former CEO and editor-in-chief of *Esquire* magazine, is the founder of Life Balance Institute where he trains individuals and groups in the principles of values-based leadership and living. He is a pioneer in creating and leading programs based on the emerging field of Adult Developmental Stages. Phillip is the author of numerous books including *Emotional Chaos to Clarity* and *Dancing with Life*. www.lifebalance.org

Jennifer Ward is a certified Change and Transition Strategist and the Program Director at Life Balance Institute. She consults with individuals and leads group workshops focusing on how to skillfully navigate major life changes and maintain a sense of well-being in times of challenge. She has trained with Phillip Moffitt since 2010 and is a longtime meditation practitioner. www.skillfulchange.com/strategist/jennifer-ward/

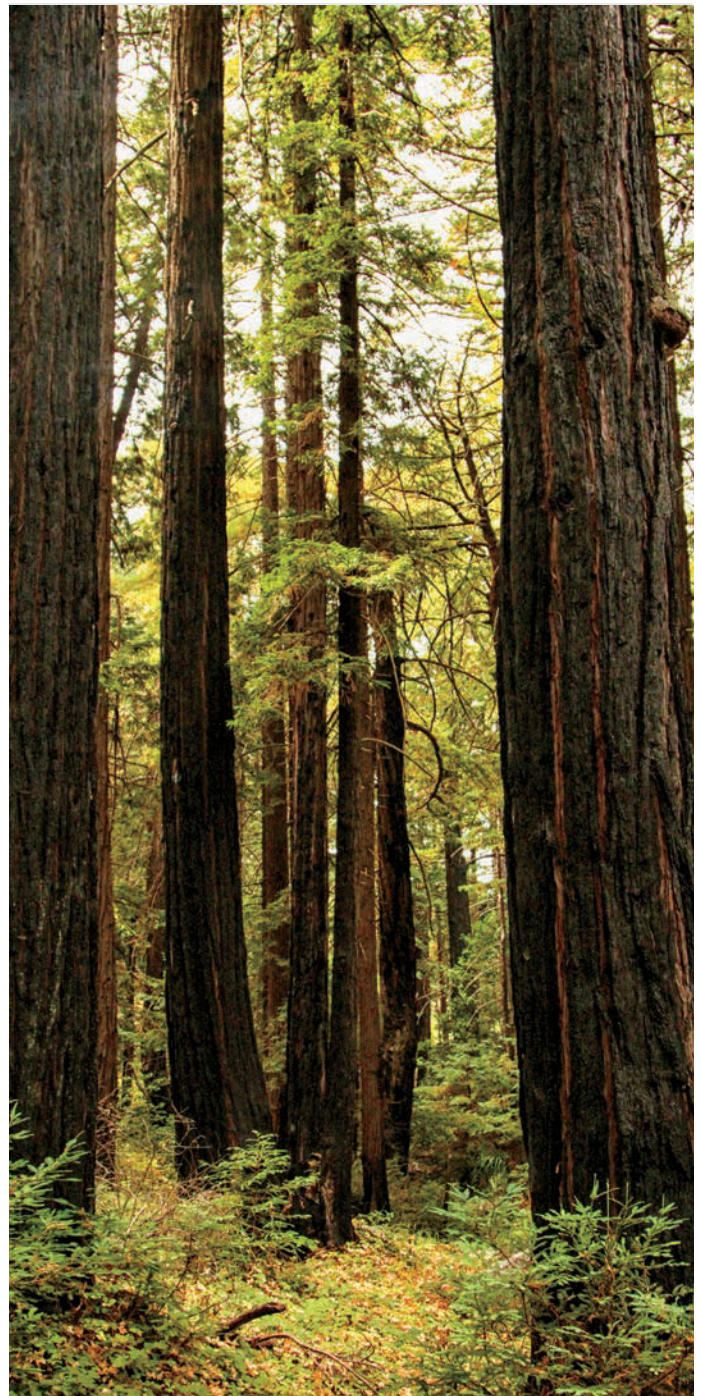


Photo by Esalen seminarian Jesse Damiani



Photo by Esalen seminarian Addison Olian

WEEKEND OF ADVANCED ESALEN MESSAGE®

Vicki Topp and Ellen Watson

This workshop provides practitioners with the opportunity to inspire their current massage practice with teachers who are experienced Esalen Massage® practitioners. In this unique atmosphere of innovation and exploration, we will explore gentle movements, stretches and deeper focused bodywork. Come prepared to learn and apply new methods of massage while enjoying Esalen's natural beauty and healing waters.

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

☆ CE credit for massage; see page 100.

☆ CE credit for nurses; see page 100.

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.vicktopp.com

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

WEEK OF JULY 26-31

MOTHER TONGUE: 5RHYTHMS® AND INSIGHT MEDITATION

Lucia Horan

Rhythm is our universal mother tongue. It is the language of the soul.
— Gabrielle Roth

The universal nature of stillness and movement cross the boundaries that normally divide us and bring us into realms that can unify language, culture, race, gender and religion. It is through the spirit of interconnection that we may dissolve our conflicts and find peace. Through sweat and stillness, we will ride the rhythms of the mother tongue and return to the truth of self-realization. Join us for a week of property-wide celebration through the lineage of the 5Rhythms® and Insight Meditation.

Silent introspection and movement awareness offer us the possibility to unlock the gateways of healing, celebration and joy. Together we will build an environment that cultivates the skillfulness to create peace, balance and well-being.

The 5Rhythms teaches how energy moves and where it gets stuck. The rhythms of Flowing, Staccato, Chaos, Lyrical and Stillness help us to better understand our inner and outer landscapes. Insight meditation brings the stillness required to quiet the nervous system and still the mind. The Buddha instructed that meditation should be practiced standing, sitting and lying down. It is not enough to



WEEKEND OF JULY 31-AUGUST 2

SHADOW WORK: ESSENTIAL PSYCHOLOGICAL TOOLS FOR BECOMING HEALTHY AND WHOLE

Adam Leonard and Michael Schiesser

We all have aspects of our inner selves that we can't see, which are called our "shadow." These invisible parts tend to come out in unhealthy ways, often by being projected onto other people. Psychological maturity calls us to shine light onto these dark corners within us and integrate the fragmented pieces of ourselves. The unconscious shadow aspects of ourselves affect our lives on a social level and can result in arrogance, narcissism, lying, bullying, xenophobia and scapegoating. One of the best ways to address the current political climate is to "be the change" that you wish to see by cleaning up your own blind spots.

This workshop will introduce you to many shadow work tools, such as unconscious energy release, hidden perspective taking, shadow meditation and voice dialogue. Through structured dialogues and experiential exercises, you will learn many practical techniques that you can apply for a lifetime of psychological well-being. By the end of this workshop, you will have the ability to understand yourself in deeper ways, feel more whole and increase your capacity for loving relationships. Come experience the inner alchemy of transforming Darkness into Light!

■ Recommended reading: Zweig and Abrams, *Meeting the Shadow*; Leonard, Wilber, Patten and Morelli, *Integral Life Practice*; Schiesser and Eyres, *Divorced with Love*.

Adam Leonard works with Google executive leaders and teams to navigate complexity and develop their full human potentials through organizational development consulting, executive coaching, leadership team facilitation, and meditation. He co-authored *Integral Life Practice* and co-edited *The Simple Feeling of Being*.

Michael Schiesser has designed and facilitated transformational programs throughout the U.S., Canada and Europe for more than 35 years. He is a co-founder of the Inner Journey Institute (www.innerjourneyinstitute.com), which has helped thousands of people integrate the light and the dark within themselves. Michael has a MS in Social Work with a specialization in Pastoral Counseling. He recently published his first book, *Divorced with Love*. www.innerjourneyinstitute.com/michael-schiesser/

practice only in stillness, on the cushion, mat or dance floor. We need the full spectrum of stillness and movement to direct the heart mind towards waking up in all aspects of life.

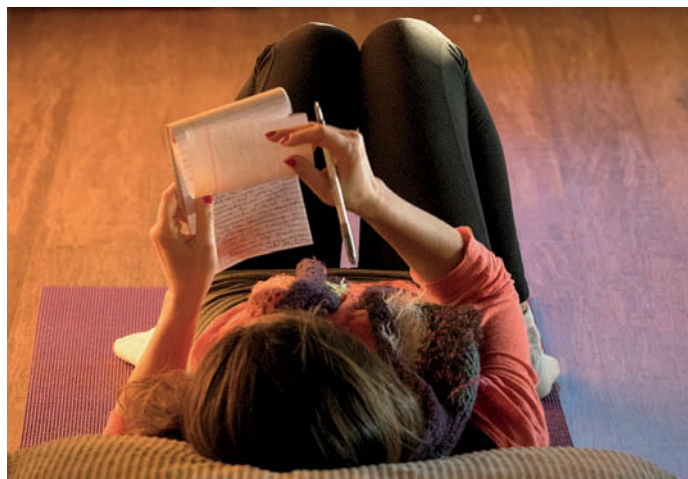
This workshop will include sessions together as a large group as well as smaller rotating groups. We will practice:

- 5Rhythms Dance (includes both gentle and vigorous movement)
- Seated meditation
- Walking meditation
- Gentle stretching
- Relaxation and sound healing

Guest teachers include: Tim Costa, Jessica Rose Strong, Nick Ayers, Tracy Powell, Martha Peabody and Ariel Karass. Please bring a pen, journal, meditation cushion and blanket (optional), dance shoes if needed (be prepared to dance on the lawn) and a water bottle.

■ Recommended reading: Roth, *Sweat Your Prayers*. (A \$35 tuition will be added to the workshop cost.)

Lucia Horan was born and raised in the Esalen community. She has been teaching since 1998. Lucia received life-long direct training with Gabrielle Roth in the 5Rhythms® method. She is formally empowered to teach Buddha dharma in all capacities. Her unique perspectives on insight have been published in the book *Dancing with Dharma: Essays on Movement and Dance in Western Buddhism*. www.luciahoran.com



I AM THE WORD: THE ENERGETICS OF CONSCIOUSNESS

Paul Selig

In his breakthrough works of channeled literature including *I Am the Word* and *Beyond the Known: Realization*, author and channel Paul Selig has 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, you will be introduced to the frequency of the Word which can be described as the energy of “God in action.”

Discover 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.

A five-day version of this workshop is available beginning August 2.

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



WEEK OF AUGUST 2-7

MUSIC AND NATURE FAMILY WORKSHOP

Doug Dirt Greenfield and The Banana Slug String Band

Celebrate summer in the land of rejuvenation with the world-renowned Banana Slug String Band. We will use music, theater, puppetry, poetry, arts and games to deepen our connection to this magical earth. The program will culminate in a performance by our budding children stars and the Banana Slug String Band.

Together we will create a community of families. We will laugh, connect and renew as we explore dance, harvest and eat delicious organic food, and hike among the redwoods and stream on the Esalen grounds. We will enjoy nighttime walks, stargazing and having plenty of time to soak in the baths. (Be sure to check out the movement classes offered at Esalen each morning to begin your day). Take time to drop into your sense of wonder and re-establish your loving bond with each other and the earth. This workshop is open to children of all ages. A parent or guardian must accompany participants under 18 years old.

Note: Fee for children 10 and under enrolled in Esalen family workshops is \$300 for five-day workshops. Fee for youth ages 11 to 15 enrolled in family workshop is \$675 for five-day workshops.

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

The Banana Slug String Band is a group of lovable musicians and educators from the coastal redwoods of Northern California. Since 1985 the Slugs have dedicated themselves to making great music for kids that teaches science and a love of this green earth. www.bananaslugstringband.com

IAHE: UPLEDGER INSTITUTE INTERNATIONAL'S ADVANCED CRANIOSACRAL THERAPY 1

Susan Steiner

Advanced CranioSacral Therapy 1 is a small-group (10 or 12 colleagues) experience that combines the benefits of an intensive therapy program with a workshop. Participants have called the experience pivotal in terms of the way they work and live. The paradigm for learning is the experiential applications and exploration of CST, SER and Upledger teachings. You will explore the principles and practice of Upledger CST, which provide a foundation for facilitating healing and the possibilities of evolving this work in your own life and beyond. Learn to work intimately, synergistically and cooperatively with fellow therapists and explore your unique abilities and resolve personal issues on your way to becoming an advanced CST practitioner.

The acceptance of this invitation carries with it the responsibility of daily presence in both group discussions and hands-on practice sessions. During the week, the hours spent doing "multiple therapist" work as therapeutic/facilitative participant on the table as the recipient of the work, and as a contributor to the group discussions serve to create a cohesiveness and bonding of the group which is not easily duplicated under any other circumstances. Workshop highlights include:

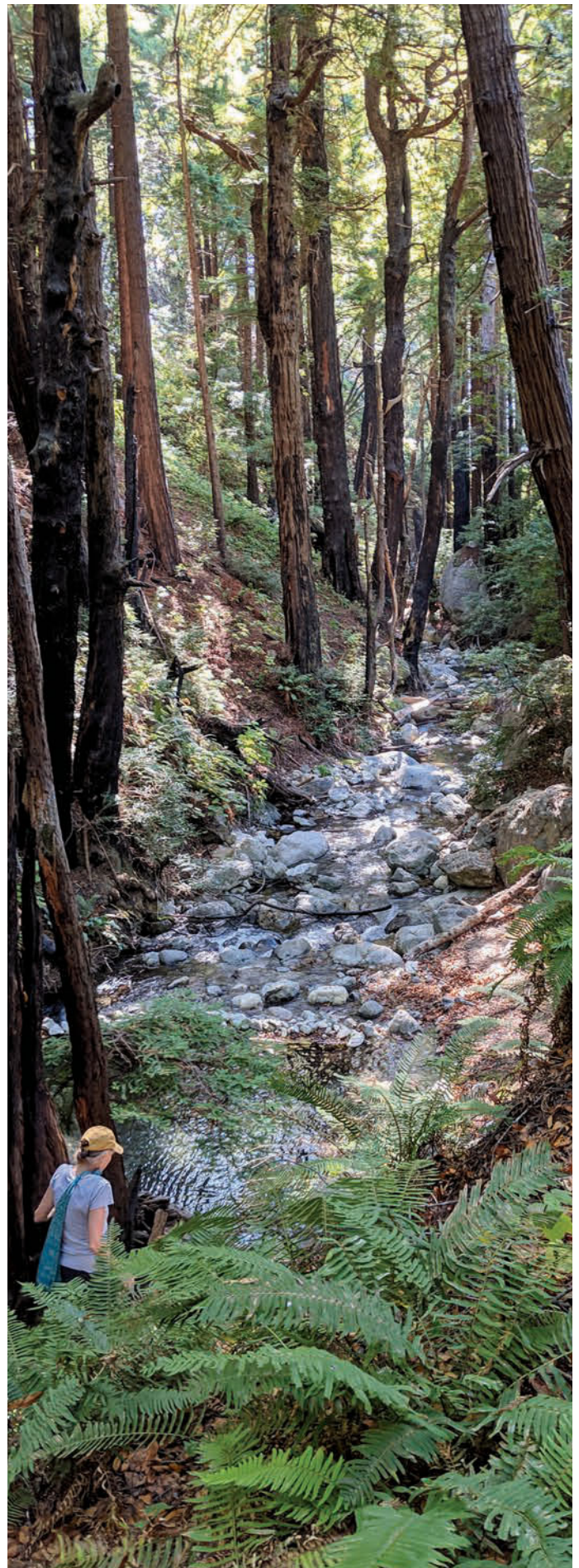


Photo by Esalen seminarian Steven Meier

- Multiple-therapist sessions
- One-on-one faculty-to-participant skill evaluation
- Refinement of technique applications and further development of palpatory capabilities
- In-depth mind/body integration study using the craniosacral system as the core vehicle

Note: Registration for this workshop is through the International Alliance of Healthcare Educators (IAHE) only. To register, please call 1-800-233-5880. Only after you have registered with IAHE and paid tuition fees will you be able to register at Esalen. For Esalen pricing chart, see www.esalen.org/page/partner-program-pricing.

Prerequisite: SomatoEmotional Release 2 (SER2); as well as being

ready to do deep introspective work, and be comfortable giving and receiving SomatoEmotional Release. While each person's experience is unique, typically a span of practice of at least several months after attending SER2 will enhance your ADV experience. We also encourage you to attend additional workshops such as SomatoEmotional Release Technique: Mastering the Inner Physician (SERTIP), Clinical Application Programs (CASR), The Brain Speaks (TBS) or other courses in the CranioSacral Therapy curriculum to help you gain even more experience to bring into the ADV program.

☆ CE credit for acupuncturists, see faculty.

☆ CE credit for massage therapists, see faculty.

☆ CE credit for nurses, see faculty.

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

THE LIFE OF A FLOWER

By Stacey K. Wood

Burgeoning below ground
Pushing to the surface
Reaching through, yearning for light.

Lush, green support structures sprouting up multitudes
of hued companions...

Drink up the rain.
Drink up the mineraled soil.
Drink up the warmth and the loving arms of the sun.

Blossom brings a celebration of you and the many gifts
you bring:
People bear witness to the majesty of your beauty.
The air is powdered with your scent.
Wing-ed heralds transport your gift of life all over the
world
to aid in the growth of another.

Rejoice! For in just being who you were born to be
you have brought joy, fragrance, beauty, character,
vitality, shelter, and the gift of breath to the world
around you. You are a source of work, purpose,
and inspiration in the broader community of
all living things.

And whether it was for moments or lifetimes,
You gave, and you took, and you were celebrated –
Not for what you should be...
or what others wish you could be...
but for all of the wonder that you are.

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 Truth*, 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 five-day intensive will offer the opportunity for more individual work and a deeper immersion in the higher energies. A weekend version is also offered.

Paul Selig bio on page 26.

WEEKEND OF AUGUST 7-9

IN GOOD STANDING: OPEN FLOOR DANCE

Joseph Machado

Standing up to oneself and others is not a one-time event. It takes fortitude. In matters big and small, we are called upon to stand up again and again, whether it be in relationships, at work, in conversation or with our own habits. Often we have to stand alone. And anyone who has been in a long-term relationship (parent, friend, child, partner) knows the power of understanding the right moment to "stand down" when conflicts arise.

So how do we embody this necessary practice? In this Open Floor



Photo by Esalen seminarian Richard Tauber

dance workshop, we will move, dance, inquire and write to mine the innate wisdom of our bodies to investigate:

- Who do we stand behind and beside?
- Where are we afraid to stand up?
- What won't we stand for anymore?
- How do we stand our ground when the ground is shaking?

Let's ask the questions together and allow our bodies and the dance to uncover the answers.

Joseph Machado is an Open Floor International faculty member, a somatic therapist and a public high school teacher in San Francisco. His commitment is to help people be themselves and resist the demands to conform that take away their ability to be the individuals they are. www.josephmachado.com

IGNITING THE POWER OF YOUR EMPATHY AND INTUITION

Judith Orloff

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

This workshop offers practical skills to help everyone, including health and healing practitioners, increase their empathy and intuition to improve the quality of their lives and their work with patients and clients in clinical practice. Learn how to:

- Access intuition and empathy and recognize blocks
- Tell the difference between empathy and being an empath
- Use strategies to prevent sensory overload which can lead to addictions, overeating and anxiety

- Avoid emotional hangovers and compassion fatigue
- Stop absorbing people's stress
- Combat narcissists and other energy vampires
- Express your empathic needs in relationships
- Heal with intuition and empathy
- Use self-care techniques from *Thriving as an Empath*
- Read body language

Note: This is a large workshop.

Recommended materials: Orloff, *The Empath's Empowerment Journal* (available in the Conley Bookstore).

■ Recommended reading, Orloff, *The Empath's Survival Guide*, *Thriving as an Empath* and *Emotional Freedom*.

(A \$50 tuition has been added to the workshop cost.)

☆ CE credit for LCSWs, LEPs, LPCCs and MFTs; see page 100.

☆ CE credit for nurses; see page 100.

Judith Orloff, MD, is *The New York Times* best-selling author of *The Empath's Survival Guide* and *Thriving as an Empath*. Dr. Orloff is a psychiatrist, an empath and is on the UCLA psychiatric clinical faculty. Her work has been featured on *The Today Show*, CNN, *Oprah Magazine* and *The New York Times*. www.drjudithorloff.com



WEEK OF AUGUST 9-14

THE ART AND SCIENCE OF MINDFULNESS, COMPASSION AND AWE

Shauna Shapiro, Daniel Siegel, Dacher Keltner, Amishi Jha
and Justin Michael Williams

This campus-wide workshop brings together a team of internationally recognized scientists, meditation teachers and clinicians to deepen our understanding of how to live a meaningful, healthy and joyful life. Weaving together ancient wisdom with modern science, you will learn powerful practices that can help increase connection, compassion, gratitude and awe for ourselves, each other and our world.

You will learn about revolutionary research in neuroscience that offers a hopeful message: that we can change and reshape our brain at any moment in our lives. What this means is that it is never too late to transform ourselves and our world.

We will explore scientific theories that deepen our understanding of the fundamental interdependence with all things — and use this new understanding to take clear actions in the world that lead to the collective healing of our planet. We will immerse ourselves in Esalen's natural beauty, allowing nature to guide and support us as we engage in sunset meditations, listen to the sounds of the ocean, walk through the vibrant gardens and open ourselves to the serenity and wisdom of the natural world.

This workshop will deepen connections with the larger web of life with the intention of taking the knowledge and insights gained during our time together back into the world to help heal our individual and collective lives, as well as our planet.

Be prepared for unexpected beauty and delight.

Special guest teachers include: Juna Mustad on mindful anger; Caroline Walsh on the three Ps of mindfulness; and Molly O'Neil on awe writing.

■ Recommended reading: Siegel, *Mind: A Journey to the Heart of Being*; Keltner, *Born to Be Good*; Williams Woke, Shapiro, *Good Morning, I Love You: Mindfulness and Self-Compassion Practices to Rewire Your Brain*.

(An \$85 tuition has been added to the workshop cost.)

Shauna Shapiro, PhD, is a professor, scientist and author of three critically acclaimed books. She is an internationally recognized expert in mindfulness and compassion and has lectured for the King of Thailand, the Danish government and the World Council of Psychotherapy as well as Fortune 500 companies including Google, LinkedIn and Cisco. www.drshaunashapiro.com

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

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

Amishi Jha, PhD, is a neuroscientist and associate professor in the department of psychology at the University of Miami, and director of contemplative neuroscience for the UMindfulness Initiative. She studies the neural bases of attention and the effects of mindfulness-based training programs on cognition, emotion and resilience. www.amishi.com/lab

Justin Michael Williams knows all too well the powerful impact of healing—from growing up with gunshots outside of his bedroom window to sharing the stage with Deepak Chopra. With his groundbreaking book *Stay Woke* and over a decade of teaching experience, Justin has become a pioneering voice for diversity and inclusion in wellness. www.justinmichaelwilliams.com

WEEKEND OF AUGUST 14-16

POWER VINYASA YOGA

Susan Hauser

Vinyasa/Power Yoga connects breath with movement using a vigorous, fitness-based approach to Vinyasa-style yoga. This practice emphasizes strength and flexibility, and practitioners can gain many physical, mental and spiritual benefits. This weekend will consist of a fast-paced, strong power sequence, which is set to popular music and is athletically based. We will rapidly flow from one asana to another while focusing on our breath.

While this workshop is open to all levels of yoga experience and variations for different ability levels will be available, please expect each session to embrace the traditional Power Yoga sequence. Practitioners can experience many physical benefits to the bones, muscles and joints. Flexibility and muscle tone can increase and concentration can improve. Power Yoga is intense and utilizes the entire body, working muscles in arms, shoulders, back, legs, feet and abdomen so that the body grows stronger and healthier and the joints, tendons and muscles all become more flexible.

Please bring a yoga mat.

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



Photo by Esalen seminarian Steve Sarle



Photo by Esalen seminarian Steve Meier

WEEK OF AUGUST 16-21

RELATIONAL MINDFULNESS, POWER AND THE DEEP FEMININE: AN EXPERIENTIAL TRAINING

Deborah Eden Tull and Nina Simons

The world is in flux and we are all called to act on behalf of what we love and the future we desire. Yet we've inherited unconscious biases about leadership and action that presume hierarchy in lieu of cooperation, both inwardly and outwardly, informed by a culture skewed toward a "masculine" archetype.

What if attunement, relational awareness, intuition and deep listening are the most essential qualities for leadership in today's world? How do we reclaim the wisdom of the deep feminine? In this workshop, discover how dramatically women can accelerate and deepen each other's growth, effectiveness and embodiment, while also learning how to create the conditions for ongoing flourishing in your life.

During this deeply restorative week, we will explore regenerative feminine-centered leadership through meditation and mindfulness, deep listening, interactive time in nature, conscious movement, reflective writing, storytelling, experiential practices and embodied learning. Relational mindfulness offers guidance and clarity for bringing deeper presence and compassion to all of our relationships — with ourselves, one another and our world.

This workshop invites you to transform how you experience your life, work and family. It is for all passionate, self-identifying women of all ages, colors, backgrounds and disciplines, at all phases of their life's journey.

■ Recommended reading: Eden Tull: *Relational Mindfulness*; *Moonrise: The Power of Women Leading from the Heart*; Nature, Culture and the Sacred: *A Woman Listens for Leadership*.

Esalen Massage®

Each year, Esalen offers an exciting array of opportunities for learning massage and healing arts. Our programs range from weekend and week-long workshops to multi-week 100- and 250-hour massage practitioner certification programs. For a complete listing of workshops please visit www.esalen.org.

Deborah Eden Tull, founder of Mindful Living Revolution, is a Zen meditation and mindfulness teacher, author, activist and sustainability consultant. Her latest book is *Relational Mindfulness: A Handbook for Deepening Our Connection with Ourselves, One Another, and the Planet*. www.deborahedentull.com

Nina Simons, co-founder of Bioneers, is a social entrepreneur, author, philanthropic advisor and activist. Her purposes include regenerative leadership, women's leadership, indigenous wisdom and social practices, anti-racism and healing relationships with ourselves, each other and the Earth. Her book, *Nature, Culture and the Sacred: A Woman Listens for Leadership*, won two Nautilus awards. www.ninasimons.com

EMPOWERING CREATIVITY THROUGH MOVEMENT AND METAPHOR

Daria Halprin

Throughout time, movement, dance and the expressive arts have provided individuals and communities with a means of soulful expression, healing and connection with spirit. This workshop will generate opportunities for you to find such meaning connected with the real issues in your life. The Life/Art Process® developed by Anna Halprin and her daughter Daria Halprin bridges body awareness, art expression and psychological processes.

The Halprins' approach to Integrative Movement will take you on a unique journey into the sensing, feeling and imagining body. Each day will include somatic awareness practices, individual and group movement/dance, drawing, poetic narrative, improvisation, witnessing and life/art reflections. We will explore deeply and play wildly. Live music with guest artists Jahan Khalighi and Miles Lassi will support the daily work and will be featured in an evening dance jam.

Daria worked with many of the teachers who influenced the early years at Esalen, and her work has been part of the groundbreaking human potential, postmodern dance and healing arts movements. This workshop is designed for everyone, with no previous experience in dance or art needed. www.tamalpa.org

■ Recommended reading: Halprin, *The Expressive Body in Life, Art and Therapy*.

☆ CE credits for massage; see faculty.

☆ CE credits for nurses; see faculty.

Daria Halprin is a dancer, teacher, therapist and author. Co-founder and director of Tamalpa Institute, she leads workshops and training programs 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

WEEK OF AUGUST 16-23

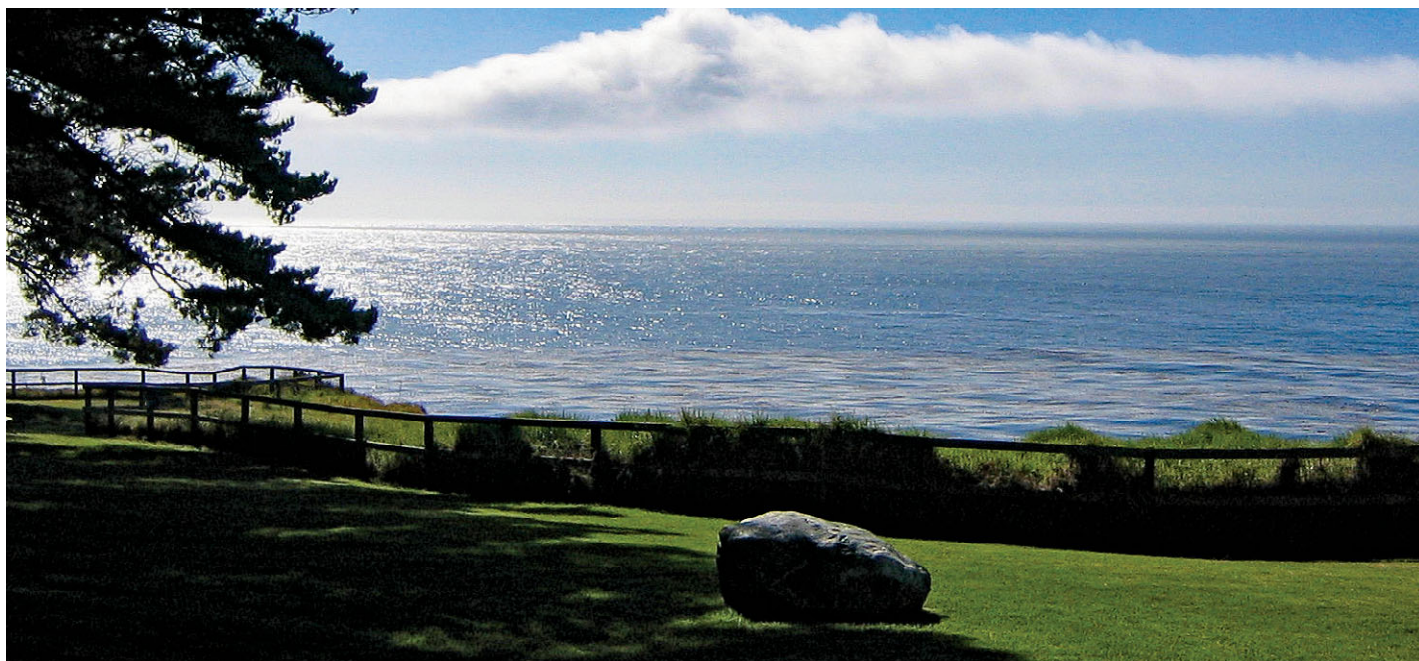
EMDR BASIC TRAINING: PARTS 1 AND 2 – TRANSFORMING TRAUMA WITH EMDR

Laurel Parnell PhD

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 opens doors of the heart to genuine spiritual transformation. This workshop is for mental-health professionals who are licensed to provide treatment. Through lecture, hands-on practice and demonstrations, you will be shown:

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

This workshop has been approved by the EMDR International Association. In accordance with the standards for basic EMDR



training, participants must complete this workshop, receive 10 hours of consultation from a recommended EMDRA-approved consultant from the Parnell Institute faculty, and then take a Parnell Institute Advanced Clinical Workshop and Refresher Course (Part 3) in order to complete the requirements for Basic EMDR training. Participants will be screened and required to submit licensure documentation before attending, and must bring copies of their professional licenses or certification to the training.

Note: Initial registration for this workshop is through Dr. Laurel Parnell only. To register, contact www.esalen.org/Course-Information-Transforming-Trauma-EMDR-1-and-2 or call 415-496-9471. Only after you have registered with Dr. Parnell will you be able to register with Esalen.

■ Required reading: Parnell, *A Therapist's Guide to EMDR: Tools and Techniques for Successful Treatment*, *Attachment-focused EMDR: Healing Relational Trauma* and *Tapping In: A Step-by-step Guide to Activating Your Healing Resources through Bilateral Stimulation*; Shapiro, *Eye Movement Desensitization and Reprocessing*.

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

☆ CE credit for LCSWs, LEPs, LPCs and MFTs; see faculty.

☆ CE credit for nurses; see faculty.

☆ CE credit for psychologists; see faculty.

Laurel Parnell, PhD, is the director of the Parnell Institute and developer of attachment-focused EMDR. She is a clinical psychologist and author. Since 1995 she has trained thousands of clinicians in EMDR both nationally and internationally. www.dr-laurelparnell.com



VOICES OF
Esalen

Voices of Esalen

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

WEEKEND OF AUGUST 21-23

THE EXTRAORDINARY COUPLES WORKSHOP

Peter Rengel and Donna Spitzer Rengel

Do you remember the magic that was present at 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 faculty from the Human Awareness Institute, this workshop is designed exclusively for couples and focuses specifically on couples’ issues with the goal of deepening and embodying love — between partners and within the self. You will spend most of your time together, some time alone, and time working in small groups and the full group. It is open to adults of any sexual orientation or gender identification.

The Extraordinary Couples Workshop is 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 in currently. Whether you

are at the beginning of your relationship or have been together for many years; already happy and loving or upset and fighting, couples whose relationships have faltered or stalled have come away from this experience more deeply in love than they ever have been.

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

Donna Spitzer Rengel has been facilitating love, intimacy and sexuality workshops since 1994. Her background includes somatics, movement arts and work as a holistic Lomi Body/Mind practitioner. She developed and leads a workshop for women on expression, movement and connection.



EARTH ALTARS FOR LIFE TRANSITIONS: THE HEALING POWER OF NATURE, ART AND RITUAL

Day Schildkret

Life has many transitions. A baby is born. A child leaves for college. A marriage. A divorce. A death. Everyone experiences profound moments that change us but societally, we are often missing ways to mark those moments so that they have purpose, meaning and insight. Could our lives be better, richer and more resilient if we had more practical resources and rituals to honor and sanctify life's cycles and transitions?

Earth Altars have been used all around the world, from indigenous cultures to art therapists, as a tangible, accessible and powerful tool to gracefully move through life's many thresholds, especially the difficult ones. Based on the practice conceived and popularized by Day Schildkret's book, *Morning Altars*, this workshop guides you through Day's unique seven-step practice of creating personal earth altars and rituals specifically for what you are going through in your life. The practice also helps you strengthen skills to bring such things as wonder, gratitude, creativity and non-attachment to the present moment.

If you love nature, enjoy hands-on creative practice and want to learn a way to move through a life transition with grace, beauty and ritual, this workshop is for you.

▣ Recommended reading: Schildkret, *Morning Altars: A 7-Step Practice to Nourish Your Spirit through Nature, Art and Ritual*.

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

Day Schildkret's visually stunning, earth-based art reconnects us to our intrinsic healing relationship with nature, impermanence and everyday ritual. With more than 85,000 followers on social media and an ever-growing list of installations across the globe, from the California Museum of Oakland to Ground Zero in New York City, Day's *Morning Altars* bring together ephemeral art and communities, to heal the collective human spirit. www.morningaltars.com

WEEK OF AUGUST 23-28

COURTING THE MUSE | SONGWRITING FROM THE HEART

Emily Saliers and Glen Phillips

The Courting the Muse week at Esalen offers an experiential immersion and playground of music, exploring singing and songwriting as spiritual practices, and as tools in service to our collective healing and transformation. Participants select from one of two workshop focuses: songwriting with GRAMMY-award-winning Emily Saliers of the Indigo Girls and Glen Phillips of Toad the Wet Sprocket or singing in community with MaMuse, Lisa G. Littlebird and friends. The two groups will join together during the evenings for creative play, singing and sharing. The culture will be one of inspiration and collaboration, inviting a deep dive into the sea of questions evoked by the state of our world today.

Songwriting from the Heart: In this workshop, songwriters from beginners to pros are all welcome. Critically acclaimed songwriters and heart-based changemakers Glen Phillips and Emily Saliers will be joined by guest teacher Natalia Zukerman to support participants in an immersive exploration of the transformative power of song.

Through participatory activities and moments of reflection, we will

be encouraged to pay attention to both structural technique and spiritual resonance to discover how emergence in the songwriting process may produce surprising results. Drawing creative inspiration from individual/collective experience and the wonders of the natural world, the use of imagery in songwriting will be woven into the process.

We will create together and alone and be invited to share our new songs or song beginnings with the greater group. If you have a portable instrument, we recommend you bring it along.

Emily Saliers is one half of GRAMMY-award-winning duo Indigo Girls. Emily released her first full length solo album, *Murmuration Nation*, in 2017. She is a social and environmental justice activist and has led numerous songwriting workshops, loves all kinds of music, and believes that a song can change your life. <http://emilysaliers.com/>

Glen Phillips is the lead singer/songwriter for Toad the Wet Sprocket and has released numerous solo and collaborative records. He continues to actively tour and leads community singing circles in Santa Barbara. www.glenphillips.com

COURTING THE MUSE | MANY VOICES, ONE SONG

MaMuse and Lisa G. Littlebird

Courting the Muse: A Week of Singing and Songwriting at Esalen offers an experiential immersion and playground of music, exploring singing and songwriting as spiritual practices and tools in service to our collective healing and transformation. Participants select from one of two workshop focuses: songwriting with GRAMMY-award-winning Emily Saliers of the Indigo Girls and Glen Phillips of Toad the Wet Sprocket or singing in community with MaMuse, Lisa G. Littlebird and friends. The two groups will join together in the evenings for creative play, singing and sharing. The culture will be one of inspiration and collaboration, inviting a deep dive into the sea of questions evoked by the state of our world today.

Many Voices, One Song: How do we make space for all that wants to move through during these times? How do we allow the song to sing us? How do we become the song? Join an extraordinary group of diverse and accomplished community songleaders, including MaMuse, Lisa G. Littlebird and guest teachers Claudia Cuentas, Tonya Abernathy and Aimée Ringle. These dynamic individuals have devoted their lives to singing for truth and transformation, and have found that there is great healing by singing together. Through embodied practices and play, we will open ourselves up wide and sing out what we find. This workshop will be accessible and participatory for all, and requires no prior experience. We'll sing songs we love and reach for new, emerging songs together. We'll liberate individual voices while learning what it is to be in harmony and compassionate presence with others.

When we sing through our collective grief and celebration, the voice we share with the whole for the sake of the whole can be a true salvation. We vow to stand steady in kindness for any and all who dare to cross the threshold from fear into the wide-open star fields of singing with a full heart.

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

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

COURTING THE MUSE | MANY VOICES, ONE SONG

Exploring what becomes possible when we gather together for communal singing is an all-immersive process for Sarah Nutting, who along with Karisha Longaker make up the vibrant musical group of MaMuse. "An opening occurs when we sing in community," Sarah says. "We allow our hearts to soften together, to inform one another, to speak a language beyond the realm of the spoken word. In this space, a great healing can happen."

As part of Courting the Muse | Many Voices, One Song at Esalen, this uplifting workshop harnesses the stellar talents of other community songleaders as well, such as Lisa G. Littlebird and guest teachers Claudia Cuentas, Tonya Abernathy and Aimée Ringle. Sarah sees this time at Esalen as an opportunity to ignite creative sparks within us and create space for healing and transformation. "All beings love to be sung to and when we sing to them and with them, we are healed by the gift of giving," she says. "Not only are we allowed to be really human together in these settings, but we give ourselves permission to express the full range of human being-ness and feeling-ness. What else really welcomes that?"

This workshop also implements lyrics that arise from honed emotional intelligence and allows the song to "sing us," Sarah adds, "but we must be open to the possibility of this occurring. There are practices to empty out, to center and to receive. Singing is one of these activities that can lead us to these states of meditative awareness. I suppose it's like any activity that we fully give ourselves over to. We are no longer doing it, it is doing us."





Photo by Esalen seminarian Tim Farrell

WEEKEND OF AUGUST 28-30

MINDFULNESS-BASED STRESS REDUCTION TOOLS

Christiane Wolf

We can't control life's waves but we can learn how to surf them.

– Jon Kabat-Zinn

Have you heard about Mindfulness-Based Stress Reduction or MBSR and are curious what the excitement is all about? Or do you feel simply stuck in your life and are looking for a new way to move forward with mindfulness?

MBSR is the program that started the mindfulness movement. Founded by Dr. Jon Kabat-Zinn in 1979, it spread from UMASS Medical School into hospitals, schools, businesses, government organizations and into people's lives. It has been rigorously and widely researched and it has inspired countless other mindfulness programs.

During this workshop we will go through the core practices of MBSR with guided meditations, gentle guided movement practice, periods of silence and writing reflections. Sharing and discussions are also part of the MBSR journey.

Learning to attend to our experience in an open, curious and friendly manner allows us to see our habitual patterns and reactions. This can lead to profound transformation into more ease, joy and calm as well as more deliberate actions with ourselves and with the world around us.

■ Recommended reading: Kabat-Zinn, *Full Catastrophe Living*.

Christiane Wolf, MD, PhD, is a physician turned mindfulness and Mindfulness-Based Stress Reduction teacher, author and speaker. She has been practicing insight meditation for more than 25 years. She co-authored *A Clinician's Guide to Teaching Mindfulness*. www.christianewolf.com

WISE AT HEART: WRITING AS A PATH TO INSIGHT

Mark Matousek

Writing is an unparalleled tool for cultivating wisdom through self-inquiry. In this transformational workshop, you will learn to use writing as a path to insight, creative growth and spiritual freedom. When you turn your attention inward, you discover the wisdom that is already inside you. Exploring core narratives, wounds and beliefs, you learn to separate the false from the real and become your own guide on the path of awakening. Mark teaches that ... "When you tell the truth, your story changes. When your story changes, your life is transformed."

Through expressive writing, dyadic work, one-on-one coaching and group discussion, you come to discover that "you are the storyteller, not the story," and that the power to awaken is already within you. Known for his inspiring work with students, Mark creates a warm, supportive atmosphere in which to do this life-changing work. His unique method, *Writing to Awaken*, has helped countless people around the world to reach their creative and spiritual goals. This workshop is open to writers of all levels.

■ Recommended reading: Matousek, *Writing to Awaken: A Journey of Truth, Transformation, and Self-Discovery*.

Mark Matousek is a best-selling author, teacher and speaker. His work focuses on personal awakening and creative excellence through transformational writing and self-inquiry. His workshops, classes and mentoring have inspired thousands of people around the world to reach their artistic and personal goals. www.markmatousek.com

CONVERSATIONS ON THE EDGE: A WILDFIRE STORY ON A CHANGING PLANET

Craig Hart and Renee Lertzman

If you are looking for another way to grow in a unique format different from the traditional workshop, please join us for an Esalen original series, Conversations on the Edge. In each of these curated weekend events, we bring together leading experts and visiting teachers to explore a pressing issue of our time in a vibrant, interactive forum of lecture, lightning talks, group discussion and idea sharing.

In *A Wildfire Story on a Changing Planet*, Craig Hart, executive director of the Pace Energy Climate Center, brings cutting-edge research currently being conducted on wildfires, explains what the data tells us and what we can expect in the future. Also joining us will be Dr. Renee Lertzman, psychologist and founder of Project InsideOut, who will share highlights from the emerging field of climate psychology and key insights to apply as we confront the realities of climate change.

This weekend is comprised of several short but impactful lecturettes that end in Q&A and conversation among the audience. Scheduled gathering time will be significantly less than traditional workshops and sessions are open to the entire campus. See www.esalen.org/page/conversations-edge-esalen for updated topic and presenters. Presenters are subject to change.

Craig Hart directs Pace University's Energy and Climate Center, and has advised governments and developers in clean and low-carbon energy and decarbonization technologies for two decades. He teaches for Pace and Johns Hopkins University. He holds a PhD from MIT. <http://energy.pace.edu>

Renee Lertzman marries the worlds of academia and practice by translating psychological and social science research insights into clear, applied and profound tools for organizations around the world, seeking to engage diverse populations, communities and individuals around environmental work and climate action. www.reneelertzman.com

WEEK OF AUGUST 28-SEPTEMBER 4

HEALING THE PELVIC FLOOR: RECLAIMING YOUR POWER, SEXUALITY AND PLEASURE POTENTIAL

Suzanne Scurlock

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

This workshop offers a rare opportunity for deep healing. During these seven days you can experience new possibilities for renewed feminine energy, greater health and a deeper sense of pleasure in being a woman. We will spend time exploring nature and how our

connection to the earth can deepen our connection to ourselves. Our experience will culminate with an evening of nurturing at the Esalen natural hot spring baths. This workshop is valuable for anyone who wants to learn alternative approaches to women's health.

Note: This workshop is for women only. All self-identifying women are welcome. Learn more about this course and Suzanne Scurlock's work at www.healingfromthecore.com

■ Required reading and listening: Scurlock-Durana, *Reclaiming Your Body* and *Full Body Presence* (books). Please listen to the audio portion (available from www.healingfromthecore.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*; Wolf, *Vagina: A New Biography*.

☆ CE credit for massage, see page 100.

☆ CE credit for nurses; see page 100.

Suzanne Scurlock bio on page 15.

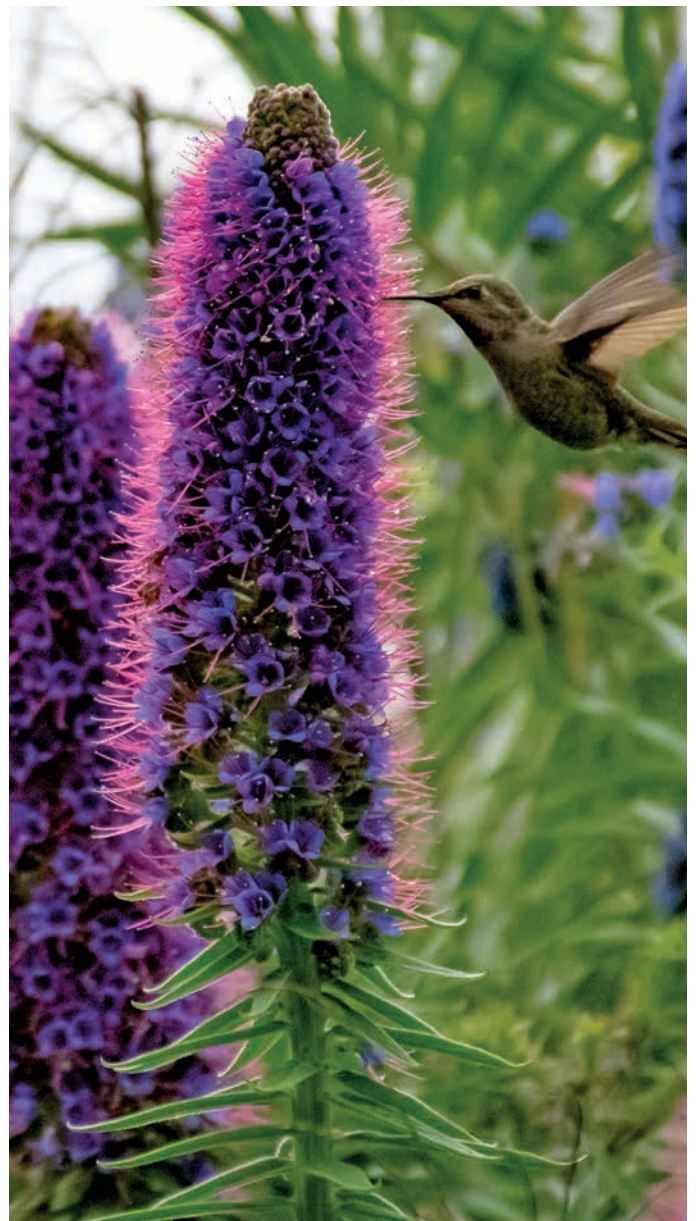


Photo by Esalen seminarian Tim Farrell

WEEK OF AUGUST 30–SEPTEMBER 4

RADIANT BODY: LIVING FROM THE HEART

Kia Miller

Connect to your inner self and create new possibilities in your life. To truly thrive, one must develop the ability to listen to the quiet voice of the soul. Yoga and meditation give us the tools to access the place where deep listening happens.

In this exciting and comprehensive workshop, Kia Miller shares her deep experience and love of yoga by providing keys to thriving in these turbulent times. Explore ancient yogic teachings that have been passed down from teacher to student for thousands of years, as well as practice Vinyasa Flow yoga to open and strengthen the body, and Kundalini yoga and meditation to shift through energetic blockages and build vitality and awareness. Take this “time out of time” to rejuvenate yourself in the healing waters of Esalen, connect with like-minded individuals and establish a practice that can connect you to the infinite wisdom of your heart and the ability to live from your intuitive mind.

This workshop is for anyone looking for a toolbox for elevation and ways to excel in life, and who desires to be a “lighthouse” for all those around you. All levels welcome. Please bring a yoga mat.

Kia Miller is a Kundalini yoga teacher who has an ability to translate the subtle teachings of Kundalini in a highly accessible way. Kia's study of yoga began when she was 15. She is also certified in Hatha yoga and teaches workshops, retreats and teacher trainings throughout the world. www.kiamiller.com

THE BUDDHA, THE BRAIN AND BACH

Barbara Bogatin, Nikki Mirghafori and Clifford Saron

Join us for an exploration of practice from three intertwined perspectives. Dharma teacher and scientist, Nikki Mirghafori, will lead guided meditations, interactive inquiry and provide teachings on *samatha* (concentration), *vipassana* (insight) and *metta* (loving kindness) practices. Nikki will guide you in developing embodied awareness, highlighting the importance of kindness towards self and others, supporting insights into the mysterious nature of our lived experience. Neuroscientist Clifford Saron will speak to the inexhaustible mystery of brain function. He will share his critical sensibility regarding the portrayal of neuroscience and the effects of mindfulness in the popular press, emphasizing the importance of context for understanding prevailing scientific narratives. He'll share his findings from The Shamatha Project, which investigates the effects of meditation retreat experience on attention, emotion and physiology. San Francisco Symphony cellist Barbara Bogatin will play musical interludes, illustrating how musicians turn their instrument practice into contemplative practice. Barbara will provide a rare glimpse from within the discipline of maintaining a high level of craft, performing music by Bach and exploring the composer's creative process to better understand the depths of human expression.

Our days will consist of meditation, didactic presentations, discussion and group sharing, interwoven with guided listening and exulting in the joy of music. This workshop is well suited to practicing clinicians and is open to all. No previous experience in meditation, music or brain research necessary. For a glimpse into music and meditation, watch a three-minute video by Barbara Bogatin at www.sfsymphony.org/barbarabogatin. For continuing education syllabus, see www.esalen.org/buddha-brain-bach-0818.



Conversations on the Edge

The rugged mountains meet the zealous sea along Esalen's Big Sur landscape in a sublime setting that has long served as an exploration of our human potential. This protective haven, a breeding ground for personal transformation, became the ideal birthplace for *Conversations on the Edge*, a unique Esalen experience, outside of the traditional workshop environment, that features mini-lecturettes from invited experts on current or emerging topics impacting our world and thought-provoking question and answers sessions that encourage participants to explore their own thoughts and ideas with each other.

"We're passionate about the *Conversations on the Edge* series because it allows us to bring in really intelligent and interesting thought leaders on important topics that impact each of us on a social level," says Programs Director Cheryl Fraenzl. "The conversations inspired through this format have been some of the deepest and most thought-provoking I've had at Esalen."

Conversations on the Edge was launched in 2016 with a single offering focusing on the interplay and intersections of the masculine and feminine in today's culture. As the programming expanded, additional themes included the effect of technology on our human experience, how we gather outside of structured religions and other traditional sources of community, and the exploration of gender and identity. In choosing a theme for *Conversations on the Edge*, Cheryl looks to emerging questions or urgent relevancy arising from our society. "I'll start to see patterns in discussions I'm having with different groups and organizations and usually that is a catalyst to invite thought leaders from different walks of life to come speak at Esalen," Cheryl adds. "Each time, I walk away with a new understanding of a topic and feel far more educated and able to see multiple complexities influencing the issue."

This Fall, *Conversations on the Edge* will explore the following themes: *A Wildfire Story on a Changing Planet*; *Changemakers on the Front Lines*; *Awe and Wonder — Exploring the Intersection of Art, Science and Technology*; and *Build It Better — Centering Racial Equity in Institutions*. Featured experts and teachers will include Craig Hart, director of Pace University's Energy and Climate Center; Dr. Renee Lertzman, teacher, speaker and brand consultant; Bart Weetjens, Belgian Zen priest and international social entrepreneur; Susan Burns, a Skoll awardee and co-founder of Global Footprint Network; Premal Shah, co-founder of Kiva.org, a global poverty alleviation nonprofit; Louie Schwartzberg, an award-winning producer, director and cinematographer; and Marlon Williams, assistant director of Public Sector Innovation for Living Cities.



☆ CE credit for LCSWs, LEPs, LPCCs and MFTs; see page 100.

☆ CE credit for nurses; see page 100.

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 Soloists, Chamber Music Northwest, Casals Festival, Lucerne Festival and Paris GroupMuse. www.barbarabogatin.com

Nikki Mirghafori, PhD, is an empowered Buddhist teacher, Stanford University-trained compassion cultivation instructor, former Berkeley academic, artificial intelligence scientist, start-up advisor and author. She serves on the Teachers Council and the Board of Directors at Spirit Rock and Insight Meditation Center. www.NikkiMirghafori.com

Clifford Saron, PhD, a research neuroscientist at the Center for Mind and Brain and MIND Institute at UC Davis, investigates meditation, well-being and cognition from multidisciplinary perspectives. He also studies sensory and multisensory processing in children with autism spectrum disorder. www.mindbrain@ucdavis.edu/people/saron

WEEK OF SEPTEMBER 6-11

POSITIVE NEUROPLASTICITY: HOW TO GROW RESILIENT SELF-WORTH AND HAPPINESS

Rick Hanson

In volatile times, it's vital to develop resilient well-being. With the science of positive neuroplasticity, we can turn passing experiences into lasting inner strengths such as grit, gratitude and self-worth.

In this experiential workshop, you'll learn why mindfulness alone is not enough and what to do with a brain that's like Velcro® for bad experiences but Teflon® for good ones. We'll explore effective ways to release anxiety, hurt and anger, heal from past painful experiences, and to rest in open-hearted happiness. You'll learn how to influence the brain-change process from the inside out and develop a greater sense of calm, self-compassion, feeling loved and contentment, all of which are hardwired into your nervous system. We'll also explore building a sense of self-belonging with guest teacher Laurel Hanson, using tools from self-affirmation theory to identify and grow the good things already inside us.

Throughout the workshop we'll apply these insights to important relationships. You'll see how to be both appropriate and authentic, and both kind and assertive. As you deepen your sense of the good inside yourself, you can be more present for others – and grow the good together, in a wonderful upward spiral.

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

Rick Hanson, PhD, is a psychologist, Senior Fellow of the Greater Good Science Center at UC Berkeley, and *New York Times* best-selling author. He's been an invited speaker at NASA, Oxford, and Harvard, and taught in meditation centers worldwide. www.RickHanson.net

A CHANGEMAKER'S PRACTICE: FINDING THE ESSENTIAL TOOLS OF INNER WELL-BEING

Bart Weetjens

The Big Question: How do you sustain personal balance while working on social issues that have ever-growing urgency and complexity? The needs of this world are big and the solutions are hard, making it tempting to work towards burnout. All too often, social innovation is measured in terms of impact, scale, efficiency and hard-nosed metrics, while ignoring the need for a more holistic approach for those individuals on the front line. Prioritizing inner well-being for changemakers is essential for long-term sustainable contributions to the world. Whether it is through social entrepreneurship, social activism, healthcare, education or any other form of social service, inner well-being practice is conditional to effective and lasting societal change.

In this workshop, we will:

- Dive into the inner world, open up to the vulnerability of our human condition and discover who we really are without all the labels or stories we carry
- Explore the overlap and establish healthy boundaries between our personal, social and professional needs
- Learn how to find support for personal sustainability and inner well-being
- Realize harmonious connections with yourself and others alike, with the Earth and its biosphere, and re-perceive our noble purpose
- In this workshop, various body/mind awareness practices, meditative handwork and creative expression intertwine with daily readings and sharing circles.

Bart Weetjens is a Belgian Zen priest and internationally celebrated social entrepreneur (Ashoka, Schwab, Skoll awardee) for his humanitarian work. He accompanies individuals and organizations that are on a path to inner peace and harmony between people, Earth and a sustainable future.



A CHANGEMAKER'S PRACTICE: FINDING THE ESSENTIAL TOOLS OF INNER WELL-BEING

For many years, Bart Weetjens has assisted individuals and organizations such as Ashoka, the Schwab Foundation and the World Economic Forum to discover a harmonious connection between people, Earth and a sustainable future. A Belgian Zen priest, humanitarian and international social entrepreneur, Bart illuminates new opportunities to act on important social issues and avoid burnout in the process. "I hope to give people something key to apply in their own daily lives with the stories I share," Bart says. "I have learned that humanity is incredibly resilient. Working with subsistence farmers in Africa and Southeast Asia who live on the edge of extreme poverty, I was inspired by the power of their positivity, even in the most challenging times. For me, their examples are beacons of hope for all humanity."

One of Bart's joys is helping others find clarity when they hit an emotional or mental roadblock in their personal lives or in their change-agent arenas. "When solutions seem unclear, it generally means that our mind is insufficiently clear about them," he says.

This workshop unveils other essential tools that enhance well-being and points to how to identify what is most pressing for civilization. "There is a strong need for reconnection with our inner world and the transformation that this inner journey ignites," Bart adds. "When we are aware of our real needs, we become authentic in our worldly actions. I see a prosperous humanity on a sustainable planet and I count on innovation through inner transformation to make that happen."

WEEKEND OF SEPTEMBER 11-13

RISEING STRONG™ WORKSHOP

Michelle Gannon and Beth Jaeger-Skigen

Rising Strong™ Workshop is based on the latest groundbreaking research of best-selling author Brené Brown and led by San Francisco therapists and certified Daring Way™ and Rising Strong facilitators Michelle Gannon, PhD, and Beth Jaeger-Skigen, LCSW. This workshop is ideal for anyone interested in personal growth and wholehearted living.

When we take personal and professional risks in our lives, we will inevitably fall and experience disappointment, hurt, failures and heartbreaks. Rising Strong Workshop helps anyone dealing with a life transition, personal or professional setback, or disappointment get back up with more courage, creativity and connection. The experience is about learning positive practical tools and strategies to live a more authentic, empowered, self-compassionate and brave life.

This is a safe, supportive, nurturing, positive, fun and empowering experience. It includes exploration, experiential exercise, videos, guided journal writing, creativity through arts and crafts, music, movement, stories and play.

■ Recommended reading: Brown, *Rising Strong*, *Daring Greatly* and *Gifts of Imperfection*.

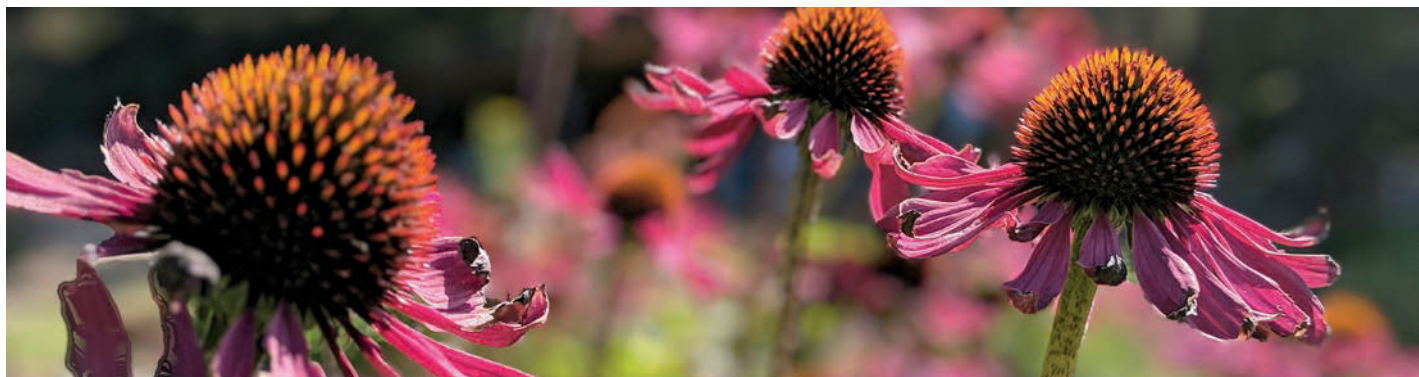


Photo by Esalen seminarian Steve Meier

(A \$15 materials fee will be added to the workshop cost.)

☆ CE credit for LCSW, LEP, LPCC and MFTs; see page 100.

☆ CE credit for nurses; see page 100.

Michelle Gannon bio on page 11.

Beth Jaeger-Skigen, LCSW, is a San Francisco-based therapist, relationship expert and Rising Strong Workshop leader. She is a certified supervisor and therapist in Emotionally Focused Therapy (EFT). She has led hundreds of groups on relationships, parenting, life transitions, grief and fertility-related issues.
www.RisingStrongWorkshop.com

NAMASWEAT: STRENGTH, CONNECTION AND SELF-COMPASSION

Lauren McHale

How often do you pause and listen to your own internal dialogue? Our understanding of our relationship with ourselves is a key aspect to Lauren McHale's NAMASWEAT program. Combining the physical practice of group fitness classes with self-compassion workshops, Lauren facilitates an environment for deep self-exploration and interpersonal connection.

NAMASWEAT is designed for individuals of all fitness levels. It is both a yoga and functional bodyweight strength conditioning experience and an ideology: finding a way to strike a balance between hard work and self-care that feels authentic and enjoyable. The workshop is a combination of yoga and bodyweight strength-training exercises set to high-energy music that will help alleviate insecurities and leave your body feeling sore yet restored.

Lauren's success as a fitness professional is rooted in vulnerability and openness. Her coaching style is focused on taking the intimidation factor out of embracing and celebrating your physicality, and creates an environment for collective consciousness, connection and self-compassion.

Please bring a journal and pen.

■ Recommended reading: Neff, *Self-Compassion*.

Lauren McHale is a certified group personal training specialist (NASM), yoga instructor and Senior SoulCycle instructor based in San Francisco. Her signature class, NAMASWEAT, is a blend of yoga and strength training designed to help people strike a balance between hard work and self-care. www.laurenmchale.com



Lauren McHale

What inspires you to do this work? *Like many people, I experienced a very challenging childhood, but I attribute being on team sports to saving my life and helping me become the woman I am today. Having a team and a*

coach relying on me to show up, stay focused and accomplish a common goal gave me the perspective I needed to handle life's challenges.

How does your combination of physical movements and music help others better understand themselves? *When we physically practice yoga and strength training or anything that's physically challenging for that matter, our focus becomes internal and we start to practice self-awareness; the way we breathe, move and hold our bodies up says a lot about how we are also feeling mentally and emotionally. When we make this connection to our "self," we allow ourselves to open up to others. When you look around a room and realize that you're not alone in what you're doing, a sense of belonging is created, which is one of our fundamental emotional needs as human beings. And the music causes an emotional response in us, so when we allow our emotions to guide our choices, whether physical or emotional, we experience an emotional flow that has the power to support us through a challenging situation.*

What do you hope people take away from the workshop? *To experience the benefits of physical practice while also coming away with a renewed sense of self and purpose. It's also an incredible bonus to form new friendships and deep connections to others.*

How has Esalen impacted you personally? *Esalen has given me the inspiration and the confidence to think bigger and more creatively. It can be easy to buy into what you think you're supposed to do with your life but the truth is that there are endless possibilities and there is no one right path for anyone. You can change your mind and redirect yourself at any time, and I believe Esalen provides a safe space for taking the pause necessary to gain this perspective.*

WEEK OF SEPTEMBER 13-18

THE NATURE OF MOVEMENT: EMBODIMENT AND THE WILDS

Steven Harper

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

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

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

All evenings and most meals will be at Esalen. All levels of experience are welcome, although participants should be prepared for some vigorous physical activity. More information and a waiver will be sent upon registration. For an equipment list and frequently asked questions about Steven's workshops, visit: www.stevenkharper.com/faqs.html

(A \$60 permit and park entrance fee will be added to the workshop cost.)

Steven Harper bio on page 11.

ENHANCING YOUR SKILLS IN ESALEN MASSAGE® AND BODYWORK

Deborah Anne Medow and Vicki Topp

Using principles of experiential anatomy, this workshop explores the balance between sensitive and structural touch, and the interplay of nervous system, skeleton and muscles. These concepts awaken sensory awareness, fine-tune physical skills and deepen personal connection with self and others, resulting in the ability to give enhanced bodywork sessions.

With this awareness, you will be instructed in sensitive, advanced methods for addressing specific segments of the body, adding depth or movement as needed, with plenty of at-the-table guidance and special questions during practice sessions. Mindful movement meditations and stillness practices will support you in learning and receiving an effective nurturing massage. This workshop includes a class that takes place in the healing water of mineral springs to evoke an experience of presence, joy and the flowing signature connection of Esalen Massage®.

Come prepared to move and be moved in this journey of physical, emotional and spiritual embodiment. This workshop is ideal for individuals with some massage experience and is especially useful if you are in the helping and healing professions and you wish to freshen your vision and skills in working with clients and patients.

☆ CE credit for bodyworkers; see page 100.

☆ CE credit for nurses; see page 100.

Deborah Anne Medow, long-time Esalen workshop leader, yoga instructor and bodywork practitioner, teaches yoga, massage, creative movement, awareness practices and related healing disciplines throughout the U.S., Europe and Japan. She is also a certified nutrition educator.

Vicki Topp bio on page 24.



Photo by Esalen seminarian Tim Farrell

You bring your potential. We'll provide the support.

Have you envisioned yourself in an Esalen workshop? Don't let financial restrictions prevent you from achieving your goal. Esalen offers a generous student scholarship program that features:

- Awards of up to 90% of workshop tuition and accommodation
- Scholarship for qualifying travel
- A convenient, online application process
- A mission-driven goal to increase diversity

APPLY TODAY

Visit www.esalen.org/scholarshipFall20 for more information.



YOUR WELL OF BEING: OPTIMIZE YOUR EMOTIONAL, RELATIONAL AND SPIRITUAL HEALTH

Shamini Jain and Kirti Srivastava

Well-being is your birthright and accessible from the inside out. During this workshop, you can explore all three essential facets of well-being: your experience of positive emotions and pleasure (Hedonic well-being); your sense of mastery and purpose (Eudaimonic well-being); and your experience of spiritual connection and surrender (Nondual well-being).

You will learn about leading-edge psychoneuroimmunology research, which suggests that these three facets of well-being can foster a longer life, lower disease risk, improve sleep, boost immunity, lead to more satisfying relationships and promote a greater sense of peace. You will also go beyond the science to experience in your body how working with the elemental energies — earth, water, fire, air and ether — can help foster all aspects of your well-being.

Combining a variety of experiential practices, you will navigate your own self expressions and the stories that may be impeding your creative force. Through exploring our bodily energy system (biofield) via breath, movement and sound, you will learn to release old patterns that do not serve you and bring in the energy you need for a healthy, fulfilling life.

Practices will include:

- Meditation, breathwork and vocal toning
- Somatic movement and dance
- Improvisation in an inclusive and causal environment

Using strategies to foster all aspects of well-being, you will unleash more of the creative grace within. Tapping into your Well of Being means becoming more of who you are here to be.

No prior experience is necessary. Come with an open heart and mind, and a desire to access your Well of Being.

Shamini Jain, PhD, is the founder and CEO of the nonprofit Consciousness and Healing Initiative (CHI) and Assistant Professor of Psychiatry at UC San Diego. Shamini integrates clinical psychology, psychoneuroimmunology, vocal performance and East Indian spiritual practice to share with others how they can best heal themselves and live joyful, meaningful lives. www.shaminijain.com, www.chi.is

Kirti Srivastava builds connections between the arts and healing to provide a holistic approach to honoring the whole being in all areas of life in order to heal, grow and expand. www.dilseculture.com

WEEKEND OF SEPTEMBER 18-20

AN INTRODUCTION TO ESALEN MASSAGE®

Dean Marson and Nora Matten

This workshop introduces the core concepts of Esalen Massage®. Through brief lectures and demonstrations, and with plenty of personal supervision of hands-on work, the workshop presents essential tools and information including the long, integrating strokes and gentle stretches that are the foundation of Esalen Massage. The principle elements of bodywork, including breath and sensory awareness practices, grounding, movement and quality of contact, will also be introduced and practiced, creating a firm basis for learning massage.

THE EDGE OF THE WORLD

By Lindsay Kolasa

the cliff,	sea gulls diving to catch
the edge,	sustenance...
the persistence of the	diving,
waves —	diving,
crashing;	diving...
fluidity	a flock gathers,
meeting solidness	and one at a time,
and where they meet:	folds its wings
	and plunges into dark waters.
	they dance like
weathering,	marionettes
tumbling,	on the ocean surface.
merging into shell spirals	
and into star rays	
who patiently glide	the cliff,
along the ocean floor.	the edge
	where worlds collide.
	where life
then, tentacle tongues	meets with life,
wrapping themselves	meets with life,
with curiosity	in an endless unfolding.
around anything that moves.	
the persistence of the	the edge of the world
waves —	is home to
crashing;	unquestioned actions,
fluidity	purposeful patterns,
meeting solidness	and truths revealing
and making white foam	themselves
to coat	like pearls
the madness of it all.	neatly tucked
	in the bellies of oysters.
the uninvited swell	
dives between	wave by wave,
microscopic membranes,	sunrise to sunset,
polishing sand grains:	it blinks away the day...
weathering,	revealing...
tumbling,	
tossing sea kelp	
on the sea shore;	

* This poem is an offering to the Esselen people of Big Sur — the keepers of the window and the keepers of the edge of the world.



This workshop offers foundational skills for the newcomer, a fresh approach for the experienced practitioner, and especially is useful for those in the helping and healing professions in working with their clients and patients.

Come prepared to enjoy the healing waters of the natural hot springs and the magical beauty of Esalen.

☆ CE credit for bodyworkers; see page 100.

☆ CE credit for nurses; see page 100.

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

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 modalities. www.noramatten.com

CONVERSATIONS ON THE EDGE: WHO'S GIVING UP? CHANGEMAKERS ON THE FRONT LINES

Bart Weetjens, Susan Burns and Premal Shah

If you are looking for another way to grow in a unique format different from the traditional workshop, please join us for an Esalen original series: Conversations on the Edge. In each of these curated weekend events, we bring together leading experts and visiting teachers to explore a pressing issue of our time in a vibrant, interactive forum of lecture, lightning talks, group discussion and idea sharing.

In Changemakers on the Front Lines, we will hear from three highly celebrated social entrepreneurs making a difference in the world. These visiting faculty will share their visions of a better world at a time when it may feel that the problems are big and the solutions are unclear. Visiting teachers include Bart Weetjens, a Belgian Zen priest and founder of APOPO.ORG; Susan Burns, co-founder of the Global Footprint Network; and Premal Shah, co-founder of Kiva.org. All three hold a Skoll Award for Social Entrepreneurship.

This spacious weekend is comprised of several short but impactful lecturettes that end in Q&A and conversation among the audience. Lecturettes are open to anyone on campus and scheduled at various times throughout the weekend. Planned events will be significantly less than traditional workshops to allow for participation in movement and meditation classes, healing arts and hot springs, and the natural beauty of Esalen. Presenters are subject to change.

Bart Weetjens bio on page 41.

Susan Burns is a Skoll awardee and co-founder of Global Footprint Network. She is currently leading the U.S. expansion of the Poverty Stoplight, a mobile technology that empowers families to be the architects of their own living conditions.

Premal Shah co-founded Kiva.org, a global poverty alleviation nonprofit which he led for 13 years. Kiva helped connect millions around the world with resources from millions who have something to give. Premal is most interested in unlocking our innate desire to be of service at scale.

MEN AND MASKS: RETURNING TO THE AUTHENTIC SELF

Ashanti Branch

What does it mean to really be a man? What are the rules? Who makes them and how can we break the mold?

Growing up in today's rapidly changing world can be deeply challenging for boys and men. Young men are told if they talk about feelings or show emotions, that they are less of a "man," leading to men, young and old, to act inhuMANely and put on masks, just to get through.

Ashanti Branch, workshop faculty and inner-city youth advocate, will share some of the lessons learned after working with more than 20,000 young men across the globe. Through lectures, hands-on activities and film-viewing, this workshop is an escape from the societal "rules" and a return to the real, authentic self. The weekend will provide an opportunity for men to come together in a safe space to explore the source of their power, by building open and honest connections with other men.

Ashanti notes one of his favorite quotes: “The longest distance most men travel is the 18 inches between their head and their heart and many times we get stuck in our heads.” This workshop is a journey straight to the heart. All self-identified men and their sons (middle school-age and above) are welcome. Note: We have asked approximately 20,000 men to explore the masks they wear and the results are amazing.

▣ Recommended reading: Brackett, *Permission to Feel: Unlocking the Power of Emotions to Help Our Kids, Ourselves, and Our Society Thrive*.

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

Ashanti Branch, MEd, is an inner-city teacher who invited underachieving African-American and Latino males into a support group called The Ever Forward Club. Members achieved a 100 percent high school graduation rate, with 93 percent attending college, military or a trade school. He has now formed 10 The Ever Forward Clubs. www.everforwardclub.org

PSYCHEDELIC THERAPIES: THE HISTORY AND RENAISSANCE OF PSYCHEDELICS DRUGS AS MEDICINES

Ben Sessa

In this workshop we will explore the remarkable potential of psychedelics for healing and self-discovery around the world. We will examine current topics of research, including:

- The use of MDMA in the treatment of post-traumatic stress disorder (PTSD) and social anxiety disorder among autistic adults
- Ketamine as a remedy for treatment-resistant depression and anxiety in the face of terminal illness, the use of psilocybin and the therapeutic use of LSD to treat cluster headaches, alcoholism and depression among other maladies
- The efficacy of the African plant medicine Ibogaine and the Amazonian medicine Ayahuasca in the treatment of PTSD and addictions to opiates and other drugs

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

This workshop will be primarily lecture-based, with opportunities for Q&A and small group dialogue.

▣ Recommended reading: Sessa, *The Psychedelic Renaissance*; Sessa and Winkelman, *Advances in Psychedelic Medicine*; Pollan, *How to Change Your Mind*.

Ben Sessa is an MD psychiatrist interested in the developmental trajectory from child maltreatment to adult mental disorders. He is a MAPS and Compass-approved MDMA and psilocybin psychotherapist and senior research fellow at Bristol and Imperial College London Universities, and has been a study doctor administering and receiving LSD, DMT, psilocybin, MDMA and ketamine on scientific studies. He is the author of multiple articles and medical textbooks exploring psychedelics, including *Psychedelic Renaissance*, and is co-founder and director of the Breaking Convention conference.



Ben Sessa

What new insights about psychedelics will you be sharing with seminarians?

We'll talk about most of the global studies done over the last 10 years. The clinical trial testing of 3,4-methylenedioxy-

methamphetamine (MDMA)-assisted psychotherapy for Post-traumatic stress disorder (PTSD) done by Dr. Michael Mithoefer, clinical investigator for MDMA/PTSD Studies at the Multidisciplinary Association of Psychedelic Studies (MAPS), has been most inspirational to me as a clinician in dedicating my work with MDMA.

What deeper truths about psychedelics need to be illuminated now? *Thankfully we are now moving away from the erroneous misconceptions about most harms and risks. Far more interesting topics now up for discussion are about how we are going to roll out these treatments to a wider number of people. The real challenge for the future is how to increase accessibility to the people who really need these medicines. For too long they have been the plaything of the privileged.*

How does the use of psychedelics create a universal connection? *Psychedelics engender a sense of global connectivity. We need to find ways to turn this transient experience into real, meaningful action that brings people together and creates genuine social change.*

What do you hope people take away from your workshop? *I hope they will experience networking and connectivity, plus education and dissemination of cutting-edge news in the field. Esalen is steeped in history for this genre of work. Many of the major players in the field have passed through Esalen. This makes it an important place to continue the discussion.*

Do you have a favorite spot at Esalen and if so, what happens for you there? *The mineral baths but I really like the swimming pool and I love walking through the forests.*

What happens at Esalen that happens nowhere else? *A concentrated immersion into esoteric subjects.*

How would you describe Esalen in one word? *Serene.*



WEEK OF SEPTEMBER 20-25

MIND, MOOD, FOOD

James Gordon, Kathie Swift and Cindy Geyer

This workshop brings together leaders in integrative medicine and functional nutrition to empower clinicians and health-conscious individuals to improve their mental and emotional well-being through nutrition and to share the information with their patients, clients, students and families.

We will explore cutting-edge research presented by The Center for Mind-Body Medicine on how food, supplements and herbs can be used therapeutically to address the most common, as well as the most complex, mental and emotional health challenges.

Additionally, the following topics will be explored:

- Nutrition and the brain: cutting-edge science for emotional, cognitive and behavioral disorders
- Healing foods to balance mind and mood
- Digestive wellness and the gut-brain-microbiome
- Energizing, relaxing and clarifying mind-body techniques including movement, imagery and mindful eating
- Self-care practices to dramatically reduce stress and improve the quality of life
- Dietary supplements to support brain health and healing
- How to repair the traumatized, injured and aging brain

This five-day training is primarily lecture-based and includes experiential learning: food demonstrations and whole-foods meals, mindful eating and mind-body approaches and immersion in nature.

(A \$550 tuition will be added to the workshop cost.)

CEs and scholarships will be available through CMBM.

Visit <https://cmbm.org>.

James Gordon, MD, is the founder and executive director of The Center for Mind-Body Medicine and author of *The Transformation: Discovering Wholeness and Healing After Trauma*. He is Clinical Professor of the Department of Psychiatry and Family Medicine at the Georgetown University School of Medicine, and Chairman of the White House Commission on Complementary and Alternative Medicine Policy (under Presidents Clinton and G.W. Bush).

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

Cindy Geyer, MD, is Medical Director at Canyon Ranch in Lenox, Mass., and has been a thought leader in Integrative and Lifestyle Medicine and Food As Medicine core faculty member since 2001.

WEEKEND OF SEPTEMBER 25-27

THE EMBODIED LIFE™: MEDITATION, GUIDED INQUIRY AND THE TEACHINGS OF MOSHE FELDENKRAIS

Russell Delman and Linda Evans Delman

Presence is the doorway to transformation, Embodiment is the key. All methods of human potential emphasize the importance of awakening to the present moment. This workshop uses ancient and modern methods for directly uncovering our natural presence. You

will learn to integrate mindfulness with body-fullness and heart-fullness. Simply, we need the capacity to:

- Sit quietly and caringly with our thoughts
- Mindfully welcome our feelings
- Find comfort in our bodies

Embodied meditation is a bare-bones approach to experiencing the present moment. This is the basis for being at home in ourselves. Guided Inquiry includes a variety of awareness experiments based in the Focusing method of Eugene Gendlin. Learning to bring a caring, curious presence to our emotions and “negative” thoughts is truly transformative.

The fascinating movement lessons of Moshe Feldenkrais are perhaps the most neurologically sophisticated ways of transforming our motor patterns and self-image. Through meditations, awareness practices, movement lessons and conversation, we anticipate a transformative and joyful time together.

This workshop is open to all people. Chairs are available.

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

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

BODYWISE: DISCOVERING YOUR BODY INTELLIGENCE FOR LIFELONG HEALTH AND HEALING

Rachel Abrams

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

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

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

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



SACRED KITCHEN: THE ART OF HOSTING DELICIOUS EXPERIENCES

Food is sacred and deep bonds are formed when people cook together. With this in mind, Sacred Kitchen founder Jesse Bloom and former Esalen Executive Chef Anthony Giacobbe set out on a passionate quest to create an immersive cooking class and community celebration designed to guide people on how to invoke relational magic at their own gatherings. "My hope is to take people back to the 'default' world of gathering and create a sense of being at home with friends," says Anthony, whose longtime history in the Esalen Kitchen adds unique flavor to the workshop experience. "At these gatherings, I invite people to talk about memorable meals they've had and what may have made them so special. I love sharing fundamental culinary skills that people can take away from the experience and use forever."

This hands-on workshop also invites seminarians to dive deeper into their own motivations. "Before making a dish, I invite others to ask themselves, 'Where am I? Who am I cooking for? What is this meal for?'" Anthony says. "I believe setting an intention and having a focus for the presentation and reception of the dish can yield mouthwatering, heartwarming returns."

The sublime result also illuminates that cooking for people can be an expression of love and care, and that one of the best ingredients for any intimate gathering is to create what Anthony calls a "sacred" container. "I lived at Esalen for 12 years and worked with so many students in the Esalen Kitchen, and I hope to bring that initial Esalen magic that changed my life so many years ago."

SACRED KITCHEN: THE ART OF HOSTING DELICIOUS EXPERIENCES

Jesse Bloom and Anthony Giacobbe

Sacred Kitchen is equal parts immersive cooking class and community celebration. Come join us for a chef's perspective on the key ingredients for creating stunning food and invoking relational magic at your next gathering.

If you are passionate about food and people, this hands-on workshop allows you to learn favorite techniques from Sacred Kitchen founder Jesse Bloom and former Esalen Executive Chef Anthony Giacobbe. You will take your kitchen skills to the next level by delving into a variety of cooking techniques, such as hot searing, slow braising, quick pickling, raw dessert preparation, elevating flavor, plating and garnishing. We will also explore the art of hosting by understanding how warm welcomes, stunning ambience and verbal appreciation create connection and community at gatherings of all sizes. You will leave this one-of-kind culinary experience with:

- The confidence to be a warm, graceful and inspiring host
- An understanding of how to craft a sacred container for your intimate event
- New friends

Join us for this weekend-long celebration of culinary connection.

(A \$35 materials fee will be added to the workshop cost.)

Jesse Bloom blends 20 years of kitchen experience, a gift for facilitating connection and a passion for transformation to creates delicious experiences through his company, Sacred Kitchen. His food celebrates global flavors highlighting plant-based and bio-diverse dishes that celebrate a sustainable future. www.sacredkitchensf.com

Anthony Giacobbe is a former Esalen Executive Chef. Inspired by international travels, his culinary style is fresh, bright and showcases seasonal ingredients. Currently the executive chef for an organic catering company, Anthony is known for his engaging personality and kitchen DJ skills.

SEPTEMBER 25–OCTOBER 4

PATH OF DEVOTION: A YOGA TEACHER TRAINING

Janet Stone

Whether you're an established yoga teacher, an aspiring teacher or simply a student of yoga, this immersion offers a pathway to deepen our relationship with self through the lens of *bhakti* — the devotional, heart-centered path of yoga. We will establish a foundation of living our daily life through the practices of yoga.

On the powerful and transformative lands of Esalen, on the cliffs of Big Sur, this unique 10-day training begins by establishing your *svadharma*, your own personal path. We'll explore core concepts such as:

- *Sankalpa*: Unearthing your deepest intention/soul longing. What am I up to with this precious life resource?
- *Adhikara*: Assessing your strengths and your greatest opportunities for growth.
- *Sadhana*: Integrating practice and self-study into everyday life. How do I create a personal practice that is sustainable and attainable?

With this deeper understanding of your personal path of yoga, we'll dive into the training's core curriculum with experienced guidance from Janet Stone and top-of-their-field guest teachers. This training also includes required unit hours in the Esalen baths and watching the sun set over the Pacific.

Activities and components include:

- Meditation: Slowing the fluctuations of the mind to experience presence
- Mantra/Chanting: Opening your heart through your voice in a practice of devotion, surrender and clear intention
- Storytelling: Connecting to your own inner archetypes through the power of mythology
- Asana, alignment, anatomy and assisting: Coming to the physical practice as a means to self-study, awakening and liberation
- Pranayama: Using the breath to access the subtle body to nourish your life force
- Philosophy: Exploring the history and philosophy through the practice and discussion
- Ethics: Aligning with the *yamas* and *niyamas*, which are simple tools for clarity and integrity



Photo by Esalen seminarian Tim Farrell

This immersion is designed for teachers, aspiring teachers and long-term practitioners of yoga. Those who complete the training will be eligible for 108 hours of Yoga Alliance Credit. All hours are applicable to the Janet Stone Yoga 200-, 300- and 1008-hour training programs.

Please bring a yoga mat.

(A \$560 tuition will be added to the workshop cost.)

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

WEEK OF SEPTEMBER 27-OCTOBER 2

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 recognize the ways in which the nine Enneagram types play out in our own personalities. It will combine psychological insight into the inner workings of the Enneagram types with meditation practices and exercises designed for a more direct experience of the 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 you can fully integrate the richness of the Enneagram material into your daily work and relationships.

■ Recommended reading: Riso and Hudson, *The Wisdom of the Enneagram, Personality Types* (Revised Edition, 1996) and *Understanding the Enneagram* (Revised Edition, 2000).

CE credit for nurses; see page 100.

Russ Hudson is one of the top teachers and developers of the Enneagram system in the world today. He is the co-author, with Don Richard Riso, of several books including *The Wisdom of the Enneagram and Personality Types* (revised edition). www.enneagraminstitute.com

STILLNESS AND SPIRIT: PLAYING IN THE FIELDS OF AWARENESS, SOUND AND MOVEMENT

Michael Sapiro and Porangui

In the modern world, with its noise, distraction and disconnection, we can forget the subtle sounds and movements of the sacred that arise within and around us. Learn to rest in spacious stillness where these expressions of Spirit can be clearly heard and felt. From this place of

pure awareness, creative energy and expression can arise.

This experiential and deeply moving workshop combines nondual meditation practices and Buddhist psychology with music, rhythm, dance, poetry and sacred rituals. Designed as a journey, you will engage in guided meditations and movements, dharma discussions, breathwork, circle songs, intuitive voice play, meditative sound baths, journaling and connecting with one another while learning how to use the body and voice as instruments of transformation. Through these practices we directly experience various states of consciousness that span across individual and collective realms while ultimately resting in the underlying source from which all arises and returns. Greet the silence and stillness within, learn what gets in your own way and leave embodied with presence, grounded and inspired to live your most fully expressed self and integrated life.

Please bring a journal, yoga mat, eye pillow and comfortable clothes to move around in.

Michael Sapiro, PsyD, is a clinical psychologist, Dharma and meditation teacher, former Buddhist monk and a Fellow at the Institute of Noetic Sciences. He teaches nationally on the art and science of transformation, expanded human capabilities, self-care and meditation for personal awakening and collective transformation. michaelsapiro.com

Porangui is an international touring musician, educator and therapist, steeped in traditional forms of music, healing and ceremony since birth. His work draws from his cross-cultural background (Brazil, Mexico and Southwest U.S.) and ethnomusicology training at Duke University to create personal and collective freedom through creative expression. www.porangui.com

WEEKEND OF OCTOBER 2-4

AWAKENING SHAKTI: MEDITATION, KUNDALINI AND THE OPENING OF THE HEART

Sally Kempton

This workshop unfolds an approach to meditation that harnesses the alchemical inner energy called Kundalini Shakti. Kundalini, the evolutionary energy that connects us to our highest potential, is also the secret of dynamic meditation. Using closely guided meditation practices based on the tantric tradition of Kashmir Shaivism, as well as mantra, visualization and inner journeying, we'll connect to our own meditative energy, discover how to empower meditation through devotional practice, open the core channels in the body and explore how to invoke the sacred feminine within the body and mind. Based on Sally's deep, practical understanding of inner meditation energy, and her 45 years of experience in applied tantric meditation practice, this workshop is designed to help you explore an energetic approach to meditation so that every session can be a transformative inner experience.

Sally Kempton teaches applied spiritual wisdom and helps students work with meditative experience as a framework for practical life change. Sally teaches workshops in meditation and practical yoga philosophy based on Kashmir Shaivism. She is the author of the best-selling book, *Awakening Shakti: The Transformative Power of the Goddesses of Yoga and Meditation for the Love of It*. www.sallykempton.com

CONVERSATIONS ON THE EDGE: AWE AND WONDER – EXPLORING THE INTERSECTION OF ART, SCIENCE AND TECHNOLOGY

Louis Schwartzberg

If you are looking for another way to grow in a unique format different from the traditional workshop, please join us for an Esalen original series: Conversations on the Edge. In each of these curated weekend events, we bring together leading experts and visiting teachers to explore a pressing issue of our time in a vibrant, interactive forum of lecture, lightning talks, group discussion and idea sharing.

During this weekend, renowned filmmaker Louie Schwartzberg will take participants on an awe-inspiring visual journey, through time and scale, making the invisible visible. He writes: "When we see things from the point of view of a flower, a hummingbird, or a redwood tree, it broadens our worldview and opens our hearts." These ecstatic experiences, skillfully captured by Louie's lens, will connect participants to something larger than themselves, helping cultivate purpose and meaning, and engendering an overall sense of interconnected gratitude for all living things.

This weekend is comprised of several short but impactful lecturettes and film viewing sessions that end in Q&A and conversation among the audience. Scheduled gathering time will be significantly less than traditional workshops to allow for participation in movement and meditation classes, healing arts and hot springs, and the natural beauty of Esalen. Presenters are subject to change.

Louis Schwartzberg is an award-winning producer, director and cinematographer known for his breathtaking imagery for feature films, television shows, documentaries and commercials using his time-lapse, high-speed and macro cinematography techniques. Louie's uplifting stories celebrate life and reveal the mysteries and wisdom of nature, people and places. <https://movingart.com/>



Between juices made with fresh beets, apple, cucumber, spirulina and many other combinations to daily wellness shots, a variety of handcrafted espresso drinks and Esalen's own Harvest Milk, the Juice and Espresso Bar, located in the Lodge, is a prime destination for nourishing refreshments.



Photo by Esalen seminarian Isabel Gonçalves

WEEK OF OCTOBER 4-9

SOULFUL PHOTOGRAPHY: THE ART OF CREATING EFFECTIVE IMAGES

Christopher Michel

In this intensive (and fun!) five-day photography workshop, photographers will explore what it means to create an effective, soulful photograph. We will dive deep into how to integrate composition and environment to make images that catch our attention and touch our hearts.

We will venture out of the classroom every day to photograph fascinating people, places and nature in the Esalen landscape and greater Big Sur area. We will work with models on location, develop proficiency in photographing strangers and our daily lessons will allow us to discover different aspects of photography — working with people, composition, visualization and more. You will be asked to bring in images from the prior day's work for a group photo review every morning and there will be a brief discussion about each image. By the end of the week, you will know how to make effective, high-impact photographs. This workshop is for passionate photographers who are dedicated to improving their craft.

Please bring a camera, photo processing software on a laptop and USB card reader.

■ Recommended reading: Peterson, *Understanding Exposure: How to Shoot Great Photographs with Any Camera (3rd Edition)*.

(A \$50 materials fee will be added to workshop cost.)

Christopher Michel is an accomplished photojournalist whose high-impact images have been seen by millions, and have appeared broadly in print and in everything from Google screensavers to album covers. www.ChristopherMichel.com

REUNION WITH THE WILD EARTH: RELATIONAL HIKING IN BIG SUR

Noël Vietor and Fletcher Tucker

How would it feel to move beyond a passive appreciation of nature and into a deep relationship with the living Earth? Over the centuries, people across all cultures and traditions have lived in sacred communion with the lands they called home. While this intrinsic connection is now largely absent in our modern age, the wisdom traditions and practices integral to our respective Earth-reverent ancestors are not lost. They lie dormant in the land, among the wild beings and even in our own animal bodies, waiting patiently to be remembered and renewed.

Immersed in the incomparable wilderness of Big Sur, we will humbly walk the land in pursuit of reunion with the wild Earth. We will set out each morning for day-long hikes amongst ancient redwoods, golden grasslands and fragrant chaparral. Our community and teachers will include the plants, animals, stones and all aspects of the wild landscape.

Along the trail, we will cultivate innate capacities for presence and wonder, while exploring pathways to nourish our relationship with nature, including ethnobotanical and ecological knowledge, earth-based skills and awareness practices. Beginning to re-weave the luminous threads that connect us with all life, we will participate in some of the most potent work of our time: rejoining our great family on this sacred Earth.

Note: Saturday's hike will be up to six miles in length and includes a picnic lunch. We will return to Esalen in late afternoon. The hiking terrain is sometimes steep, rugged and uneven. If you have questions about your ability to participate, please visit www.wildtender.com/esalen-faq or email: info@wildtender.com.

(A \$60 permit and park entrance fee will be added to the workshop cost.)

Noël Vietor, co-founder of Wildtender, is dedicated to helping people build meaningful relationships with the self, the earth and the community. Having found healing and a sense of belonging while hiking the Big Sur wild, Noël is honored to create this opportunity for others through Wildtender's immersive wilderness programs. www.wildtender.com

Fletcher Tucker co-founder of Wildtender, is a devoted student and teacher of California natural history, awareness traditions, ancestral skills and wisdom and trail-craft. Fletcher is committed to re-connecting human beings in body, mind and spirit with wild nature and our more-than-human relations. www.wildtender.com

YOGA PRACTICES FOR TRANSFORMATION

Pete Guinosso

Connecting with our hearts can change the way we interact with the world. During this workshop, you can find yourself on a path towards radical spiritual presence and tap into the transformative aspects of yoga. Break out of the all-too-common tendency to focus on what is wrong with our bodies, lives and the world. Face the challenge and build skills to manage momentary (and sometimes prolonged) feelings of worry, anxiety and depression.

Each day will include a mix of:

- Intensive Vinyasa yoga classes, meditation and process work and brief lecture

- Back-bending, deep twists and work with the hips and inversions to cultivate strength and opening
 - Guided meditations to integrate your insights from the practice
- By focusing on both the physical and emotional body, you'll create a platform for transforming your relationship to fear and forgiveness and explore loving kindness, gratitude and equanimity as building blocks for a lifelong practice of compassion.

This week is an opportunity to go deep. You will be given plenty of resources to stay grounded in your more-connected heart and body. Workshop participants should be able to practice in a heated room and have some familiarity with sun salutations.

Not appropriate for absolute beginners. Please bring a yoga mat.

☆ CE credit for Registered Yoga Teachers (RYT) available through Yoga Alliance; see faculty.

Pete Guinosso, E-RYT 500, teaches yoga that is grounded in breath and intention, and always leaves room for playfulness and fun. After intensive training with renowned yoga instructor Ana Forrest, Pete founded his own yoga school and draws on his years as a scientist to approach yoga with a sense of wonder and curiosity. www.petegyoga.com

THE BARRAL INSTITUTE'S VISCERAL MANIPULATION 1: ABDOMEN 1 (VM1)

Dee Dettmann Ahern

In Visceral Manipulation 1 (VM1), you will study the models and theories of functional biomechanics as viewed from Barral's innovative approach. Workshop highlights include:

- Learning manual skills to locate, evaluate and normalize primary areas of dysfunction within the abdominal cavity
- Exploring the dynamics of motion and suspension in relation to organs, membranes and ligaments
- Examining the relationship of organs and structural or neuromusculoskeletal dysfunction
- Assessing the quality of functional activity and somatic structures as they relate to an overall pattern

Note: Initial 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 begin the registration process, please call 1-800-233-5880. Only after you have registered with IAHE will you be able to register with Esalen. For Esalen pricing chart, see www.esalen.org/page/workshop-pricing-partner-programs.

■ Required reading: Barral, *Visceral Manipulation*. In addition to reading the textbook, please familiarize yourself with the definitions and/or locations of the anatomical terms available at www.barralinstitute.com/docs/prestudy-materials/VM1_Pre-Study_Material.doc.

☆ 24 hours CE credit for physical therapists in CA; see faculty.

☆ CE credit for acupuncturists; see faculty.

☆ CE credit for massage; see faculty.

☆ CE credit for nurses; see faculty.

Dee Dettmann Ahern, PT, BI-D, CST-D, received her Bachelor of Science degree in physical therapy from the University of Iowa. As a manual physical therapist since 1978, she became interested in CranioSacral Therapy and has studied with Upledger Institute International since 1984. A practitioner of Visceral Manipulation since 1987, Dee became an instructor of that work in 1994, and teaches and speaks internationally for The Barral Institute.

WEEKEND OF OCTOBER 9-11

SINGING ON THE EDGE: A COMMUNITY SINGING FESTIVAL

Melanie DeMore, Lisa G. Littlebird, Barbara McAfee, Maggie Wheeler, Emile Hassan Dyer and Laurence Cole

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

Community singing invites us all to step to the edge together — to the edge of our own unfolding and to the edge of the conversations most needed in our collective communities. Join us for a world-class gathering of community song leaders in this celebratory property-wide singing event. We will use the power of singing together in the oral tradition to craft a recipe for our world, using empathy, empowerment, connection and joy. This collaborative experience among the faculty features a mix of breakout sessions around a centerpiece community-wide workshop with Melanie DeMore singing in the African American tradition. This workshop is accessible and welcoming to all voices with every level of experience. Come ready to offer your voice in a potent exchange designed to sow deep seeds of inspiration, community and action on the path of harmony.

(A \$25 tuition will be added to the workshop cost.)

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

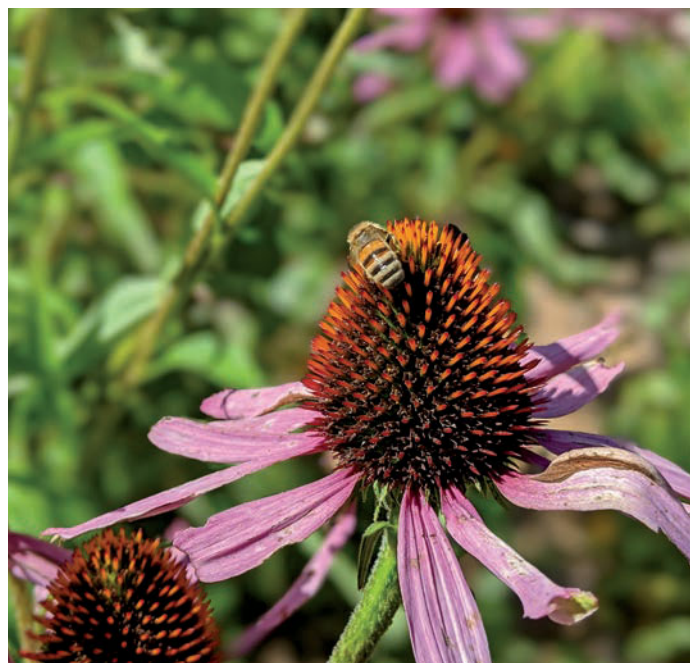


Photo by Esalen seminarian Steve Meier

Lisa G. Littlebird bio on page 35.

Barbara McAfee is a voice coach, oral tradition community song leader and author of *Full Voice, The Art and Practice of Vocal Presence*. A singer/songwriter with seven albums, Barbara founded the Morning Star Singers and gave a TedX Talk on the power of singing in community. www.barbaramcafee.com

Maggie Wheeler is internationally known for her acting work, most notably as Janice on *"Friends."* Co-director of the Golden Bridge Community Choir, Maggie is a singer-songwriter, speaker and teaches her vocal workshop, *Singing In The Stream*, in the U.S. and abroad. www.maggiewheeler.net

Emile Hassan Dyer is a choir director, vocalist, improvisational performer, percussionist and storyteller. He brings a multicultural perspective to music while using vocal and body percussion, drums and vocal styles of many cultures. He uses extensive chanting and vocalese in his musical creations. www.voicedance.org

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

WEEK OF OCTOBER 11-16

5Rhythms® MOON LODGE: HONORING THE SACRED FEMININE

Lucia Horan

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

This workshop celebrates the body of Woman and the sacred feminine within. Through dance, meditation, healing baths and nourishing meals, we will share in the Sisterhood of humanity. We will integrate the stillness of Buddhist mindfulness meditation with the moving meditations of the 5Rhythms. In sitting meditation, we have the opportunity to observe the mind and body at rest through silent introspection. In the practice of the 5Rhythms, we engage in mindfulness while in motion. The two polarities of moving and sitting meditation together mirror the dance of life and open the door to peace, well-being and balance. This workshop is for women only. All self-identifying women are welcome.

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

■ Recommended reading: Roth, *Sweat Your Prayers*; Blum, *Dancing with Dharma: Essays on Movement and Dance in Western Buddhism*.

Lucia Horan bio on page 25.

ZERO BALANCING PART 1

Fritz Smith and Linda Wobeskya

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

This workshop, 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 a tool. This workshop qualifies for credit toward Zero Balancing certification.

■ Recommended reading: Smith, *Inner Bridges: A Guide to Energy Movement and Body Structure*; Hamwee, *Zero Balancing: Touching the Energy of Bone*; Quarry and Kink, eds., *Experience the Power of Zero Balancing*.





Join the Friends of Esalen Community

At Esalen, we believe the power of connection and community can change our world for the better. We've created the Friends of Esalen community to offer more ways to stay engaged with Esalen and beyond.

With an annual gift of \$120 or more, members enjoy:

- Ability to reserve a Friends of Esalen Retreat, an unstructured experience at Esalen
- Ability to purchase tickets in advance for Esalen signature events like the Esalen Midsummer Festival
- Subscription to the Esalen catalog
- Members' reception and property tour (by request)

With an annual gift of \$500 or more, members enjoy all the benefits listed above and:

- Ability to be added to a priority waitlist for filled workshops
- 10% discount at the Conley Bookstore
- 10% discount at McQuowns' Bar

With an annual gift of \$1,000 or more, members enjoy all the benefits listed above and:

- Campus concierge service
- A day pass for member and a guest
- Invitation to General Manager and CEO forum

Want To Get More Involved?

Esalen offers six new donor funds giving you the opportunity to invest in our collective Heart, Mind, Body, Spirit and Community.

Visit www.esalen.org/friends20 or contact friends@esalen.org.

To learn more about our Scholarship Fund, please visit www.esalen.org/give



☆ CE credit for acupuncturists; see faculty.

☆ CE credit for massage; see page 100.

☆ CE credit for nurses; see page 100.

Fritz Smith is a physician, osteopath, cranial osteopath, certified acupuncturist and founder of Zero Balancing. He is the author of *Inner Bridges: A Guide to Energy Movement and Body Structure and Alchemy of Touch*. www.zerobalancing.com

Linda Wobeskya, MSPT, is a physical therapist and dedicated teacher with more than 40 years of teaching experience in a variety of fields including Zero Balancing, physical therapy, anatomy and dance. She practices Zero Balancing in Mill Valley, Calif. www.lindawobeskya.com

TANTRA: THE ART OF CONSCIOUS LOVING

Charles Muir and Christy Muir

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

Few of us have been blessed with healthy childhood conditioning and education regarding the mysteries of sexual love and relationship. This can leave individuals less successful and conscious in their sexuality than they are in other aspects of their lives. Tantra transforms sex into a loving meditation, putting more consciousness, energy, intimacy, joy and love into sexual exchanges. It is time to study sex as

an art form. Sexual loving is a vital meditative skill, and sexual energy is a sacrament that can bring great harmony and joy into a relationship so that love continues to grow over the course of a lifetime.

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

The workshop is open to couples only. For more information, media reviews and an instruction video, visit www.sourcetantra.com.

■ Recommended reading: Muir and Muir, *Tantra: The Art of Conscious Loving*, available at www.sourcetantra.com.

(A \$5 materials fee for course booklet will be added to the workshop cost.)

Charles Muir has been a professional yoga teacher since 1967 and director of the Source School of Tantra Yoga since 1978. He is quoted in 145 books in print on Tantra, relationship, sex and yoga. He is co-author of *Tantra: the Art of Conscious Loving*, which is printed in nine languages. www.sourcetantra.com

Christy Muir is an advanced-level teacher at the Source School of Tantra. She has practiced Tantra for 10 years and is a certified massage and yoga instructor. She has a BA in sociology with a strong background in psychology and NLP.

GENDER JOURNEYS: EXPLORING IDENTITY IN COMMUNITY

Ben Geilhufe and Jen Hastings

This workshop is a deep exploration into the inner dimensions of gender and how gender impacts, influences and informs our day-to-day experiences. Skilled and experienced facilitators will offer a balance of lecture-based sessions, process space and self-exploration in a wide range of modalities, including art, movement, journaling and individual and small group work. Participants will explore their own gender journeys and gender identities, share their experiences and build community connections.

The nature of this work is deeply personal and thus requires a safe and supportive environment. To that end, registration for this workshop is specifically limited to transgender, non-binary, gender-fluid and/or gender-exploring individuals. To apply, please visit <https://forms.gle/J1g7xGhIRMTLT8xt7> to share your gender experience and receive a password to complete your registration process with Esalen.

This application is not meant to be invasive, but to intentionally create safety and an affirming space for participants to explore their gender, share their stories and find community.

This workshop is limited to registered participants, and participants must be able to attend all sessions.

Ben Geilhufe is the director of community-based clinical programs for the UCSF Child and Adolescent Gender Center, adjunct faculty at Santa Clara University, co-facilitator of the Gender Therapist Team of the Central Coast, and a clinician in private practice in Santa Cruz, Calif.

Jen Hastings is a family practice physician who started the Transgender Health Care Program at Planned Parenthood, Mar Monte, Santa Cruz. Jennifer is assistant clinical professor, UCSF, Department of Family and Community Medicine.

ACCEPTANCE AND COMMITMENT THERAPY: CULTIVATING PSYCHOLOGICAL WELLNESS

John Forsyth and Jamie Forsyth

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

Through lectures, live and video demonstrations, and practical experiential exercises, you will learn new ways to help your clients grow and live meaningfully without first having to defeat or eliminate sources of emotional and psychological pain. This work can be challenging for both therapists and clients because it calls on each to stand in difficult places and open up to that difficulty, both personally and professionally. You are encouraged to engage the material at a personal level, as it applies to your own life and also in the context of your mental health work. Mental health professionals, including graduate students and post-doctoral fellows, are invited to attend.

Familiarity with ACT is not required.

■ Recommended reading: Forsyth and Eifert, *The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy, Second Edition*; Harris, *ACT Made Simple, Second Edition*.

(A \$75 tuition will be added to the workshop cost.)

☆ CE credit for LCSWs, LEPs, LPCCs and MFTs; see page 100.

☆ CE credit for nurses; see page 100.

☆ CE credit for psychologists; see faculty.

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

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



Photo by Esalen seminarian Nicole Flowers



Photo by Esalen seminarian Melina Meza

WEEKEND OF OCTOBER 16-18

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. You share only with your partner and are able to maintain privacy.

You will be shown:

- New communication skills to break destructive cycles of relating
- How to channel the energy from arguments to create passion and stability
- How the unconscious forces that attract partners to each other are also the source of conflict
- New tools for re-romanticizing your relationship to reestablish the passion of their early time together
- How to use your 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 30 years and has appeared on *The Oprah Winfrey Show*. The methodology is based on Harville Hendrix's best-selling *Getting the Love You Want*. For more information, visit www.rickbrown.org.

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

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

(A \$30 materials fee for manuals will be added to the workshop cost.)

Rick Brown is executive director for the Institute for Relationship Therapy and was executive director for Harville Hendrix's Institute. He lectures and gives workshops across the country. He has been married since 1976. www.rickbrown.org

WOMEN'S VISIONARY LEADERSHIP SUMMIT

Lucy Caldwell

We are living in a watershed moment in human history marked by an unprecedented opportunity for women to rise into leadership. In this gathering of women visionaries, we will facilitate the next wave of feminine empowerment — for ourselves and for our world. This workshop includes leaders in the fields of medicine, film, science, psychology, consciousness, technology, impact investing and cultural arts.

Drawing upon the lands and sacred traditions of Esalen, we will bring forward ancient wisdom with the latest insights from contemporary fields to consciously shape the society we wish to build. We will learn from each other's wisdom across disciplines, backgrounds and generations, and share our visions and align vectors of influence to collectively impact individual, systems level and societal transformation. This workshop is for women only. All self-identifying women are welcome.

Note: A limited number of spaces to participate in this summit are being offered to the general public, alongside a curated lineup of established leaders. Apply here: <https://goo.gl/forms/sOZ8c1j7n9l1wrQJ> After you have been accepted will you be able to reserve accommodations at Esalen.

Lucy Caldwell is a social psychologist, venture philanthropist and creator of the *Life Revealed* podcast. She has devoted herself to the science and practice of how people change, and inspiring them to live with greater authenticity, purpose and fulfillment.



OFFERINGS OF THE BIG SUR WILD – HIKING INNER AND OUTER WILDERNESS

Noël Vietor and Fletcher Tucker

As the days of Autumn wane, Big Sur's land and wild beings simultaneously exude vitality yet draw inward. The oaks sow acorns abundantly while squirrels stock their rations. Deciduous trees direct energy into their roots, deep in the Earth, in preparation for Winter's austerity.

What might we learn about ourselves and the world around us if we approach this changing landscape as our teacher, ally and mirror? What will become of our grief, our fears and our dreams when we release or offer them to the Wild?

The Big Sur wilderness is a fertile habitat for mind and spirit, and a potent domain for ritual to support personal transformation. Immersed in primordial nature, we will hike alongside creeks, thread through towering redwood groves, and ascend dramatic ridges. We will pause to learn together from the land and explore our inner wilderness through relational, awareness and ceremonial practices.

Come wander with us, dear wild one. Gather your psycho-spiritual resources from the land, ground intentions in the soil and sow visionary seeds for the future.

Note: Saturday's hike will be up to six miles in length and includes a picnic lunch. We will return to Esalen in late afternoon. The hiking terrain is sometimes steep, rugged and uneven. If you have questions about your ability to participate, please visit the Wildtender website for frequently asked questions at www.wildtender.com or email info@wildtender.com.

(A \$25 permit and park entrance fee will be added to the workshop cost.)

Noël Vietor bio on page 52.

Fletcher Tucker bio on page 52.

MINDFULNESS, MEDITATION AND MODERN LIFE: STAYING PRESENT AND FOCUSED IN A DISTRACTED WORLD

Dan Zigmond

Nearly 2,500 years ago, Buddha worried we had become too distracted and that was before paper, let alone smart phones. Now many of our days are filled with convenient distractions, promising happiness but delivering mostly busyness and frustration. When was the last time you gave something your undivided attention? So many of us today live life in a hectic fog, working too much and noticing too little.

There is a different way. During this workshop, we will disconnect, slow down and rediscover the magic of bringing our awareness to what is now. Whether it's noticing the food we eat, listening to our own bodies or truly engaging with the people around us, you will explore what it means to be fully present. We will follow a gentle schedule of sitting meditation together, engaging in small group and larger conversation, and journal writing, all while we explore the process and practice of more mindful living.

There will be time to share meals, enjoy walks through the gardens, soak in the baths, and experience the magic of Esalen. You will leave prepared to bring mindfulness to your work and your home and reclaim a healthier and happier way to be.

■ Recommended reading: Zigmond, *Buddha's Office: The Ancient Art of Waking Up While Working Well*.

Dan Zigmond is a Zen priest, writer and data scientist. He is director of Data Science at the Chan Zuckerberg Initiative, and previously led teams at Instagram, Facebook, YouTube and Google. His most recent book is *Buddha's Office: The Ancient Art of Waking Up While Working Well*.



WEEKEND OF OCTOBER 23-25

THE EMBODIED PATH TO INTIMACY

Michaela Boehm

Intimacy starts with our connection to ourselves via our feeling body. Our bodily genius holds the secrets of intimate perception and deep connection. As we become more sensitive to the signals of our body, we become more aware of others and true connections can begin. From here, there are endless means of artfully deepening and enlivening these connections through communication, touch and gaze.

In this interactive workshop, we will engage in processes and exercises to sensitize the body in relationship to another and explore ways to deepen into an understanding of the principles of intimacy. Brought alive through the play of relating, intimacy can be an eternal dance of bliss, ecstasy, awakening and love. It can be given as an offering, an art, that enlivens your chosen relationship and the lives of those around you. Somatic embodiment exercises will be supported by skilled guest teacher, Steve James.

Note: All of our intimacy activities welcome both men and women, singles and couples, and all sexual orientations. There is no nudity nor explicit sexual touching in any of our workshops. We are dedicated to the highest degree of safety and clarity for all workshop participants.

■ Recommended reading: Boehm: *The Wild Woman's Way*

Michaela Boehm teaches and counsels internationally on the intersection of intimacy and embodiment. She combines her extensive counseling experience (30,000 hours) with in-depth training in the yogic arts to offer experiential embodied learning. www.michaelaboehm.com

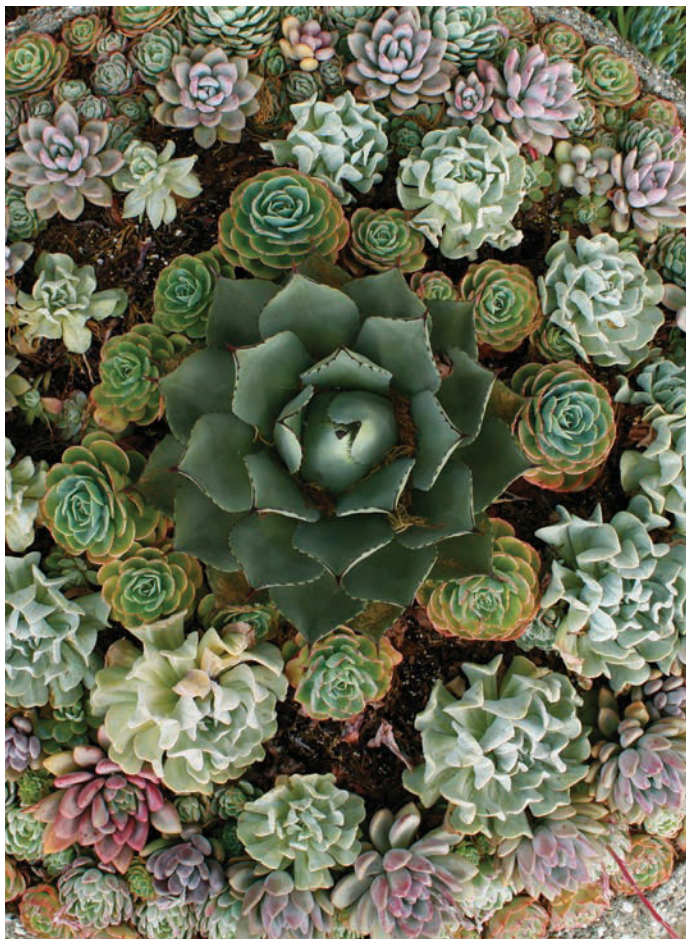


Photo by Esalen seminarian John Pearson

AWAKE IN THE WILD: MEDITATION IN NATURE

Mark Coleman

Following ancient spiritual traditions that value the transformative power of nature, this experiential workshop will be spent meditating outdoors in the natural beauty and mystery of Esalen. Whether it is during a sunset meditation, listening to the soothing sounds of the ocean or sitting graced in the stillness of cypress trees, we will open to the profound serenity and wisdom of nature. We will learn about the practice of mindfulness — the capacity to be present to ourselves and our environment, and then learn how to apply this receptivity to developing a contemplative relationship with nature. We can discover how meditative time outdoors leads to beautiful states of joy, peace, wonder, love and connection with oneself, one another and the larger web of life.

During our time together, there will be nature-based meditations, individual and group exercises and talks on meditation and nature. There will be time to relish the silence outdoors and ample opportunity to explore and discuss the art of meditation in nature. This workshop is appropriate for beginning and experienced meditators who are curious about meditation, mindfulness and how to deepen our connection with the beauty and mystery of the natural world. Be prepared for unexpected rapture, delight, mystery and stillness.

■ Recommended reading: Coleman, *Awake in the Wild*

Mark Coleman is a Buddhist meditation teacher and has been teaching insight meditation for 20 years. He is author of *Awake in the Wild* and *Make Peace with Your Mind* and leads nature-based meditation retreats and mindfulness teacher trainings in the U.S. and Europe. www.markcoleman.org

WELL WOMAN: A RESTORATIVE RETREAT FOR WOMEN TOUCHED BY BREAST CANCER

Alejandra Campoverdi

Whether you are considered high risk for developing breast cancer, carry a genetic mutation, have breast cancer or are a survivor, this immersive wellness workshop is ideal for you. This women's workshop provides a loving and supportive group setting to focus on collective healing for body, mind and spirit. Equal parts educational and experiential, you will explore how to cultivate a body that is physically, emotionally and spiritually incompatible with cancer. A breast cancer surgeon will join us as a guest presenter to share some of the latest research in the field.

In addition to learning about the various dietary, lifestyle and treatment practices that can significantly reduce breast cancer risk, the workshop will use small group and energy work to support you on your holistic healing journey. Enveloped by Big Sur's magical ocean, earth and sky, this empowering workshop is an opportunity to foster greater health and renewal, all while being nourished by fresh, organic meals, including plant-based foods from Esalen's Farm & Garden, and being pampered in the healing hot springs.

This workshop is for women only. All self-identifying women are welcome.

Alejandra Campoverdi is a women's health advocate and the founder of the Well Woman Coalition and LATINX & BRCA at Penn Medicine's Basser Center for BRCA. She is a certified holistic cancer specialist.



WEEK OF OCTOBER 25-30

UPLEDGER INSTITUTE INTERNATIONAL'S CRANIOSACRAL THERAPY 2

Luvia Jane Swanson

CranioSacral Therapy 2 (CS2) greatly expands the work learned in CS1 and completes the biomechanical CranioSacral Therapy training. These hands-on sessions will focus on cranial base dysfunctions, the masticatory system-hard palate, the mandible and temporomandibular joints, whole body evaluation and the energy cyst with regional unwinding.

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

■ Required reading: Upledger and Vredevoogd, *CranioSacral Therapy (Chapters 7-15)*; Upledger, *CranioSacral Therapy II: Beyond the Dura (Chapter 3)*.

☆ CE credit for massage; see faculty.

☆ CE credit for nurses; see faculty.

Luvia Jane Swanson, D.C., CST-D, is a certified CranioSacral Therapy 1 and 2 instructor and mentor for the Upledger Institute International. Her background in massage and chiropractic has shaped her approach to manual therapy, which is deeply rooted in body mechanics and structure.

SONGWRITING FROM THE HEART— PROGRESSING ON THE JOURNEY

Johnsmith and Julie Baker Chouteau

Take your seat among other songwriters as we work to refine our songwriting tools. We will go beyond the basic nuts and bolts of the craft and take our skills to the next level. Get ready to develop the ability to translate your own life stories into well-crafted, heartfelt songs. Through writing exercises, song assignments, performances, co-writing and demonstrations, the inner muse will be coaxed and cultivated. In a safe, supportive, fun workshop climate, we'll share and receive constructive feedback on our works in progress. Discover and

expand your boundaries and edges around the songwriting process, and bridge inspiration and craft. At week's end, the group will share its songs, new and old, with the Esalen community.

This workshop is for individuals who have experience in songwriting and are working on refining their musical voice. You should have written some songs and be able to perform them from memory prior to attending this workshop. Bring your musical instrument and dress casually — we will do some dancing and moving. There will also be evening jams. Simple recording devices are strongly encouraged. Bring an open heart and a curious mind.

Johnsmith has been writing heartfelt songs for more than 30 years. He has won national awards and contests, was a staff songwriter in Nashville and has recorded eight CDs. He's taught songwriting workshops nationwide, and has been featured on NPR's *New Dimensions*. www.johnsmithmusic.com

Julie Baker Chouteau 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.

ADVANCED CFR®: UNCOVERING CHILDHOOD SOLUTIONS STILL RUNNING OUR ADULT BODY THAT PREVENT HEALING

Harriet Goslins, Judy Greenman and Melissa Krikorian

It is not until we discover and become aware of habits of how we move, feel and think — habits which are secretly influencing our lives and limiting our physical and emotional healing — that we can change them. We can dissolve their hold over us, not by willpower nor by leaving old instructions in place and superimposing new commands over them, but by kinesthetically sensing, in our body, where, when and how we keep compulsively reenacting them.

Habits are neurologically wired in. Bringing them to consciousness through exploratory floor work moves the habits to a different place in the brain, where they are more easily available for change, simultaneously offering our nervous system new, upgraded choices. Our childhood solutions to surviving our family system, making the big people happy so they'll love us or at least take care of us, become

our decisions to protect, shut down, please, stay small and try to fix. These solutions required muscular enforcement, later becoming habitual contraction in our adult neck, jaw, back and belly. The self-compassion that comes with this understanding adds to our healing.

Come with your lingering problems from injuries and compensations or with a desire for increased joyful movement.

Prerequisite: Attendance of CFR® Week One.

Harriet Goslins developed Cortical Field Reeducation®. A Feldenkrais practitioner since 1985 and Integrated Awareness teacher, her background is in psychosynthesis, applied kinesiology, muscle energy, craniosacral work and social anthropology. She has been teaching at Esalen for 32 consecutive years. www.cfrhealing.com

Judy Greenman, founder of Body Brain Freedom Academy, empowers people to move freely and live fully using a unique blend of CFR®, Integrated Awareness®, Feldenkrais Method® and Somatic Coaching Techniques. She travels internationally offering speaking engagements, transformational retreats, virtual courses and private coaching.

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



Photo by Esalen seminarian Ed Caldwell

WEEKEND OF OCTOBER 30–NOVEMBER 1

THE MAKING OF A MODERN ELDER

Chip Conley, Jeff Hamaoui, Christine Sperber, Ken Dychtwald, Barbara Waxman, Vanessa Inn, Teddi Dean, Saul Kuperstein, Justin Michael Williams, Soren Gordhamer and Janis Nakano Spivack

The story we tell ourselves about aging can be depressing: we stumble into midlife, have a crisis, and — on the other side of that — decrepitude and death. It's no wonder that we don't look at the transition from adulthood to elderhood in the same positive way we do childhood to adulthood. Yet our personal experiences are often at odds with this societal narrative as research demonstrates that most of us grow more content with each of the first few decades after midlife.

As organizational power cascades to the young, there's an emerging need for "Modern Elders." This workshop taps into the curriculum and faculty of the Modern Elder Academy, the world's first "midlife wisdom school," founded by former Esalen trustee Chip Conley. With lectures, panels and experiential/interactive exercises, you will learn about:

- The concept of the U curve of happiness
- Mutual mentorship (a hallmark of intergenerational collaboration)
- How to embody the perfect alchemy of curiosity and wisdom
- Ways we can reduce ageism and how to embrace and look forward to the unexpected pleasures of aging

Improving your perspective on aging has been proven to add seven and a half years to your life. We'll do our best to maximize your future longevity with this mindset-shifting workshop. You will likely emerge feeling more relevant, resilient, adaptable and empowered.

■ Recommended reading: Conley, *Wisdom@Work: The Making of a Modern Elder*.

Chip Conley is a best-selling author and hospitality entrepreneur. At 52, he joined Airbnb, embracing the role of a new kind of elder, one who is as curious as they are wise. In 2018, Chip created Modern Elder Academy, the world's first midlife wisdom school. www.moderneolderacademy.com

Jeff Hamaoui is a seasoned teacher and master facilitator and serves as a partner and Chief Innovation and Education Officer for Modern Elder Academy. From investing to consulting, he draws from a deep well of experience especially in the sustainability and systems worlds.

Christine Sperber is a former pro snowboarder who has launched and operated boutique hotels, produced life-altering events, managed pro athletes and worn many entrepreneurial hats. She is a partner and the Chief Experience Officer of Modern Elder Academy.

Ken Dychtwald is a long-time Esalen lover, a gerontologist, psychologist, educator, author, lecturer, consultant and entrepreneur. He is the founder and CEO of Age Wave and has been a leading thinker on aging-related issues since 1974. www.agewave.com

Barbara Waxman is a gerontologist and nationally recognized life coach for adults, midlife and better. She is the author of *The Middlscence Manifesto: Igniting the Passion of Midlife*, and is dedicated to naming middlscence as a new stage in life. www.barbarawaxman.com



Chip Conley

How did you first arrive at the concept of a modern elder?

Soon after I joined Airbnb at age 52 in 2013, I realized I was twice the age of the average employee and my boss, CEO Brian Chesky, was 21 years younger than

me. Yet, I was supposed to be his in-house mentor. Long ago, I figured out that elders in western society are no longer regarded with reverence, so I tried to amplify my relevance by being as curious as I was wise. Co-founder Joe Gebbia started calling me the "modern elder" who opened up possibility with catalytic questions and also distilled down what was important by use of my wisdom. It was an honor to spend four years full-time in the company and, now, three years as a strategic advisor to the founders.

We now have five generations in the workplace. How do we support collaboration versus conflict? *It's not just "modern elders" who can pursue the perfect alchemy of curiosity and wisdom. It's all of us. The workplace should be like a generational potluck with each generation and person bringing to the table what we best can offer. As for boomers and those who are older, that means we need to understand that "knowledge speaks and wisdom listens," which means we're not giving unsolicited advice to younger workers about how the world works. Instead, we're pursuing "mutual mentorship" in which we're learning as much from them as they are from us.*

You have a longstanding history with Esalen. How does it feel to come back to lead a property-wide workshop? *I'm so honored to come back nearly 40 years after I first entered the sacred grounds of Esalen. I've been a seminarian, a workshop leader, a Board member, a donor, an author (I wrote one of my five books while in residence), and an advocate for Esalen over all these years. My hope is that our workshop, "The Making of a Modern Elder," will help shift people's mindset about what they have to offer the world in the second half of their adult life.*

What is a favorite Esalen moment or memory? *Whether it's hanging out with the monarch butterflies or sitting in a sublime conversation over a meal with the best view of the world, I have so many memories of this glorious place. But, I remember a particular experience in the baths when I was fasting and being silent for a weekend. I closed my eyes and meditated in midday with sun baking me as much as the water. It was silent except for the birds and waves. Maybe 30 minutes into my meditation, I heard someone enter the baths with me as the place had been deserted since everyone was in class. I finished my meditation five minutes later, opened my eyes, and saw one of my favorite authors of all time naked sitting in front of me. We engaged in a deep, beautiful conversation over the next 20 minutes with no one around us.*

How would you describe Esalen in one word? *Joy.*

Vanessa Inn is a highly sought-after personal and professional guide who works with a variety of clients from entrepreneurs to award-winning artists to leaders on a world stage whose Modern Elder Academy course "Leading from your Essence" is exceptionally popular. www.illuminate.org

Teddi Dean was led by curiosity from life as a Southern California pro skateboarder to travels as a student of the Buddha. Teddi's approach to teaching yoga and meditation is clear, practical and grounding and he is the Modern Elder Academy mindfulness leader.

Saul Kuperstein is a Mexico City-born, Jewish, Yoruban-trained shaman. Saul's connection to the natural world and his unique ability to peer behind the "thin veil" allows him to offer many intuitive gifts.

Justin Michael Williams bio on page 30.

Soren Gordhamer is the founder of Wisdom 2.0, which holds events exploring mindfulness and technology. He has written several books, walked for a year through various countries, and has taught mindfulness to incarcerated youth, trauma workers in Rwanda, and companies. www.wisdom2summit.com

Janis Nakano Spivack has wandered from "old school" advertising to becoming a catalyst for the digital advertising movement. She founded CrushYourBLOCK to counterbalance her earlier work, and to transform blocks and build bridges between Baby Boomers, Generation X and Millennials. www.crushyourblock.com

WEEK OF NOVEMBER 1-6

A GATHERING OF THE TRIBE: DIVING DEEPER INTO A NEW STORY

Charles Eisenstein

We each carry an ember of the new story. When we come together, those embers burst into flame.

This property-wide gathering will be a deep dive into the perceptions and relations of co-creating a new story on Earth, to become its carriers. This convening will powerfully invoke the Story of Interbeing so that, in our coherent field, it will inhabit us and transform us a degree further than before. Through group conversation, lectures, experiential activities, song, movement and meditation, you will simmer in the cauldron of creativity and leave galvanized to bring this new story into being.

Participation in this workshop is by invitation only. Please see our website for updated registration information.

Note: For this workshop, participants will pay Esalen for accommodations only. The course fee is self-determined. At the end of the workshop, participants will choose a tuition amount that reflects their feeling of value, gratitude and desire to support Charles and his ongoing work. For accommodations pricing chart, see www.esalen.org/page/partner-program-pricing.

■ Recommended reading: Eisenstein, *The More Beautiful World Our Hearts Know Is Possible*; *Climate: A New Story*.

Charles Eisenstein is a speaker and writer focusing on themes of human culture and identity. He is the author of several books, most recently *Sacred Economics* and *The More Beautiful World Our Hearts Know Is Possible*. He lives in Rhode Island with his family. www.charleseisenstein.net

Spotlight



Charles Eisenstein embarked on a vigilant and ever-evolving quest to raise awareness about civilization, human cultural evolution and the planet's fractured ecological state at a young age. As a teacher, speaker and the author of *Sacred Economics* and *The More Beautiful World Our Hearts Know Is Possible*, he illuminates how to embrace a more humble partnership with nature and how we can all become better stewards of the world.

Charles' campus-wide workshop, A Gathering of the Tribe: Diving Deeper into a New Story, takes place Nov 1-6.

We spoke to Charles about "Earth Healing," embodying true stewardship for our planet and much more.

What is the new language of climate change?

Speaking from what I hope it will become is that first, it embodies the understanding that the Earth is alive, that the forests, wetlands, species and soil are among its vital organs, and that ecological health cannot be reduced to a quantity—greenhouse gas levels for example. Secondly, that we will stop thinking in terms of whether we will survive or what the costs to humanity will be. Instead we will think in terms of what kind of world we want to live in.

What are the main components of the climate change revolution you speak of in your work?

From the "Living Earth" perspective, the top priority is to protect any intact ecosystems that still exist, particularly the Amazon, the Congo and other rainforests and wetlands. The second priority is regeneration of soil, restoration of ecosystems, reforestation, apex predator reintroduction and so forth. The third priority is to stop poisoning the planet with pesticides, toxic waste and electromagnetic pollution. Cutting carbon emissions is a lower priority, although it will come as a result of the other three. Furthermore, we must understand that humanity is also an organ of Gaia, which means that social, economic and political healing is part of "Earth Healing," not an afterthought but actually an indispensable component.

Why do you refer to what you're doing as not being "your work?"

It is the work that calls me to do it. It is out there wanting to be done. But none of the ideas I work with are really mine. They

are a product of all the conversations, readings and experiences I've had. Sometimes they seem to just come to be—but from where? Revelations are a kind of a gift. You could also say that I am a mouthpiece for the collective mind or one of the springs from which the waters are bubbling. But I am not the water and there are many springs.

What new story must we co-create on Earth?

The story of interconnection, interdependence and interbeing; the African moral and ethical story of Ubuntu and of ecology; the story that says, "you are a relationship that recognizes that anything that happens to the 'other' is happening, in some form, to the self." And the story that says that the world is full of being.

What is the Story of Interbeing?

I've been told the phrase was coined by Zen Master Thich Nhat Hanh. It goes beyond interdependency to say that our

very existence is a function of all other beings that exist. For example, if a forest is razed or a species goes extinct, something dies within each of us as well. We may not be able to identify the source of the loss we feel, but we feel it.

"You could also say that I am a mouthpiece for the collective mind or one of the springs from which the waters are bubbling. But I am not the water and there are many springs."

What makes Esalen unique to host these kind of discussions?

Due to a confluence of historical and geological factors, it bears a unique energy that prevents it from becoming fully a part of the world we are often familiar with. One might say it is an outpost of another reality that is beckoning our familiar reality toward it.



DESIGNING A JOYFUL LIFE

Ingrid Fetell Lee

We think of joy as ephemeral and elusive but what if it were something that we could create for ourselves and others?

This workshop is for anyone who wants to live a more vibrant life, filled with moments of connection, inspiration and joy. Based on designer Ingrid Fetell Lee's groundbreaking research into the relationship between our emotions and our surroundings, this weekend will open up space for you to tap into your own well of joy and harness your creativity to bring this joy into every aspect of your life.

Joy is the emotion we feel when we're truly alive. In a supportive and nurturing environment, you will:

- Gain a new intimacy with this powerful emotion
- Understand your unique joy signature
- Uncover the sources of joy in your life
- Discover new ways to cultivate joy

You'll learn the 10 universal elements that trigger joy across cultures, and gain hands-on experience using them to create more joy in your home, work and relationships. Through immersive exercises that take advantage of Esalen's natural beauty, you'll learn practices that allow you to notice more joy in the world around you. You'll also become aware of the barriers, societal and internal, that may be holding you back from joy, and learn strategies for overcoming resistance so you can embrace joy with a full and open heart.

You'll leave with a set of tools that will help you feel empowered to create your own joy, deepen your relationships be more resilient and find more meaning in daily life.

Ingrid Fetell Lee is a designer and author whose groundbreaking work reveals the hidden influence of our surroundings on our emotions and well-being. Through her book *Joyful*, her popular TED Talk and her website, *The Aesthetics of Joy*, she helps people find more joy in life and work through design.

WEEKEND OF NOVEMBER 6-8

GRATITUDE RETREAT

Janet Stone

We gather at Esalen for a weekend to remember — with our bodies, minds and spirits — all that we have to be grateful for. This experience includes yoga, reflection, renewal, soaking in the healing baths, walking on Esalen property and detoxifying the body, mind and spirit.

Before you step into the swirl of the holidays this year, give yourself the gift of looking within. Immerse yourself in a dynamic ritual of asana, pranayama, chanting, meditation and yoga nidra. Let's recognize each breath as a gift, as we're nourished by delicious organic meals, the natural hot springs, walks among the majestic redwoods or simply curling up in an ocean-view chair. Whether you come alone or with loved ones, you are sure to return to your daily rhythm with a newfound sense of ease, inspiration and deep gratitude for the life you're living. Please bring a yoga mat.

☆ 10 hours CE credit for Registered Yoga Teachers (RYT) available through Yoga Alliance; see faculty.

Note: Photographers and videographers may be documenting this event. If you would prefer not to be filmed, please see faculty.

Janet Stone bio on page 50.

NOVEMBER 6-22

100-HOUR ESALEN MASSAGE® CERTIFICATION PROGRAM

Brita Ostrom and Daniela Urbassek

The 100-Hour Professional Certificate in Esalen Massage® program offers a comprehensive training for certified bodyworkers who wish to add the Esalen approach to their professional repertoire. Esalen Institute pioneered many approaches that integrate body, mind and spirit, and Esalen Massage builds on this rich history in the depth of its curriculum. It also offers an experience of the "bigger picture" of how to use simple human touch to support healing within the whole person.

The workshop begins with training in centering, grounding, awakening the senses and developing the art of being present. The initial focus is on quality of touch, Esalen's holistic approach to massage and the signature long strokes. By means of lectures, demonstrations and supervised practice, you'll move into detail work and assisted movement, with attention to body mechanics and somatic considerations. Relevant anatomy and physiology concepts are also highlighted. Learn communication skills for interacting with clients in a clear, compassionate manner. This certificate in Esalen

Massage is open only to massage practitioners with 150 hours of massage training at a state-approved school and some massage practice.

Upon satisfactory course completion, successful evaluation sessions and documentation of 15 additional massages at your home site, an Esalen Institute-recognized Certificate in Esalen Massage for 100 hours will be issued. The certification fee is \$115. Esalen is an approved School by the Bureau for Private Postsecondary Education (school code 2700571) and the California Massage Therapy Council (school code SCH0010). This program is especially useful for those in the healing professions in working with their patients and clients.

This is a professional training with limited admission. Tuition is \$5,110 for standard shared accommodations and \$3,690 for a limited number of bunk-bed accommodations. Bunk bed and other scholarships are awarded based on financial need and social impact. To be considered, please complete the scholarship section at the end of the program application.

Esalen offers numerous levels of basic massage certification. For an overview of these offerings, please visit www.esalen.org/page/esalen-massage-certification-programs-overview.

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

☆ CE credit for massage; see page 100.

☆ CE credit for nurses; see page 100.

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.

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

WEEKEND OF NOVEMBER 6-8

HUMANIZE, DON'T POLITICIZE: CONVERSING ACROSS THE DIVIDE

Lennon Flowers

The 2020 election is over. It's time to reflect and decide how we want to proceed as a nation. Regardless of the political outcome, one thing is clear: We've got a lot of healing to do, America.

With our newspapers, television and social media feeds acting as deeply pervasive tools of polarization and division, now more than ever, we need to reach out rather than resist. Our collective future depends on it. In this workshop, we will dig into practices for cultivating connection and community across differences, whether around the Thanksgiving table, with your neighbors or strangers on the street. We will look at:

- How to identify and manage individual and collective triggers without risking further harm
- Explore practical tools for uncovering common humanity
- Practice using language to bridge rather than divide
- Look at how story-sharing can be used to connect in times of conflict

And we'll do it all over nourishing meals, interspersed with writing and reflection exercises. This is an ideal opportunity to restore and refuel.

Join the team behind The People's Supper, which uses shared meals to build trust and connection among people of different identities and perspectives. Since January 2017, The People's Supper has held more than 1,500 dinners nationwide in an effort to strengthen our individual and collective resilience and repair the breach in our interpersonal relationships across political, ideological and identity differences.

Recommended listening: <https://onbeing.org/programs/jennifer-bailey-and-lennon-flowers-an-invitation-to-brave-space/>

Lennon Flowers, fueled with the belief that nothing is done in isolation, and that self-help only works in community, is hell-bent on creating spaces where humans can be human. She is the co-founder/executive director of The Dinner Party and The People's Supper. www.thedinnerparty.org

HUMANIZE, DON'T POLITICIZE

Realizing that today's media and social media can often be deeply pervasive tools of polarization and division, Lennon Flowers believes that this is an ideal time to dig into practices for cultivating connection and community across differences, whether around the Thanksgiving table, with your neighbors or with strangers on the street. "We live in a time in which we assume the worst in one another and we allow our language about each other to mirror the worst invectives on cable news," Lennon says. "We fear saying the wrong thing, so we say nothing at all. Whatever the outcome of the election, we can be sure it won't end there. Our problem is a relationship problem — one that cannot be solved with op-eds, policy changes or distant debates. It requires we meet."

Lennon's mission to create safe spaces where humans can actually be human resulted in launching The Dinner Party and The People's Supper, a unique nonprofit that tailors in-person get-togethers, such as a dinner gathering, where the marriage of conversation and connection create opportunities to unite people. As the organization's co-founder/executive director, she brings her insights to this thought-provoking workshop with the idea of uniting seminarians during a mindful post-election gathering designed for contemplation and deciding how we want to proceed as a nation. "I hope people will leave with an understanding of the difference between common ground versus common humanity, and how to uncover the latter and why that matters," she says. "Over the years, we've learned that unity need not, and does not, mean sameness, and that it is indeed possible to bridge differences without compromising your values and principles, or assuming a false equivalency of ideas."

This workshop introduces ways to identify and manage individual and collective triggers without risking further harm, opportunities to explore practical tools for uncovering common humanity, learning how story-sharing can be used to connect in times of conflict and deep listening. Seminarians will also practice using language that bridges rather than divides. "This may be a challenging era, but I love that I am daily met by examples of people and communities who insist on doing better by one another, knowing our survival depends on it."



Photo by Esalen seminarian Tim Farrell

WEEK OF NOVEMBER 8-13

THE TIBETAN YOGAS OF DREAM AND SLEEP

Tenzin Wangyal Rinpoche

During our lifetime, we sleep an average of 20 to 25 years. That is approximately one-third of our lives. Dream yoga is a practice that spans every moment, waking and sleeping. It is a powerful tool of awakening used for hundreds of years by the great masters of the Tibetan traditions. Foundational practices in dream yoga change the practitioner's relationship to all experiences, develop conscious awareness and often lead to lucidity in dreams. Unlike in the Western psychological approach to dreams, the ultimate goal of Tibetan dream yoga is the recognition of the nature of mind or enlightenment itself.

Tenzin Wangyal Rinpoche will discuss the relationships between dream and waking, and dream and death. He will show how the causes of dreams are related to the six chakras and how we can heal blocks in the chakras. He will teach the "four preparations" for sleep and the uses and methods of lucid dreaming.

The group will also be guided in the clear-light sleep practices of the Mother Tantra, one of the most important cycles of teachings in the Tibetan Bön Buddhist tradition. Sleep yoga is more than a practice of the night. It helps us to integrate all moments — waking, sleeping, meditation and even death — with the clear light of awareness.

■ Recommended reading: Rinpoche, *The Tibetan Yogas of Dream and Sleep*.

Tenzin Wangyal Rinpoche is one of very few masters of the Tibetan Bön Dzogchen tradition living in the West. He founded Ligmincha International, and is known for his ability to make Tibetan practices easily accessible to all students. Rinpoche is the author of nine books, including *Wonders of the Natural Mind* and *The Tibetan Yogas of Dream and Sleep*.

HEALING ART OF DEEP BODYWORK®: ADVANCED TECHNIQUES FOR ACUTE AND CHRONIC BACK PAIN

Perry Holloman and Johanna Holloman

Competent, deep soft-tissue work is an invaluable tool in the skill set of today's successful massage and bodywork practitioner. The most common complaint any bodyworker deals with over time is acute and chronic back pain.

In this workshop, we will continue to develop the practitioner's knowledge of how to assess and relieve the different types of back problems that clients present. Until now, all of the work we have learned about the back has been done with clients lying face up or face down. In this class, we will address the back from the side-lying posture, exploring important dimensions of this work available to us from this invaluable perspective. We will also discuss the importance of the gluteus medius and piriformis in the genesis and intractable nature of chronic back pain, and how the lumbar spine and sacrum rely on the proper organization of these important structures for its own well-being.

This is an advanced course of study that offers 32 continuing education credits for massage. Previous bodywork experience required.

■ Recommended reading: Juhan, *Job's Body: A Handbook for Bodyworkers*.

(A \$30 tuition will be added to the workshop cost.)

☆ CE credit for acupuncturists; PENDING.

☆ CE credit for massage therapists; see page 100.

☆ CE credit for nurses; see page 100.

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

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

CREATIVE CATALYST

Dana Albany and Michael “Flash” Hopkins

When people talk about Black Rock City, the stunning, large-scale visual art presented at Burning Man is an inevitable part of the conversation. Unlike most galleries or museums, where art is “on display” and attendees admire it at arm’s length, the art of Burning Man is interactive and made to be engaged with. Collaboration, adaptability and collective vision are at the center of all successful Black Rock City art pieces and the groups that make them. The process by which art is *made* is as important as the final result.

In this immersive art-making workshop, you have the opportunity to learn new skills from and get your hands dirty with Dana Albany, an experienced Burning Man artist, with the end goal of making an art piece with your fellow participants. Dana will employ her unique gifts, talents and expertise with your group, allowing for a full expression of creativity. The art piece will develop organically, and by the end of the session you’ll have an understanding of how the 10 Principles of Burning Man work together not just in creating art but also in helping human engagement on the scale that continues to cause transformative change at Burning Man and in the world.

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

Dana Albany is an artist who has exhibited for the San Francisco Arts Commission, SOMAR Gallery, the de Young Museum of Art, San Francisco Airport, Exploratorium and California Academy of Sciences. She has been awarded many grants and produced several large-scale sculptures for the Burning Man event.

Michael “Flash” Hopkins, aka Flash, is a legendary Burning Man figure. He is an artist, actor, instigator and storyteller. He has worked with Dana Albany on many projects. A unique character with his own creative flair, he both inspires and entertains in an unforgettable way.

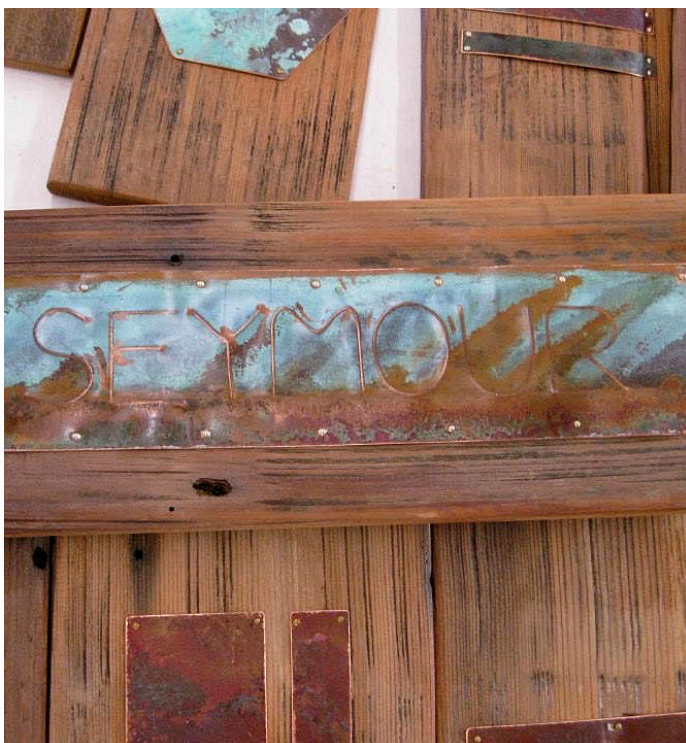


Photo by Esalen seminarian Davis Burbank

WEEKEND OF NOVEMBER 13-15

THE ARCHETYPAL JOURNEY: AWAKENING THE CREATIVE FORCES WITHIN

Kim Krans

What are archetypes? How do we awaken and embody them in everyday life? In conjunction with the release of *The Wild Unknown Archetypes Deck & Guidebook*, Kim Krans leads an exploration into the many faces and forces of our archetypal journey. Through a creative and experiential lens, you will study the recurrent symbols, motifs and stories that animate our outer world and our inner lives. We will use creative practices, movement, collage, meditation and, of course, interaction with the cards.

We will journal, try new things and meet others on a similar mystical path. We will rely on poets, painters, writers and sages to lead the way with their teachings on archetypes and how archetypes live through us. We will also experience the pristine Big Sur landscape as a guide into the self. This workshop is particularly useful for those on the healing path, creatives or card readers (as the archetypes animate nearly all oracle and tarot decks). The only prerequisite is an open mind and a willingness to jump into the vast world of archetypes. No background on the subject is required. Bring a journal, a curious heart and a longing to explore your life.

Kim Krans is an artist, author and the creator of the *New York Times* bestseller, *The Wild Unknown Tarot*. She teaches events and workshops that activate the forces of creativity and radical transformation through creative practices, meditation and movement. www.kimkrans.com

YOGA, MEDITATION AND ADDICTION RECOVERY RETREAT: A CELEBRATION OF HEALING

Rolf Gates and Nikki Myers

Addictive behaviors separate us from ourselves, one another, our environment and the divine. Yoga offers 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. Join us as we bring together the ancient tools and practices of yoga and meditation as ways to deepen the exploration of recovery from addictions.

Mornings will begin with an asana and meditation practice that embraces such concepts as surrender, letting go, acceptance and gratitude. Each day, we will offer different workshops, which allow participants to explore more fully the convergence of the path of yoga and recovery. We will also have time to reflect, soak in the hot springs, rest, rejuvenate and connect.

This workshop welcomes everyone — all recovery, all addictions, family members and those who work in the field. Please bring a yoga mat.

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*.

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.

CHARACTER STRATEGIES: A TRANSFORMATIONAL SYSTEM FOR ATTAINING DEEP INTIMACY AND EROTIC FULFILLMENT

Danielle Harel and Celeste Hirschman

Learning about the Six Characters Strategies, and how to identify your own and your partner's, can transform your relationships forever. By knowing your wounds around specific developmental needs and the ways that they are different from your loved ones, you will be able to take care of a partner's deepest emotional needs while taking their defenses less personally. Additionally, early unfulfilled needs are sign posts pointing to your core sexual desires. The most healing and exciting erotic connection comes when you understand, embrace and have these desires met.

During this workshop, you will take an experiential journey through the six character strategies. Through lectures and clothes-on experiential exercises, you will practice how to empathize, attune and connect with someone based on their character strategy. If you continue to practice these skills in your life, your intimate relationships will be more loving and harmonious. You will also learn how sexual needs relate to your character, leading to more fulfilling sex.

This workshop is for individuals and couples of all genders and sexual identities.

■ Recommended reading: Harel & Hirschman, *Coming Together: Embracing Your Core Desires for Sexual Fulfillment and Long-Term Compatibility*; *Making Love Real: The Intelligent Couple's Guide to Lasting Intimacy and Passion*.

☆ CE credit for LCSWs and LMFTs; see faculty.

Danielle Harel is the co-founder of the Somatica Institute® of Sex and Relationship Coaching and co-author of three books. Danielle offers her clients a unique, experiential and powerful process to transform their relationships, create deep and loving connections and live their lives passionately. Danielle has a PhD in Human Sexuality Studies and an MA in Clinical Social Work. www.somaticainstitute.com

Celeste Hirschman is the co-founder of the Somatica Institute® of Sex and Relationship Coaching and co-author of three books. She offers her wisdom, love and deep empathy to her students and clients as she helps them embrace the heights and navigate the challenges of all things relational. Celeste Hirschman has an MA in Human Sexuality Studies. www.celesteanddanielle.com

WEEK OF NOVEMBER 15-20

DANCING WITH THE DHARMA: 5RHYTHMS® AND INSIGHT MEDITATION

Lucia Horan

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

If you can liberate the body, then the heart-mind can follow. In this weeklong workshop of meditation and movement, we will integrate the stillness of Buddhist mindfulness meditation with the moving meditations of the 5Rhythms®. The Buddha encouraged us to bring wise attention to every aspect of our lives. In sitting meditation, we have the opportunity to observe the mind and body at rest through silent introspection. In the practice of the 5Rhythms, we engage in mindfulness while in motion. The 5Rhythms is a map that teaches how



Danielle Harel

What is your passion?

My passion is to help people have authentic, engaged, passionate and loving lives and also living that way myself.

How does your work help people experience the joy and satisfaction of authentic

relationships? *We teach people to break down the tools of emotional and erotic intimacy into practical steps so they can become adept at intimacy in their day-to-day lives. One step is to get in touch with your boundaries through a somatic exercise that helps you gain a sense of when a boundary is being touched so you can communicate it immediately instead of allowing it to get crossed. Another step would be to learn to listen to your body so that you know what you are feeling emotionally and desiring sensually. This helps you feel confident and empowered to follow your inner voice. A third step would be to learn how to share real-time feelings in the moment in a way that deepens intimacy.*

How do you see your work evolving in the years ahead?

The amazing thing about working with people is that there is always more to learn about how they can have the most pleasurable and connected lives possible. I imagine we will continue to expand the tools we have developed to help people learn even more about having empathy across differences, communicating in a way that deepens trust and giving each other the most deeply pleasurable experiences possible.

What do you hope people take away from the workshop?

I hope that people understand themselves and their partners on a much more holistic level. When we have compassion for our own and other's wounds and the strategies around them, we gain a tremendous sense of empowerment in our daily lives and choices. I hope people come out of the workshop with this empowerment.

What have you learned about humanity through doing this work?

I've learned humans crave real connection, but that we have been hurt in different ways that cause us to go into automatic protective habits. When we can learn to get out of autopilot and move towards connection as opposed to protection in those moments, great things happen.

Why is Esalen a unique place to teach this work?

Esalen is a unique place because what we teach is inspired by so many of the wonderful teachers in the human potential movement who have come before us. The beautiful, peaceful setting allows people to take the time to practice, integrate and self-reflect. It also offers a space where people can bring their curiosity and willingness to experiment.

How would you describe Esalen in one word?

Breath-giving.



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 then hold the place of the silent witness and be at ease with all that life offers.

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

■ Recommended reading: Roth, *Sweat Your Prayers*; Blum, *Dancing with Dharma: Essays on Movement and Dance in Western Buddhism*.

Lucia Horan bio on page 25.

RELATIONAL GESTALT PRACTICE: THE TRANSFORMATIVE POWER OF EMOTION

Dorothy Charles

Our sense of self develops in connection with others and our experience in early relationships shape our beliefs — about ourselves, other people and what is possible for us in our lives. While we cannot change the past, we can change the parts of our lives that we find difficult or unfulfilling by having new experiences of contact. When our need for understanding and emotional attunement is met, our

limiting beliefs can change. In this workshop, we will:

- Learn skills that will increase our presence and awareness
- Explore how to establish healthy boundaries
- Develop and track awareness of our physical sensations and emotions
- Communicate our needs and wants effectively
- Discover habitual relational patterns that prevent us from cultivating the type of connection we long for

The workshop includes time for basic gestalt awareness practices, a mixture of didactic and experiential exercises, as well as individual “open seat” sessions with Dorothy and with the support of the group.

■ Recommended reading: Korb, et al, *Gestalt Therapy: Practice and Theory*; Mann, *Gestalt Therapy: 100 Key Points and Techniques*.

For continuing education syllabus, see

www.esalen.org/relational-gestalt-practice.

☆ CE credit for LCSWs, LEPs, LPCCs and MFTs; see page 100.

☆ CE credit for nurses; see page 100.

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

LEADING WITH RELATIONAL MINDFULNESS: REGENERATING OURSELVES AND THE WORLD

Deborah Eden Tull and Nina Simons

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

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

■ Recommended reading: Tull, *Relational Mindfulness: A Handbook for Deepening Our Connection with Ourselves, Each Other, and the Planet*; Simons: *Nature, Culture & the Sacred: A Woman Listens for Leadership*; and *Moonrise: The Power of Women Leading from the Heart*.

Deborah Eden Tull bio on page 32.

Nina Simons bio on page 32.

WEEKEND NOVEMBER 20-22

TICKETS TO PARADISE: A YOGA-BASED THERAPEUTIC APPROACH TO SELF-CARE AND HEALING

Harvey Deutch

An all-time favorite line from one of Harvey Deutch's patients, "I'm not doing your P.T. exercises!" motivated Harvey to ditch the term "exercises" and call them "Tickets to Paradise" instead. Since it is one's own responsibility to be the primary guardian of health and well-being, why not turn the components into positive self-care. A physical therapist and yogi since 1982, Harvey blends art with science to construct and implement thoughtful, self-guided home/workplace drills and concepts to keep the mind and body sharp and in tune. He can concisely and sequentially give you the pearls of wisdom necessary to sustain your interest and follow up with your independent programs.

During this workshop we will:

- Explore your internal and external landscapes
- Learn functional anatomy and biomechanics from within
- Develop a foundational practice/mindset to improve overall posture awareness, strength and stability
- Reduce common musculoskeletal dysfunction and discomforts

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

WALKING EACH OTHER HOME: CONVERSATIONS ON LOVING AND DYING

Mirabai Bush

Everybody you have ever loved is a part of the fabric of your being now. — Ram Dass

This workshop will engage participants in a conversation on how profound and magical our lives can be as we become less afraid of death and learn to live more fully in the present moment. Inspired by Mirabai's collaborative work with the late Ram Dass, participants will share stories and reflect on how to learn from suffering and loss, how to let go of fear and regret, and how love can heal our broken hearts. The body may die, but the soul remains. Death is an invitation to a new kind of relationship, in the place where we are all one.

We will explore contemplative practices that develop compassion, kindness, resilience and friendship. And we will remember together the importance of caring relationships, an engaged community and humor as we face what may seem like impossible life transitions.

■ Recommended reading: Dass and Bush, *Walking Each Other Home: Conversations on Loving and Dying*.

Mirabai Bush is founder and Senior Fellow at the Center for Contemplative Mind in Society. She has been teaching workshops and courses on contemplative practice in life and work for 45 years, integrating her experience in organizational management, teaching and consulting. A key contributor to Google's Search Inside Yourself curriculum, Mirabai has studied with many spiritual teachers and co-authored *Compassion in Action* and *Walking Each Other Home* with Ram Dass. www.mirabaibush.com



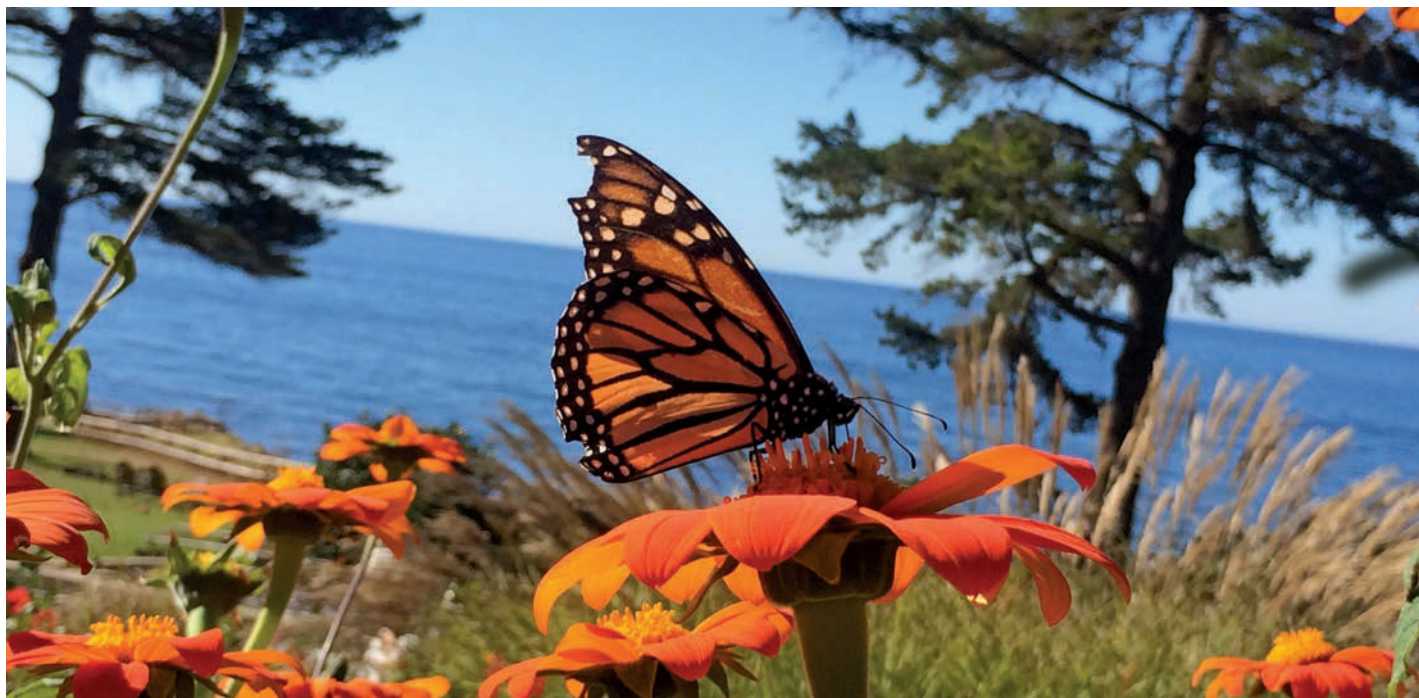


Photo by Esalen seminarian Michelle Drake

THE INSPIRED LIFE: CULTIVATING PEACE, MEANING AND JOY IN EVERYDAY LIFE

Rich Fernandez and Michelle Gale

This workshop is based on the simple principle that sources of inspiration, meaning and joy reside deeply within each one of us, and that the work of our lifetime is to become fully conscious of what is most alive within ourselves — and then act on it.

Drawing from a wide range of disciplines including neuroscience, psychology, business, education and contemplative traditions, we will make time for stillness and reflection and also dynamic envisioning and integration of insights as we explore the theme of fulfillment and thriving in everyday life.

This workshop is for anyone who would like to:

- Create space and reflect deeply on critical aspects of living, including their relationships, work and life transitions, and other significant areas that need more attention in life
- Clarify their life intentions and aspirations
- Align their values with their actions and behaviors in the world
- Crystalize the conditions for inspiration and thriving in work and life
- Define personal commitments to thriving across a lifetime

Rich Fernandez, PhD, teaches mindfulness, wisdom and the science of well-being for everyday life and work. Rich is CEO of the Search Inside Yourself Leadership Institute, co-founder of Wisdom Labs and was the head of global executive education at Google. He is a trained psychologist, author and longtime mindfulness practitioner and teacher.

Michelle Gale is Chief of Staff at Autodesk, board member of the Holistic Life Foundation and Foundation for a Mindful Society and strategic advisor to Wisdom 2.0 and Mindful Schools. She is a mindfulness educator and author of the book *Mindful Parenting in a Messy World*. Michelle was previously the head of Learning and Leadership Development at Twitter and spent most of her career working in high-growth technology startups.

WEEK OF NOVEMBER 22-27

THE GIFT OF GRATITUDE: PRACTICES OF SELF COMPASSION AND HUMAN CONNECTION

Jessica Graham

What do self-love and compassion empower you to do? How do connection and gratitude deepen your human experience?

Self-love and meaningful connections are important ingredients for a good life and can be cultivated through practice. This nurturing workshop offers a supportive, safe and fun space in which you can soften into the delicious beauty of gratitude, compassion, play and human connection. You will be encouraged to see and love all aspects of yourself and let go of perfection in exchange for self-acceptance and loving integration.

This interactive workshop is designed to maximize love and compassion for yourself, while also inviting you into interconnection and community with like-hearted humans. It will include daily meditation, writing explorations, facilitated discussion, group and partner exercises, fun games and intention setting. This fostering of radical love, acceptance and gratitude leads to a brightening in all areas of experience. Our careers, relationships, spiritual practice and ability to promote positive change in the world all benefit from leaning into the heart-opening pleasure of seeing ourselves and others through the eyes of sweetness. Start your holiday season off sweetly by taking a deep dive into what is made possible through the gift of love and gratitude.

Jessica Graham is a meditation teacher author; sex, relationship and spirituality guide; and filmmaker. She is contributing editor for the blog *Deconstructing Yourself*, co-founder of The Eastside Mindfulness Collective, founder of Wild Awakening and author of *Good Sex: Getting Off Without Checking Out*. www.yourwildawakening.com



The Art and Science of Mindfulness, Compassion and Awe

AUGUST 9-14, 2020

At Esalen, wonder and awe come with the territory. Join internationally recognized scientists, meditation teachers and clinicians such as Shauna Shapiro, Daniel Siegel, Dacher Keltner, Amishi Jha and Justin Michael Williams in this campus-wide experience to deepen your understanding of how to live a meaningful, healthy and joyful life. Learn revolutionary research in neuroscience that reveals we can change and reshape our brain at any moment. With these newfound insights, discover the best actions to take to affect the greater good.

Register at: **www.esalen.org/artandscience20**

THE RADIANT PATH TO WHOLENESS: A NEW KIND OF MEDITATION RETREAT

Dustin DiPerna

The meditation traditions of the East teach us how to rest in our True Self — an unbounded nondual awareness. The psychological traditions of the West teach us how to come to know our Authentic Self — a vulnerable, undefended awareness of our own interior experience. Living as our True Self is ultimate wholeness. Living our Authentic Self is relative wholeness. If either dimension is left out, our realization is partial. Finding wholeness in both dimensions allows us to reach maturity as a human being.

This workshop blends together step-by-step meditation instruction with embodied relational practices. When individual and relational practices are combined, they illuminate a radiant path to wholeness.

Gain the tools to practice both ultimate and relative wholeness. With systematic, guided meditation instructions, you will learn tranquility meditation, how to open your heart to intentionally generate positive emotional states, and how to recognize the unbounded nature of awareness. Individual meditation practice will be woven into relationally based meditation practices to show you how to bring your meditations into everyday life. When we bring our practice directly into relationship with others, we lay the foundation for transformative impact in the world.

■ Recommended reading: DiPerna, *Streams of Wisdom*.

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

HEART REFUGE AND REVIVAL: MEDITATION, MOVEMENT AND FLOW

Shiva Rea and Demetri Velisarius

May I be a place of refuge, a sanctuary, shelter in the storm.

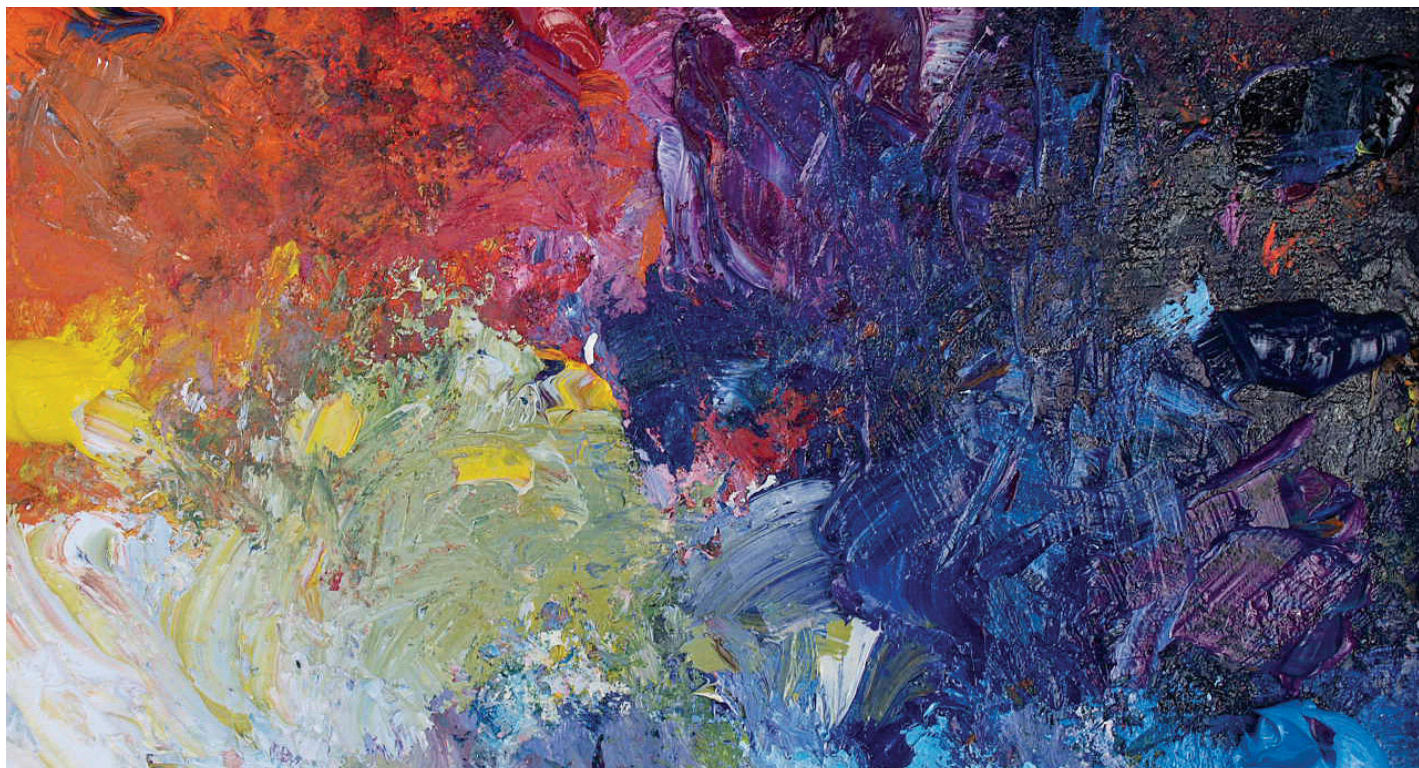
— Shanti Deva's daily prayer

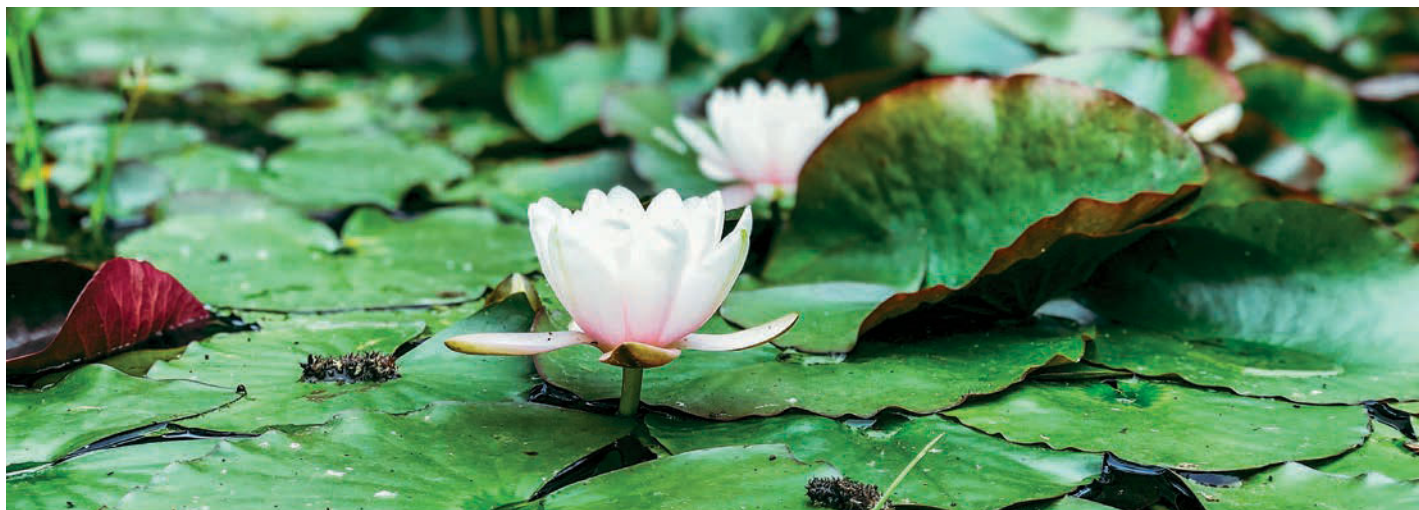
Join Shiva Rea and Demetri Velisarius for five days of mindfulness, movement and flow guided by the spirit of gratitude. Journey home to the radiance of your heart fire as we savor every moment and movement in this feast of life. Each day will include three spacious, experiential sessions with Shiva and Demetri, your compassionate guide in learning how to fully enjoy a daily heart-mind-opening meditation practice, both on and off the cushion. Sample an “energetic menu” of meditation formats, including seated meditation, breath flow, movement, yoga, Prana Danda, ritual and wisdom prayers from Buddhist and Tantric traditions.

In our daily morning session, we'll enjoy relaxing awareness and “nine round breathing” meditation, which balances the energy channels and clears the mind. For the afternoon sessions, experience Prana Flow yoga and Shaiva Tantric moving meditation. For the evening sessions, experience regeneration sessions, including relaxation arts, intimate soul council, fire-offering meditation or hot springs sound bath. Whether you are a beginner or an experienced teacher, together we will create five days of heart-centered mindful practice. There will be a celebratory Thanksgiving dinner in the Esalen Lodge. There may be an opportunity for a sweat lodge during this workshop, weather and logistics permitting.

■ Recommended reading: Rea, *Tending the Heart Fire*; Odier, *Yoga Spanda Karikas*.

Shiva Rea, MA, is a movement alchemist, global prana vinyasa teacher, yogadventurer, wave rider and founder of Samudra Global School for Living Yoga, Yoga Alchemy Online and Yoga Energy Activism for a green energy future for all. www.shivarea.com





Demetri Velisarius is the co-creator of Prana Danda Yoga and transmits an embodied ritual movement system called Meditation in FlowMotion. His teachings are heart-mind opening and drawn from a colorful life and an extraordinary lineage of Himalayan tantra and Dzogchen meditation masters.

WEEKEND OF NOVEMBER 27-29

SOCIAL ENTREPRENEURSHIP: FROM SPIRITUAL VALUES TO EFFECTIVE ACTION

Susan Collin Marks and John Marks

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

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

Susan Collin Marks, Search for Common Ground's Peace Ambassador, has been an international peacemaker for more than 30 years. She is a Skoll Awardee for Social Entrepreneurship and holds honorary doctorates from the UN University for Peace and Glasgow Caledonian University. www.sfcg.org

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

PARTNERS AND FRIENDS

Dean Marson and Jessica Fagan

Enjoy the serene beauty of Big Sur as you and your partner learn to give one another an effective Esalen Massage®. A tender touch can do wonders for any relationship by easing stress, releasing tension and deepening nonverbal communication skills. Listening with both your heart and hands, asking for what you need and taking the time to truly nurture yourself and your partner will be emphasized. Sessions include basic quieting and grounding exercises, movement, brief demonstrations, hands-on guidance and ample practice time.

This workshop of mutual giving and receiving is ideal if you wish to learn the essential elements of Esalen Massage and share a lovely experience with your partner, friend or family member. Come for a pleasurable time of relaxation, renewal, inspiration and reconnection with yourself and your partner. Soak in the healing waters of the natural hot springs, and enjoy the magical beauty of Esalen.

No prior massage experience is necessary. All levels of massage experience are welcome.

☆ CE credit for bodyworkers; see page 100.

☆ CE credit for nurses; see page 100.

Dean Marson bio on page 46.

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.jessicasomatics.com



Breathe

Pause and reflect on the beauty before you. What do you notice?



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

Shiva Rea

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

From our physiology to spiritual realization, tending the fire of love is one of the highest and most regenerative practices we can offer ourselves, our partners, our families and the world. It is the practical awakening of the regenerating power of the body of love as a living practice in yoga and daily life.

Together we will explore:

- Prana Flow Movement Alchemy: energetic vinyasa ritual practice
- Mudra, mantra and yoga nidra (deep relaxation) meditation
- Ayurvedic and tantric practices for cultivating ojas
- Fire-ritual under the night sky (weather permitting)

The workshop is open to experienced practitioners and all yogadventurers familiar with the sun salutations. Please bring a yoga mat.

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

Shiva Rea bio on page 74.

WEEK OF NOVEMBER 29–DECEMBER 4

DEEP BODYWORK®, ESALEN MASSAGE® AND SUBTLE ENERGY: UNDERSTANDING AND DIRECTING SUBTLE ENERGY IN THE BODY

Perry Holloman and Johanna Holloman

Massage and bodywork practitioners are likely familiar with subtle phenomena which arise during an effective session: clients enter deep states of relaxation where processes of release occur, often referred to as “processes of unwinding.” These phenomena can be physical, energetic and emotional in nature, and usually indicate the emergence of self-organizing, self-healing processes inherent in any living being. Learning to recognize and support these subtle phenomena is key to the mastery of any touch-based healing art.

In this workshop, we will focus upon learning to feel the subtle processes of unwinding and self-organization catalyzed by Esalen Massage® and Deep Bodywork®. We will free soft tissue barriers in the back, shoulders and hips using Deep Bodywork, and use the signature long stroke of Esalen Massage to help our clients relax and integrate. We will then learn to sense three phenomena on the subtle level, helping our clients unwind often unconsciously held material, which is difficult to experience without the guiding touch of the educated bodyworker. They are:

- Transient Motion: Micro-movements which can be fast or slow, rhythmic or random in nature. These micro-movements often indicate the body’s attempt to resolve barriers which have a traumatic origin.
- Cranio-Sacral Rhythm: The movement of cerebro-spinal fluid through the cranio-sacral system.

- **Therapeutic Pulsation:** Movements of energy through the fluid systems of the body in a rhythmic, pulsing manner, which indicate the body's attempt to self-organize and heal.

We will learn to assess the quality of these subtle processes to help our clients unwind deeply held barriers to their physical, emotional and energetic well-being.

This is an advanced-level bodywork seminar where practitioners from different disciplines can develop subtle sensing capacities.

▣ Recommended reading: Juhan, *Job's Body: A Handbook for Bodyworkers*

(A \$30 tuition will be added to the workshop cost.)

☆ CE credit for acupuncturists; PENDING.

☆ CE credit for massage therapists; see page 100.

☆ CE credit for nurses; see page 100.

Perry Holloman bio on page 67.

Johanna Holloman bio on page 67.

THE MAX: EXPANDING THE LIMITS OF YOUR SELF-EXPRESSION

Paula Shaw

The purpose of THE MAX is to discover yourself beyond who you know yourself to be. It is a voyage through your own humanity and a journey to discover the extent of your self-expressive power. The experience can move you into a new arena of personal creativity and self-expression.

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

There will be 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. This workshop is for those committed and courageous in their process. If your heart beats faster when you think of taking THE MAX, it may be just the thing to do.

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

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

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



Photo by Esalen seminarian Lois Wald

CREATIVE TAI JI EXPERIENCE: CHANGE-TRANSFORMATION-METAMORPHOSIS

Chungliang Ai Huang

To be truly creative is to learn not to consciously control yourself with preconceived restrictions, but to allow yourself the freedom to flow. Taoist wisdom calls it Wu Wei: not interfering with what is already happening.

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

With more than 50 consecutive years of teaching experiences since the founding of Esalen, Master Huang will share his unique ways of imparting Tai Ji experience to all levels of practitioners. Come enjoy this creative “Living Your Tao” Tai Ji experience.

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

ENGAGING THE FEMININE HEROIC: A MYTHIC JOURNEY OF CREATIVE DISCOVERY FOR WOMEN

Dara Marks and Deb Norton

The Feminine Heroic can be difficult to recognize because our culture is so grounded in the masculine heroic ideal. Whereas the goal of the hero's journey is to discover, establish and defend our Self in

the external world, the great achievement of the feminine quest is connection and relatedness to our own inner life and to the Other. But it isn't grit or physical prowess that gives the feminine heroic stature; it is her courageous willingness to descend into the dark, forbidding places within and reclaim the creative treasure buried there.

While expressing the feminine heroic in our writing can certainly help us build stronger female characters, the quest for personal value knows no gender. It's an archetypal expression of inner growth that exists as potential in every human being, and can therefore inform the development of all characters.

In this workshop, we use mythic storytelling, timed writing, ritual and play to engage feminine archetypal patterns that will help you access layers of depth and meaning in your storytelling and in your life. While this workshop does not directly engage your existing work, it will focus on expanding your ability to drop more deeply into everything you create. Writers at all skill levels will enjoy the challenge.

This workshop is for women only, and all self-identifying women are welcome.

(A \$15 materials fee will be added to the workshop cost.)

Dara Marks, PhD, is the author of the best-selling book on writing, *Inside Story: The Power of the Transformational Arc*, and has been rated the top script analyst in Hollywood by *Creative Screenwriting* magazine. Her work helps writers engage more deeply in the creative writing process. www.DaraMarks.com

Deb Norton is an author, story consultant and writing coach. Her book, *Part Wild: A Writer's Guide to Harnessing the Creative Power of Resistance*, helps writers and artists overcome obstacles to finish their most important work. www.DebNortonwriting.com





Photo by Esalen seminarian John Pearson

WEEKEND OF DECEMBER 4-6

THE ESSENTIAL QI-GONG EXERCISES OF CHINA

Chungliang Al Huang

During this workshop Master Huang will teach China's most essential qi-gong exercises for anyone who wishes to sustain a daily practice for personal mind-body-spirit well-being. He will teach easy-to-absorb, adaptive exercises of this ancient qi-gong practice and assist you through metaphors, visualization, sonic chanting meditation and deep circular breathing methods. During this fun, joyful experience for all ages and levels of practitioners, we will take in this healthy habit for good: "Wei Wu Wei"—doing by not doing, spontaneously. Beginners and "advanced beginners" are welcome.

Chungliang Al Huang bio on page 79.

THE ART OF MINDFUL COMMUNICATION: LIVING YOUR VALUES

Oren Jay Sofer

Mindfulness practice provides a powerful support for clear, kind and effective conversations. Join author and meditation teacher Oren Jay Sofer for this exploration of how our spiritual practice can provide a foundation for bringing more compassion, clarity and connection into our speech and relationships. Oren will be offering teachings from his book, *Say What You Mean: A Mindful Approach to Nonviolent Communication*.

During this workshop, we will explore the foundations of an integrated approach to skillful communication. Drawing on Buddhist concepts of Right Speech, mindfulness practice and the modern discipline of Nonviolent Communication, we will learn practical tips to bring more clarity and care to our relationships, and to create the

conditions for meaningful collaboration. The workshop will include a combination of guided meditations, discussion and interactive practices, including:

- Deepening relationships
- Reducing stress and interpersonal conflict
- Strengthening resilience and empathy
- Learning practical tools for effective dialogue

This workshop is appropriate for all levels of experience.

■ Recommended reading: Sofer, *Say What You Mean: A Mindful Approach to Nonviolent Communication*.

☆ CE credit for LCSWs, LEPs, LPCCs and MFTs; see page 100.

☆ CE credit for nurses; see page 100.

Oren Jay Sofer teaches meditation and communication workshops nationally. A member of the Spirit Rock Teachers Council, he is a Certified Trainer of Nonviolent Communication, a Somatic Experiencing Practitioner for the healing of trauma and the author of three books including, *Say What You Mean* and *Teaching Mindfulness to Empower Adolescents*.

BODY CONSCIOUS DESIGN: MAKE BODY-FRIENDLY CHANGES TO YOUR OWN HOME AND WORKPLACE

Galen Cranz

New research shows that prolonged sitting has profound health risks and can lead to mortality more rapidly than obesity, aging and smoking. The human body is designed to move yet increasing numbers of us sit all day. In this workshop, we will rethink the design of offices and homes, where people have grown increasingly sedentary, in order to align our environments to more healthy living.



Galen Cranz

What was the catalyst or inspiration behind your workshop? *In the middle of my career as an architecture professor, I certified as a teacher of the Alexander Technique to manage my own back*

pain, stemming from scoliosis. I wanted to integrate my training and my profession — body and design — so I studied the history, art and ergonomics of chairs. To my surprise, this inquiry challenged the entire Western cultural practice of sitting and precipitated a course I developed at UC Berkeley, Body Conscious Design. BCD needs to move beyond university walls and Esalen — which brings scientific, somatic, spiritual, cutting edge practices together — is the best beginning of that movement that I can imagine.

How would you describe Body Conscious Design and why is this emerging field so important today?

BCD means starting with the needs of the body and honoring them through new designs and ways of living. Chairs are responsible for worldwide health problems caused by sedentary behavior; sitting has been called “the new smoking” because it correlates with heart attack, stroke and cancer. Yet, most rooms only offer chair sitting or standing as viable postures. BCD creates alternatives to standard chair sitting and advocates room designs that support five or more postures. These lifestyle and design changes improve our structural alignment, metabolism, brain function and quality of life — and they look good too.

What do you hope workshop participants take away from their time with you? *I envision Esalen participants completing the workshop with: a new or renewed experiential body awareness; scientific knowledge about what bodies need from our designed world; a sense of empowerment and personal authority to change their environments; and reconsidered attitudes toward personal and traditional styles of decor.*

What inspires you to do this work? *The transformative power of body awareness has inspired me to look critically at how design, and culture more broadly, shape us. What we don’t always realize is that we can shape and reshape our environments and by extension, our culture. I educate and empower users and designers to make body conscious changes in their own environments, so we can all eventually experience body conscious designs everywhere.*

How would you describe Esalen in one word?
Holistic.

In this workshop you will:

- Learn about the Alexander Technique, an educational process created by F.M. Alexander, to retrain habitual patterns of movement and posture
- Explore Body Conscious Design, which advocates and influences the designs that put human bodies first
- Participate in somatic exercises to explore your optimal alignment
- Re-design your own home or office according to Body Conscious
- Design concepts of postural alignment and movement

At the end of the workshop, we’ll review all of the work produced and discuss how to create body-friendly environments and lifestyles. We will clarify the importance and benefits of creating physical support for healthy postures and movement, explore issues of resistance, and talk about how we can each lead by example in our own communities.

No prior design experience is required. Please bring paper and pens.

▣ Required reading: Cranz, *The Chair: Rethinking Culture, Body and Design*.

▣ Recommended reading: Zhu and Cooke, Eds., *Sedentary Behavior and Health: Concepts, Assessment & Intervention*.

Galen Cranz, PhD, and Architecture Professor at UC Berkeley, is a certified teacher of the Alexander Technique (body-mind postural education). She is the author of *The Chair: Rethinking Culture, Body and Design*, and leads workshops on Body Conscious Design around the world.

THE WRITING LIFE

Ellen Bass and Roxan McDonald

There is a vitality, a life-force, an energy, a quickening that is translated through you into action. And because there is only one of you in all time, this expression is unique. — Martha Graham

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

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

▣ Recommended reading: Bass, *Indigo; Like a Beggar; When the Rewards Can Be So Great: Essays on Writing and the Writing Life* (edited by Kwame Dawes).

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

Roxan McDonald dedicates herself to helping people find their voice both on the page and in their lives. She is the author of two self-help decks published by Knock Knock Inc. She teaches writing throughout the Monterey Bay area and leads international retreats. www.roxanmcdonald.com



Photo by Esalen seminarian Steve Meier

WEEK OF DECEMBER 6-11

MINDFUL SELF-COMPASSION INTENSIVE TRAINING

Michelle Becker and Steve Hickman

Self-compassion is the heart of mindfulness. It is warmhearted, connected presence during difficult moments in our lives. Self-compassion provides emotional strength and resilience that allows us to admit our shortcomings, motivate ourselves with encouragement, forgive ourselves when needed, care for others and be more fully ourselves. Rapidly expanding research shows that self-compassion is strongly associated with emotional well-being; lower levels of anxiety and depression; healthy habits such as diet and exercise; and more satisfying personal relationships.

Fortunately, self-compassion is a skill that can be cultivated by anyone. During this workshop, you will learn how to:

- Practice mindfulness and self-compassion in daily life
- Understand the science of self-compassion
- Handle difficult emotions with greater ease
- Motivate yourself with kindness rather than criticism
- Transform challenging relationships, old and new
- Manage compassion fatigue
- Practice the art of savoring and self-appreciation
- Teach simple self-compassion practices to others

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

■ Recommended reading: Neff, *Self-Compassion: The Proven Power of Being Kind to Yourself*; Germer, *The Mindful Path to Self-Compassion*; Neff and Germer, *The Mindful Self-Compassion Workbook*.

(A \$525 tuition will be added to the workshop cost.)

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

☆ CE credit for nurses; see faculty.

☆ CE credit for psychologists; see faculty.

Michelle Becker bio on page 14.

Steve Hickman bio on page 13.

ILLUMINATING OUR NATURAL RHYTHMS: YOGA, AYURVEDA AND SELF CARE FOR WINTER

Heather Sullivan

Successfully guide your seasonal transition into the darkness of winter with illuminating self-care techniques. Celebrate and welcome Winter Solstice and longer, darker nights by mirroring what the natural world does at this time: taking more rest, reflecting and learning from the past season, releasing parts that no longer serve you back to the earth, and recharging for the arrival of spring, all while nurturing your essential core essence.

The rhythmic ocean sounds of the Big Sur coast, renowned Esalen hot springs and delicious meals provide the perfect backdrop of support for your deep nourishment. Using the time-honored wisdom traditions of yoga and ayurveda, this small, intimate workshop offers space to learn and practice essential self-care techniques that can be carried through the long winter months and holiday busy-ness to reset, reconnect with self, bathe in nature and rest deeply. During the week we will embrace seasonal change with:

- An introduction to ayurvedic concepts and perspectives on daily schedule, physical care and mental well-being
- Ayurvedic self-care practices including Abhyanga (self-oil massage) and dietary recommendations
- Morning yoga and meditation sessions
- Evening restorative yoga sessions
- Prompted journal reflections
- Facilitated discussion and fireside chats
- Reflective time outdoors (weather permitting)

Give yourself this seasonal gift of self-love. You deserve it.

Note: There may be an opportunity for a sweat lodge during this workshop, weather and logistics permitting.

Heather Sullivan, CMT, RYT-500 has been a mountain guide for 25 years leading clients and students on transformative wilderness journeys worldwide. She co-founded Balanced Rock in 2007, a nonprofit whose mission is to inspire health and well-being through deep connection to nature and spirit in Yosemite National Park. balancedrock.org

DECEMBER 6-18

ESALEN MASSAGE® TEACHER TRAINING MODULE ONE

Perry Holloman and Peggy Horan

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

This first module is a two-week-long program designed for certified Esalen Massage and bodywork practitioners. If you have already completed an Esalen massage certification course, this program is for you.

Immerse yourself in Esalen's elemental beauty, delicious cuisine and daily experiential classes while learning how to teach Esalen Massage to others. Led by Esalen Massage School faculty, the program will provide education and leadership skills designed to develop a life practice that offers a pathway to a more flourishing future.

This unique program will focus on:

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

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

Tuition for this program is \$3,847 for standard shared accommodations and \$2,779 for bunk bed accommodations. Sleeping bag, guaranteed single and premium accommodations may also be available. This program requires a \$600 non-refundable deposit, with final payment 20 days prior to the program start date. Please see our cancellation policy for more information.

Students will have an opportunity for one-on-one mentoring from faculty between modules. There is a cost of \$75/hour for mentorship, and a minimum of two hours of mentorship is required.

Note: Participation in this program is by application only. Please apply online and contact peggyhoranbigsur@gmail.com with any questions.

■ Required reading: Kohlrieser, *Hostage at the Table: How Leaders Can Overcome Conflict, Influence Others, and Raise Performance*.

☆ CE credit for massage therapists; see page 100.

Perry Holloman bio on page 67.

Peggy Horan gives Esalen Massage® in a field of comfort and support, using stretches and deep muscle work to bring healing and relaxation to her clients. She has been practicing and teaching Esalen Massage for five decades and is the author of *Connecting Through Touch, A Couples Massage Book*.

WEEKEND OF DECEMBER 11-13

FINDING MEANING: THE SIXTH STAGE OF GRIEF

David Kessler and Paul Denniston

How do we release pain, heal grief and remember with love? Join grief expert David Kessler and Grief Yoga™ teacher Paul Denniston for a weekend of healing. You can discover how pain may be inevitable after loss but suffering is optional.

David learned that many people look for the elusive "closure" after a loss. Yet he saw after decades of working with those in grief and with the sudden death of his own son, that it's finding meaning beyond the stages of grief that can transform loss into a more peaceful and hopeful experience. Paul knows how the heart aches, the body remembers and how the mind can get lost in all the guilt, what ifs and regrets after loss. He teaches with simple movements using many different techniques.

David and Paul teach therapists ways to help clients find peace in loss and learn how to live again. Now you can learn to heal directly from them. Begin to remember your loved one with more love than pain and bring about a more meaningful new year.

For more information, please visit www.grief.com and www.grieyoga.com.

David Kessler has spent decades as a grief expert and has received praise from Maria Shriver, Dr. Oz and Mother Teresa. Now as a bereaved parent, he shares his journey of healing in his new book *Finding Meaning: The Sixth Stage of Grief*. www.grief.com

Paul Denniston created Grief Yoga™ blending movement, yoga, breath and sound to process and release pain and suffering. Paul has taught thousands of counselors and health care professionals Grief Yoga™ to help empower their clients around the world. www.grieyoga.com



Photo by Esalen seminarian Pablo Argon

Spotlight



Heather Sullivan is co-founder of Balanced Rock, a nonprofit which blends her unique passions of yoga and mindfulness practices with her mission to inspire health and well-being through deep connection to nature and spirit. As a longtime resident of the Yosemite area, she has also led clients and students on transformative wilderness journeys near and far for 25 years.

Join Heather for an empowering week in Illuminating Our Natural Rhythms: Yoga, Ayurveda and Self Care for Winter, December 6-11.

We spoke to Heather about the mystique of marrying our contemplative practices with the great outdoors.

What was your impetus in pairing the outdoors with contemplative and creative practices like yoga, meditation and art?

The original idea was to bring together my female colleagues and use the tools of yoga, creative writing, meditation and backcountry wilderness to heal from the loss of our friend, Joie Armstrong, who died in Yosemite National Park in 2000. The combination of contemplative and creative processes in the outdoors for healing and self-care were perfect. We didn't totally understand why they worked at the time, but we knew they did.

What suggestions can you offer somebody new to these practices?

Show up. Most of the battle is actually arriving to the practices each day. Whether it is to your mat, to your journal, to your walk. Show up each day with a gentle curiosity about your practice. And make your practice enjoyable so you want to show up. If the practice is something you do not like to do, you most likely will not do it. Another thing is to make the routine a realistic length of time for your schedule. Designate 10 to 15 minutes each morning as your practice time or if evenings work better for you, do the practices then.

What Ayurvedic self-care practices can we implement during seasonal changes?

One definition of Ayurveda is "remembering our true nature as spirit." Using this definition, disease then means, "being out of balance with natural rhythms and cycles." As we get to know our own true nature and be really in tune with seasonal changes, we can make good,

healthy choices for ourselves. Ayurveda focuses on a daily routine, dinacharya, and diet. When we eat for the season and for our particular constitution (dosha), our digestion functions optimally. A healthy digestive system is key to overall good health. Other Ayurvedic self-care practices include seasonal cleansing, keeping a regular sleeping and eating routine, having a morning yoga and meditation practice, daily self-oil massage and daily body cleansing practices. And spending time in nature.

How can these practices benefit the greater good?

We are instructed on airplanes to put on oxygen masks first before helping others. These self-care practices are the same.

We need to commit to our daily self-care so that we can continue to show up every day to care for others and the planet. During the 9/11 incidents, I was leading a group of 8th graders on a

"As we get to know our own true nature and be really in tune with seasonal changes, we can make good, healthy choices for ourselves."

wilderness trip in Yosemite. We were two days out from any road and standing on a high mountain pass when a horsepacker told us about the Twin Towers. We sat by an alpine lake to discuss this and discuss our plan. There was fear, concern and not much we could do two days away from any information. A sweet 8th-grade boy looked up at me and said, "I think if all the world leaders could sit by a lake like this and eat a meal together and talk, there wouldn't be things like this happening in the world." I believe that these simple acts of mindfulness practice, self-care and time in nature, when practiced on a daily or near-daily basis, have profound effects on who we are as individuals.



Photo by Esalen seminarian Christie Del Vesco

COUPLES' HEART TANTRA

Sarah Sandhill and Peter Sandhill

Couples' Heart Tantra offers couples an introductory exploration into the tender, exciting and empowering dance of Tantra. This workshop offers exercises to enrich your relationship, emotional intimacy, communication and sex life, and bring out the adventurer in you. Discover how you and your partner can grow closer in heart, body, understanding and spirit. In this space you can engage in experiential processes and demonstrations, truth telling, playfulness, lots of sharing, sensuality, touch and time with your lover to practice and just "be."

A beautiful part of the workshop is the honest and often profound sharing that you'll witness as other couples allow us into the joys and challenges related to their communicating and their relationship experiences together. In a sense, we all end up as teachers for one another and experience a lot of depth and joy along the way. The sacred time spent with your partner to upgrade and refresh your intimate connection is easily taken home and into your life. This workshop is designed for couples of all gender and sexual orientations.

Sarah Sandhill has been a sex educator and workshop facilitator for more than 20 years. She leads workshops for the Human Awareness Institute (HAI), she is a counselor (individual and couples), and has trained in Process Therapy.

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

WEEK OF DECEMBER 13-18

GESTALT EXPERIENCE WORKSHOP: FINDING OUR BODY/SELVES IN THE PRESENT MOMENT

Michael Clemmens

Most of our lives we live in a partial awareness, sometimes going through the motions of our encounters. Gestalt offers an opportunity to be fully present to ourselves and each other, and to fully experience this immediate moment. In this workshop we will explore, both individually and as a group, our bodily and emotional connection as relational pathways. Our focus will be to come more fully into our body/selves.

The format will be of experiential exercises and group process to "bring into the present" our unfinished and unexamined experience and blocks to contact. You will be offered the opportunity to do explorations of your own process and patterns. No previous experience with Gestalt is required and you are encouraged to journal throughout the workshop.

Note: Email Michael at michgest@aol.com for any clarifications of the structure of the workshop.

■ Recommended reading: Clemmens, *Embodied Relational Gestalt: Theory and Applications* (Chapter 1: Embodied Concepts).

Michael Craig Clemmens, PhD, is a psychologist and trainer in Pittsburgh. He is a faculty member of the Gestalt Institute of Cleveland and teaches at the Metanoia Institute in London and at Esalen. He is the author of *Getting Beyond Sobriety* (1997), *Embodied Relational Gestalt: Theory and Applications* (2019) and numerous articles on Gestalt therapy, body process and addiction.



JIVAMUKTI YOGA: NADA AND THE HEALING SOUND OF YOGA

HaChi Yu

Jivamukti Yoga integrates a vigorous and intelligent Vinyasa practice with physical, ethical and spiritual teachings drawn from yoga philosophy. With a special focus on the practices of Nāda Yoga (the Yoga of Sound), we enhance our ability to listen deeply, which allows us to align our inner and outer voices with our life's quest. Expect the holistic Jivamukti experience of activation through music, meditation, chanting and creative asana sequences.

Whether you're new to yoga or a seasoned practitioner, this workshop activates the spirit and reconnects our ability to harmonize our life through our physical, energetic and sound bodies as revealed through the ancient wisdom of Nāda Yoga practices. Daily sessions include meditation, mantra, chanting, a physically energizing yoga practice, group listening exercises and restorative sound healing. A special chakra tuning session is also included.

The workshop is designed to help you:

- Re-invigorate and re-energize an asana/meditation practice
- Study Sanskrit mantras and understand why it is the language of the Yoga
- Learn to use your voice to guide you into deeper alignment, emotional release, reconnection to your essence, mental clarity and inner peace
- Deepen your listening skills on and off the mat
- Learn how to become a more effective communicator

Please bring a yoga mat, blanket, eye pillow and a notebook.

▣ Recommended reading: Gannon and Life, *Jivamukti Yoga: Practices for Liberating Body and Soul*.

☆ CE credit for Certified Jivamukti Yoga teachers currently enrolled in the Jivamukti Teachers Apprenticeship Program available; see faculty.

HaChi Yu is an Advanced Certified Jivamukti teacher and is the founder and director of Jivamukti Yoga LaLaLā! A former professional ballerina, she was born and raised in New York City and served as program director for Jivamukti® Teacher Training programs internationally. www.hachiyu.com and www.jivamuktiiyogala.com

THRIVING IN UNCERTAINTY: A WORKSHOP IN SENSORY AWARENESS

Lee Lesser

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

This workshop focuses on tools that help us be present and are antidotes to the busyness in our heads. So much energy is dispersed and lost as we fight against what scares us or what is uncomfortable. By simplifying our activities, we can connect with our sensations. This experiencing reveals our habits and the possibility that can unfold when we get out of our own way and find freedom in the midst of any experience.

For more information about Sensory Awareness, visit www.returntooursenses.com.

▣ Recommended reading: Littlewood and Roche, *Waking Up: The Work of Charlotte Selver*; Chodron, *Living Beautifully with Uncertainty and Change*; Ostaseski, *The Five Invitations*.

☆ CE credit for massage; see page 100.

☆ CE credit for nurses; see page 100.

Lee Klinger Lesser has led Sensory Awareness workshops for more than 40 years. She studied and taught with Charlotte Selver, an original Esalen pioneer and the founder of Sensory Awareness in the United States, and is the co-founder of the nonprofit Veteran's PATH, which shares mindfulness and meditation practice with returning veterans. www.returntooursenses.com

ESALEN MASSAGE®: THE ART OF CONTINUOUS PRESENCE

Nora Matten and Silvia Guersenzaig

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

In guided sessions, we will explore the practice of sitting meditation to prepare and quiet our minds, walking meditation to bring awareness to our movement, and the fundamentals of Esalen Massage as a life practice in giving with our full, embodied presence. Detailed instruction will be offered in developing and differentiating these qualities of presence and touch. There will be time for supervised practice each day as students exchange massages, with the support of their experienced teachers.

Beginners as well as seasoned practitioners are welcome to explore Esalen Massage and moving meditation while enjoying the natural beauty of Esalen. This workshop is especially useful for anyone in the helping and healing professions working with clients and patients.

☆ CE credit for nurses; see faculty.

☆ CE credit for massage; page 100.

Nora Matten bio on page 46.

Silvia Guersenzaig is a certified international Esalen Massage® teacher and astrologer since 1977. She is a bilingual practitioner, an international teacher of Transformational Kinesiology® and creator of AstroSoma, a healing method that combines energy muscle testing and astrology. www.transform4joy.com

WEEKEND OF DECEMBER 18-20

ALIGNING WITH NATURE: A WINTER SOLSTICE YOGA RETREAT

Sarana Miller

For centuries, winter solstice has been a time of reflection. Today, the holidays can be a hectic time of *doing*, leaving us feeling stressed and depleted. During this retreat, we will use the practices of yoga (asana, meditation and chanting) in the exquisite and healing natural environment of Esalen to revitalize the body and calm the mind. Together we will focus our attention on being rather than doing.

The word solstice is derived from the Latin words *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 has been a faculty instructor at Yoga Journal and leads annual retreats at Esalen and Wilbur Hot Springs, and in Mexico and Alaska. Trained in the Iyengar and Forrest Yoga traditions, she has built her life around sharing the benefits of the practice of yoga. www.saranayoga.com

THE RESILIENCE MINDSET: BOUNCING BACK FROM DISAPPOINTMENT, DIFFICULTY AND EVEN DISASTER

Linda Graham

Welcome to an experiential weekend of strengthening your inner resources and the natural resilience that supports your well-being and flourishing, a time where you will learn to cope with everyday mishaps and life's extraordinary challenges — from a wobble to a wallop.

You'll be taught dozens of tools and techniques drawn from the intersection of brain science, relational psychology and mindfulness practices. These can help you reduce the impact of stress and trauma, deepen your self-compassion and self-awareness, and broaden perspectives, possibilities and sense of purpose. You will learn to harness your own self-directed neuroplasticity to rewire your brain for maximum resilience and well-being through:

- Practical experiential exercises, guided meditations and visualizations
- Inquiry in dyads and small groups
- Stimulating dialogue and discussion in large groups

You can learn new and creative ways to navigate the twists and turns of life with more calm, courage and flexibility.

■ Recommended reading: Graham, *Resilience: Powerful Practices for Bouncing Back from Disappointment, Difficulty, and Even Disaster*; Graham, *Bouncing Back: Rewiring Your Brain for Maximum Resilience and Well-Being*

☆ CE credit for LCSWs, LEPS, LPCCs and MFTs; see page 100.

☆ CE credit for nurses; see page 100.

Linda Graham, MFT, is an experienced psychotherapist and author of *Resilience and Bouncing Back*. She integrates modern neuroscience, mindfulness practices and relational psychology in her international trainings on resilience and well-being. She publishes weekly *Resources for Recovering Resilience*. www.lindagraham-mft.net



CONVERSATIONS ON THE EDGE: BUILD IT BETTER — CENTERING RACIAL EQUITY IN INSTITUTIONS

Marlon Williams

If you are looking for another way to grow, in a unique format different from the traditional workshop, please join us for an Esalen original series: Conversations on the Edge. In each of these curated weekend events, we bring together leading experts and visiting teachers to explore a pressing issue of our time in a vibrant, interactive forum of lecture, lightning talks, group discussion and idea sharing.

Build It Better is for creative leaders seeking to build institutions and spaces that value radical inclusion and actively work towards racial equity. Come explore what it takes to center a commitment to racial equity in the transformation of current and future organizations. This weekend will ground you with a shared language, provide reflection on the racial history of our country and organizations, and explore ideas and strategies about that it takes to undo the racism built into our institutions. You will practice normalizing conversations around race, organizing partners and applying a racial equity perspective to their work.

This weekend is comprised of several short but impactful lecturettes that end in Q&A and conversation among the audience. Scheduled gathering time will be significantly less than traditional workshops to allow for participation in movement and meditation classes, healing arts sessions and time to enjoy Esalen's hot springs and natural beauty. Presenters are subject to change.

Marlon Williams joined Living Cities in February 2017 as the assistant director of Public Sector Innovation. Marlon's career has focused on improving the economic, social and physical well-being of all urban residents with particular emphasis on increasing access and opportunity for low-income families and communities of color. Marlon previously served as director of Cross Agency Partnership for the New York City Department of Health and Mental Hygiene, where he worked with city agencies to improve the health of local residents. He also served as a policy adviser for the Deputy Mayor of New York City.

WEEK OF DECEMBER 20-27

AWAKENING THE CREATIVE: THE PAINTING EXPERIENCE

Stewart Cubley

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

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

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

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

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

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

☆ CE credit for nurses; see faculty.

Stewart Cubley bio on page 19.





THE GIFT OF PRESENCE: A WEEK OF STILLNESS, GRATITUDE AND INNER LISTENING

Kelly Boys

During this seven-day workshop, we will slow down amidst the hustle and bustle of the holiday season and pause to listen deeply to what is most real and alive in our lives. When we are busy and overwhelmed, we miss the transformative power that listening with presence offers us. Through sitting meditation, yoga nidra (lying-down guided relaxation and inquiry practice), journaling, simple dyad exercises and group dialogues, we will reconnect with an inner stillness, ground in a felt sense of gratitude and discover what may benefit from kind, loving attention in our lives.

When we stop resisting what is in our experience, we get closer to our own creative presence and we learn to listen. It's often the case that just beneath our conscious awareness there is a storehouse of messages just waiting to be delivered and read with care. It's this layer of the psyche and heart that we will explore in the meditative context of stillness, gratitude and community.

This workshop is ideal if you:

- Are at a pivotal moment in your life and are looking for clear direction
- Want to take a break and reconnect with yourself
- Are simply looking for a week of rejuvenation

■ Recommended reading: Boys, *The Blind Spot Effect: How to Stop Missing What's Right in Front of You*.

Kelly Boys is a mindfulness trainer and author of *The Blind Spot Effect*. She has created mindfulness programs for UN humanitarians and veterans with PTSD, and she directed a teacher training for Google. She has worked with the United Nations Foundation, Search Inside Yourself Institute and Integrative Restoration Institute, and is the founding advisor for the Simple Habit meditation app. www.kellyboys.org

SOUL MOTION®: TENDERNESS AT THE HEART OF THE DANCE

Zuza Engler and Scott Engler

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

Soul Motion is a meeting with self and other in a dance that is deeply nourishing, creative, intelligent, emotionally savvy, 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," writes Zuza. "This formless dance form allows for passionate, full-bodied movement as well as mindful inner explorations, art making, ritual and luscious lounging." There will be a celebratory Christmas Eve dinner in the Esalen Lodge.

■ Recommended reading: Chödrön, *The Wisdom of No Escape*.

☆ CE credit for LCSWs, LEPS, LPCCs and MFTs; see page 100.

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

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



Photo by Esalen seminarian Steve Meier

CENTERING MIND, BODY AND BREATH WITH YOGA AND MEDITATION

Charu Rachlis

Nourish yourself with a seasonal retreat on Esalen's healing land. We will begin over Winter Solstice, proceed into celebrating the holy days, acknowledge the ending of a cycle and the initiation of a new one.

It is a special time of year to go inward, to appreciate ourselves and embody gratitude as we consciously breathe and relax. Esalen's healing waters, nurturing food and beautiful landscapes combined with daily yogic practices offer an opportunity to truly relax into our center.

During the week we will practice meditation, pranayama, yoga asanas (physical postures) and restorative postures. We will take advantage of this auspicious time to slow down, reflect and reconnect with nature — inside and out.

Please bring a journal.

Note: There may be an opportunity for a sweat lodge during this workshop, weather and logistics permitting.

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

WEEK OF DECEMBER 27-JANUARY 3

NEW YEAR MEDITATION RETREAT: SELF-LOVE AND KINDNESS THAT BENEFITS ALL

Mark Abramson

Meditating in noble silence offers a special opportunity to focus inward and to deeply connect with oneself, create intentions and reflect on life goals. The New Year, with its connection to the winter solstice and new beginnings, is the perfect time to silently journey inward. You are invited to 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 celebration with the opportunity to discover a deep, centered place within.

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

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

AWAKE IN THE NEW YEAR: SETTING CONSCIOUS INTENTIONS FOR OUR LIVES IN 2021

Deborah Eden Tull

The New Year is a powerful threshold. It is an opportunity to listen deeply, reflect, restore and create anew. Yet we often make resolutions that perpetuate the myth of self-improvement while doing nothing to empower our heart's intentions. This sets us up for disappointment.

This seven-day workshop invites you on a powerfully restorative journey to exchange "striving" for "compassion" through compassionate awareness, meditation and relational mindfulness, conscious movement, writing, deep time in nature, and guided imagery and ritual. We will explore such questions as:

- What are my deepest intentions for the year ahead, for my life and for our world?
- What lessons are there to harvest from 2020?
- What obstacles or limiting beliefs can be released or forgiven?
- How can I fully empower my essence or center, which is the source of my deepest power and my peace?
- How can I hold myself accountable to embodying my whole self?
- How can I allow myself to be guided by compassionate awareness rather than effort or striving?
- What is the key to balance, joy and personal sustainability in my life?

The New Year beckons with possibility and renewal. If we open to this invitation with wonder, curiosity and courage, we can position ourselves to receive the true guidance within and to embrace the support of the Universe.

Deborah Eden Tull bio on page 32.



Photo by Esalen seminarian Tim Farrell

SHADOW YOGA: CULTIVATING A PERSONAL PRACTICE

Chandra Easton and Scott Blossom

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, and skillful navigation of life's currents. Consistent yoga and ayurvedic self-care practices create a foundation for extraordinary health and spiritual insight to flourish. 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 is the most effective means for tapping into the source of healing and wisdom within myself?

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

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

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

Scott Blossom is a traditional Chinese medical practitioner, Shadow Yoga teacher and Ayurvedic consultant. He has studied yoga since 1991 and taught since 1997. His primary teachers are Zhander Remete, founder of Shadow Yoga, and Dr. Robert Svoboda, Ayurvedic physician and scholar. www.shunyatayoga.com



Photo by Esalen seminarian Nila Frederiksen

Dear friends,

2020, the beginning of a new decade offers a meaningful opportunity to reflect on all that matters in our lives, our communities and the world we share. While there is always much for which to be grateful, we are also navigating much strife in the world's political, social, environmental and economic realities. This touches each one of us.

Upon this ground a small group of Holistic Centers' leaders came together to explore how in unity we might respond by leveraging the impact of our individual missions. Each of us yearns for a way to amplify the antidote of our centers to the stressors of today's world. The current climate is indeed a fertile catalyst inspiring new models that build alliance, collaboration and connection in contrast to success driven by competition.

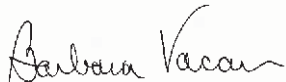
Together, building stronger connections, sharing knowledge and practices while celebrating the distinction of our respective missions we can achieve far more. Together, we can embody and model what is desperately needed – a sea change in leadership – one that flows from security, not threat; from belief in possibility, not skepticism and fear; from belief in the power of the collective, while allowing space for the individual. Ultimately, leadership that understands that the cultures we build will have a direct impact on our collective health and success. In our coming together we are excited to invite a new paradigm that stands in direct contrast to the world in which we live.

Our gathering in October of 2019 was the first step toward establishing connected impact. Collaboration and mutual support are more powerful than competition. Our communities will benefit; the benefits will ripple outward, to the larger communities and geographies where we serve. Connected, we represent a greater spectrum of vital practices, knowledge and human experience. We are immeasurably stronger together than each in our own modest orbit.

This is ambitious, world-changing work and we hope that you are as inspired about it as we are.

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Barbara Vacarr, Kripalu



Caroline Matters, Findhorn Foundation



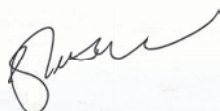
Terry Gillbey, Esalen



Peter Moore, Breitenbush



Peter Wrinch, Hollyhock



Ross Guttler, Open Center



Warren Fraleigh, Haven



Esalen®

New York
OPEN CENTER

Kripalu®
Center for Yoga & Health



HOLLYHOCK



Residential Study Program

Push Your Possibilities

What if you had more than one week to explore your potential and push the boundaries of what is possible within your own growth?

Our four-week, immersive residential program is designed for individuals who want to explore new perspectives and experiences leading to tools to unlock our greatest potential. With the support of a cohort of students, and under the direction of a dedicated Esalen faculty member, residential study participants will be challenged to push their personal growth edge in order to open up to greater discovery.

Key pillars of the program include:

- A deep dive into a specific field of transformative practice
- An introduction in Esalen practices to increase awareness
- A creative combination of service and study from which to apply learnings



This program is by application only and requires robust physical activity. Scholarship is available for individuals who demonstrate need and ability to transform their learnings for greater social impact. Once your application has been accepted, a non-refundable deposit of \$400 will hold your space in the program.

THE STUDY COMPONENT

Engage in a rigorous course of study with more than 32 hours taught by a faculty member as well as additional instruction on essential teachings and practices of Esalen and the human potential movement. Subject areas could include Gestalt, massage, yoga and permaculture, among others.

THE SERVICE COMPONENT

As a complement to your studies, you will be asked to dedicate 26 hours of service per week in one of Esalen's departments. The campus is rugged and students should anticipate robust physical activity.

ACCOMMODATIONS

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

RESIDENTIAL STUDY PROGRAM FEES

Housing and meals are included with your residential fee. Once applicants have been accepted, a non-refundable deposit of \$400 will hold your space in the program. Visit www.esalen.org for more details on pricing.

APPLICATION

Visit www.esalen.org/page/residential-study to apply. Please contact students@esalen.org for more information. For additional offerings, visit www.esalen.org/page/upcoming-residential-study-programs.

JULY 12-AUGUST 9

HERBAL MEDICINE IMMERSION FOR HEALTH AND WELLNESS

Rachel Berry

Learn how to begin or expand an herbal practice at home by exploring the plant world in the Esalen Farm & Garden. Experience the touch, taste and "personalities" of common garden plants that can add to your vitality and ease common ailments like indigestion, headaches, muscle strains, and colds and flu. You will gain a broad overview of home-scale herbalism and learn techniques and guidelines for incrementally expanding your herbal repertoire in a fun, joyful and safe manner.

Over this month-long immersion, you will spend time in the beautiful gardens, identifying key patterns in plant identification and learn how to use your senses to discern some of the medicinal qualities of cultivated and wild plants. Through experiential learning, you will gain confidence in how to harvest, dry and process fresh medicinal herbs.

Every week, you will experience new ways to take and make herbal medicines, including teas, decoctions, tinctures, nut butter balls, syrups, medicinal oils, creams and salves. You will also learn how to infuse more nutrition into your regular diet with medicinal pestos, herbal vinegars, tangy and refreshing shrubs, culinary oils, herb-infused Jell-O and nourishing broths.

The majority of time will be spent in the field with the plants or in the kitchen processing herbs. Additional activities include lectures and focused study to create a personalized health-promoting herbal regime designed to fit your needs and lifestyle.

You will leave with an individualized plan of which herbs, and in what form, can support your health and wellness. You will also have samples of herbal preparations to take home and the recipes to make them again on your own.



Photo by Esalen seminarian Tim Farrell



■ Required reading: Chech, *Making Plant Medicine*.

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

Rachel Berry, MA, has developed curriculum for herbalism, wild foraging and DIY organic skin care courses for more than 10 years in Northern California. Her passion is helping others deepen their relationship with the plants and becoming more confident practicing herbal self-care. www.SierraBotanica.com

AUGUST 9–SEPTEMBER 6

DEEP BODYWORK®

Rob Wilks and Lori Lewis

Deep Bodywork®, as created by Perry Holloman over the last 25 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 long-term health problems like joint and soft tissue pain, movement restriction and circulatory problems.

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

Professional massage experience is highly recommended for this advanced-level class. Please visit www.deepbodywork.com for more information.

Recommended viewing: *Deep Bodywork I: Healing the Back, Shoulders and Hips* (DVD), available at www.deepbodywork.com.

☆ CE credit for massage; see page 100.

Rob Wilks is a full-time bodywork practitioner and a faculty member at the Esalen Institute, teaching both Esalen Massage® and Deep Bodywork®. He has taught massage in Indonesia and China as well as experiential leadership education in the U.S. and Eastern Europe.

Lori Lewis is certified by the Esalen Massage® and Bodywork Association as a 500-hour massage practitioner, and is an authorized Deep Bodywork® teacher. She lives in Santa Barbara, where she is also a hospice volunteer using bodywork as palliative care.

SEPTEMBER 6–OCTOBER 4

LEADERSHIP AND PRESENCE

Suzanne Scurlock

Presence is the hidden key to successful leadership. The more present we are in ourselves, the more present we can be with someone else. This month-long program offers experiential work designed to help you pay attention to the subtle cues you receive from your body and the surrounding environment all the time. This will give you access to your own highly valuable inner landscape — the wisdom of your body/mind/spirit, which significantly enhances your ability to be more fully present as a leader.

We will share how to:

- Assess your energy reservoir and refill when you are depleted
- Increase your capacity to be present versus doing all the time
- Grow awareness of, but not absorb, the emotions of others
- Make healthy connections (empathy versus sympathy)
- Stay openhearted and clearheaded
- Have more powerful leadership conversations

The deeper layer of this program will help you more fully utilize the navigational system of your body, including wisdom of the heart, gut, bones, pelvis, feet and legs.

If you feel overwhelmed at times by your feelings or those around you, this 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.

■ Required reading and listening: Scurlock-Durana, *Full Body Presence: Learning to Listen and Reclaiming Your Body: Healing from Trauma and Awakening to Your Body's Wisdom*.

Suzanne Scurlock bio on page 15.

OCTOBER 4–NOVEMBER 1

UPLEDGER INSTITUTE INTERNATIONAL'S CRANIOSACRAL THERAPY LEVEL ONE INTENSIVE: PRESENCE, PALPATION AND PROTOCOL

Karen Axelrod

CranioSacral Therapy (CST) utilizes very gentle touch to assess and correct imbalances in the craniosacral system — the membranes and fluids protecting the brain and spinal cord. CST, as a hands-on modality, is a powerful tool that addresses numerous sensory, motor and intellectual challenges; central nervous system disorders; and chronic pain. You will be taught anatomy and physiology of the craniosacral system, its function in health and its relationship to disease. Emphasis will be on developing effective palpation skills to detect subtle movement, energy, fluid and structures within the body. The group will explore palpation as both an evaluative and therapeutic tool to facilitate fascial and soft-tissue releases.

As part of this month-long workshop, you will also explore how to use your presence to augment the healing process through mindfulness/sensory-awareness exercises. The practitioner's sense of presence during a treatment session enables a strong therapeutic alliance, which in turn creates a safe environment for the client's innate healing process to unfold. Anatomical knowledge, palpation and presence provide the foundation needed for participants to perform an effective 10-step craniosacral protocol. By the end of this workshop, you will have the tools to assess the central nervous system and entire body from a craniosacral perspective, apply structural and energetic CST techniques to restore balance and gain measurable results from a craniosacral treatment session.

This workshop is offered in collaboration with the Upledger Institute International (UII). Completion of this workshop will result in full credit for Upledger's CranioSacral Therapy entry-level course (CS1) and eligibility to take CS2 through the Upledger curriculum.

Note: There is an additional \$250 fee for this program, giving you the full status as a CranioSacral Therapy practitioner with Upledger Institute International (UII), the necessary prerequisites and eligibility for additional levels of CranioSacral Therapy study with UII and a listing in the International Association of Healthcare Practitioners (IAHP) directory.

Prerequisites: Professional healthcare practitioner, student in healthcare program or graduate awaiting licensure/accreditation with experience in sensitive, light-touch palpation.

For those who wish to take CS1 and live in a state or province that does not require a healthcare hands-on license to practice CST, the following minimum study is required:

- Eighty hours of Anatomy and Physiology and 15 hours of Pathology. One way to satisfy this requirement is through the home study coursework, Upledger Health Science Essentials at <http://shop.iahe.com/Product-List/All-Products/Upledger-Health-Science-Essentials>, available through the London (Ontario) College of Osteopathy.
- Four hours of ethics from an accredited professional organization or school.

For continuing education syllabus, see www.esalen.org/upledger-cst1-residential-study.



Photo by Esalen seminarian Richard Tauber

■ Required reading and advance preparation: Upledger, *CranioSacral Therapy* (Chapters 1–6), and *Your Inner Physician and You*. Please familiarize yourself with the definitions and/or locations of the anatomical terms here: www.upledger.com/seminar_info/Terms/CSlterms.doc.

☆ CE credit for massage; see page 100.

Karen Axelrod, MA, CST-D, CMT, is a certified somatic therapist specializing in CranioSacral Therapy. She teaches CST internationally for the Upledger Institute and maintains a private practice in Redondo Beach, Calif. Her passion is helping clients connect to inner resources necessary for healing body, mind and spirit. www.karenaxelrod.com

NOVEMBER 1-29

THE ART OF SKILLFUL LIVING: TRUTH, LOVE AND FREEDOM

Coby Kozlowski

The Art of Skillful Living is an inward journey into the depths of what it means to be human and an exploration of consciousness. This program is deeply connected to *living* yoga, not *doing* yoga, and is for anybody interested in learning to navigate the waves of life more skillfully and gracefully.

Dive into the insights, experiments and inquiries of a contemporary approach to living yoga: How can I best be with life? How can the teachings of yoga direct us to see the most aligned choices, let go of past hurts and discover deep and meaningful connections? And what are the most aligned ways we can learn to savor all that life presents? Through this interactive, lecture-based and experiential workshop, you will be called forth to look within and do the work to find a higher state of integrity. You will be challenged, encouraged and supported to trust the unfolding of life, foster transformational change and ultimately have a positive impact on the world.

■ Recommended reading: Kozlowski, *One Degree Revolution: How the Wisdom of Yoga Inspires Small Shifts That Lead to Big Changes*.

Coby Kozlowski, MA, is a speaker, life coach trainer, contemporary yoga and meditation educator, and a faculty member of Kripalu. She is the author of *One Degree Revolution: How the Wisdom of Yoga Inspires Small Shifts That Lead to Big Changes*.

NOVEMBER 29–DECEMBER 27

SOULCRAFT AND THE MYTHOPOETIC IMAGINATION: A MONTH-LONG MYSTERY SCHOOL IN OUR MERCURIAL TIME

Bill Plotkin and Geneen Marie Haugen

Have you already embarked on the journey of soul initiation? Are you in a leadership role or longing to support soul-infused, radical change during our time of cultural collapse and regeneration? This month-long immersion at Esalen Institute, in the wilds of the Big Sur coast, is intended for people already wandering in soul-filled directions. In our focus on the underworld journey of soul encounter (rather than healing, therapy or ego transcendence), we will:

- Utilize soulcentric dreamwork, deep imagery journeys, conversations with the animate Earth and other Soulcraft practices
- Gather images, symbols and themes that suggest the shape of our blazingly unique, mythopoetic identities



Photo by Esalen seminarian Tim Farrell

- Cultivate skills, modes of perception and sensibilities that are essential companions in both tending the garden of mystery and in bringing forth soul-infused vision
- Support each participant's most deep-rooted and mystery-saturated offering to the Earth community
- Engage in the sustained and life-changing practice of attending soul waters

This immersion is intended only for those who have reached a certain turning point in life: when you feel healed enough in all the ordinary ways of emotional restoration; when you are no longer trying to find just the right relationship or job or residence before you really start your life; when the biggest questions for you are no longer about social standing or relationships or job or career, but rather about the mystery that pulses softly at the very core of your existence.

Note: Prior experience with Animas Valley Institute is strongly recommended. Be sure to note this on your application. Those with prior experience will be given priority.

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

Geneen Marie Haugen, PhD, grew up a little wild, with a free-range imagination. She is a guide to the mysteries of nature and psyche with animas. Her writing has appeared in *Kosmos*, *Parabola*, *Spiritual Ecology: The Cry of the Earth*, *Thomas Berry: Dreamer of the Earth* and other publications. www.animas.org

DECEMBER 27–JANUARY 24

I AM THE WORD

Paul Selig

In his breakthrough works of channeled literature, *I Am the Word*, *The Book of Love and Creation*, *The Book of Knowing and Worth*, *The Book of Mastery*, *The Book of Truth*, *The Book of Freedom* and *Beyond the Known: Realization*, 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, you will be introduced to the frequency of the Word, which can be described as the energy of "God in action."

During the month, 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.

Paul Selig bio on page 26.



Continuing Education Programs

Esalen's status as a provider of continuing education is approved by the following boards:

MFT, LCSW, LEP and LPCC: California Association of Marriage and Family Therapists. Esalen Institute maintains responsibility for this program/course and its content. (Provider No. 128759)

MASSAGE PRACTITIONERS AND BODYWORKERS: The National Certification Board for Therapeutic Massage and Bodywork (provider number 043062-00) and the Bureau for Private Post-Secondary Education (school code 2700571)

REGISTERED NURSES: Board of Registered Nursing (provider number 01152)

REGISTERED DIETITIANS: State Commission on Dietetic Registration

ACUPUNCTURISTS: State of California Acupuncture Board (provider number 946)

With few exceptions, approved weekend workshops qualify for 10 CE units, approved five-day courses qualify for 26 CE units, approved seven-day courses qualify for 36 CE units and approved Residential Study courses qualify for 38 CE units. You can find the course information and educational objectives for all MFT-approved courses on our website through the link on the course page.

Please check workshop listings online for frequent updates to CE status.

In order to receive a certificate for continuing education participants must meet the following requirements:

- A \$50 processing fee, per certificate, is required. This should be done online at the time of registration, over the phone with Esalen Guest Services member or in the Guest Services Office before the workshop begins.
- Attend and sign the attendance sheet provided by the leader. Partial credit will not be given.
- Notify your teacher of your attendance at the beginning of your workshop.
- Certificate processing can take up to 45 days, and they will be emailed to you in a PDF.

Please note: If your workshop is listed as offering CE but indicates that you must "see faculty" the workshop leader will be responsible for processing and issuing the CE certificates. There is no need to contact the Esalen office at the end of your course.

For more information about accessing special accommodations (ADA requests), please contact 888-837-2536. To file a grievance please write to ce@esalen.org.

Dates	Course Title	Psychologists	MFT/LCSW/LEP/LPCC	Nurses	Bodyworkers	Acupuncturists
Jul 5-10	Hold Me Tight Workshop for Couples	■	■	■		
Jul 5-10	Intermediate Yoga Practice Intensive: Affirm Your Freedom!					
Jul 5-10	Abandonment to Healing: Overcoming Your Self-Defeating Patterns		■	■		
Jul 12-17	Mindful Self-Compassion Intensive Training	■	■	■		
Jul 12-17	The Radically Alive Leader: A Radical Aliveness Workshop		■	■		
Jul 12-17	Upledger Institute International's SomatoEmotional Release 1			■	■	■
Jul 19 -24	Awakening the Creative: The Painting Experience		■	■		
Jul 19 -24	R. D. Laing in the Twenty-First Century: What is Spiritual?		■	■		
Jul 19 -24	Leading at the Edge: How to Reach Extraordinary Performance		■	■		
Jul 19 -26	Mystical Realism in Film: Openings to the Numinous Through Mindful Viewing of Films		■			
Jul 24 -26	Weekend of Advanced Esalen® Massage			■	■	
Aug 2-7	IAHE: Upledger Institute International's Advanced CranioSacral Therapy 1			■	■	■
Aug 7-9	Igniting the Power of Your Empathy and Intuition		■	■		
Aug 9-Sep 6	Deep Bodywork				■	
Aug 16-21	Empowering Creativity Through Movement & Metaphor			■	■	
Aug 16-23	EMDR Basic Training: Parts 1 and 2 – Transforming Trauma with EMDR	■	■	■		
Aug 28-Sep 4	Healing the Pelvic Floor: Reclaiming Your Power, Sexuality and Pleasure Potential			■	■	
Aug 30-Sep 4	The Buddha, the Brain, and Bach		■	■		
Sep 6-11	Positive Neuroplasticity: How to Grow Resilient Self-Worth and Happiness		■	■		
Sep 11-13	Rising Strong™ Workshop	■	■	■		
Sep 13-18	Enhancing Your Skills in Esalen Massage® and Bodywork			■	■	
Sep 18-20	An Introduction to Esalen Massage®			■	■	
Sep 20-25	Mind, Mood, Food					
Sep 27-Oct 2	The Transformational Enneagram: Mindfulness, Insight and Experience			■		
Oct 4-9	Yoga Practices for Transformation				■	
Oct 4-9	The Barral Institute's Visceral Manipulation 1: Abdomen 1 (VMI)			■	■	■
Oct 4-Nov 1	Upledger Institute International's CranioSacral Therapy Level One Intensive: Presence, Palpation and Protocol				■	
Oct 11-16	Acceptance and Commitment Therapy: Cultivating Psychological Wellness	■	■	■		
Oct 11-16	Zero Balancing Part 1			■	■	■
Oct 25-30	Upledger Institute International's CranioSacral Therapy 2			■	■	■
Nov 6-8	Gratitude Retreat				■	
Nov 8-13	Healing Art of Deep Bodywork®: Advanced Techniques for Acute and Chronic Back Pain			■	■	■
Nov 13-15	Character Strategies: A Transformational System for Attaining Deep Intimacy and Erotic Fulfillment			■		
Nov 15-20	Relational Gestalt Practice: The Transformative Power of Emotion	■	■			
Nov 6-22	100-Hour Esalen Massage® Certification Program			■	■	
Nov 27-29	Esalen Massage® for Couples, Partners & Friends			■	■	
Nov 29-Dec 4	Deep Bodywork®, Esalen Massage®, and Subtle Energy: Understanding and Directing Subtle Energy in the Body			■	■	■
Dec 4-6	The Art of Mindful Communication: Living Your Values		■	■		
Dec 6-11	Mindful Self-Compassion Intensive Training	■	■	■		
Dec 6-18	Esalen Massage® Teacher Training Module One				■	
Dec 13-18	Jivamukti Yoga: Nada and the Healing Sound of Yoga				■	
Dec 13-18	Thriving in Uncertainty: A Workshop in Sensory Awareness			■	■	
Dec 13-18	Esalen Massage®: The Art of Continuous Presence			■	■	
Dec 18-20	The Resilience Mindset: Bouncing Back from Disappointment, Difficulty, and Even Disaster		■	■		
Dec 20-27	Soul Motion®: Tenderness at the Heart of the Dance		■			
Dec 20-27	Awakening the Creative: The Painting Experience		■	■		

PUT YOURSELF IN THE PICTURE

EXPERIENCE

A Time to Reflect

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Do you have a desire to see the bigger picture of your life? Step out of your hectic schedule and reflect on what truly speaks to your heart and mind.

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- Immersion in our world-renowned hot springs
- Walks in nature, quiet time in our Meditation Hut and more

A Time To Reflect programs are offered on an Esalen workshop schedule, including week-long and weekend visits. Learn more at www.esalen.org/reflect.

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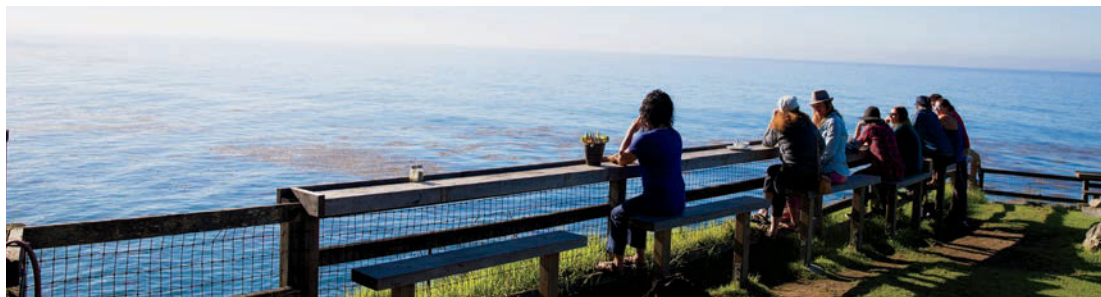


Photo by Esalen seminarian Amy Hart

From Our Kitchen to Yours

SAGE & CIDER GLAZED DELICATA

As Fall brings its comfortable chill to the land, we begin seeing a large variety of hard squashes popping up in the local farmers market and in the Esalen Farm & Garden. Delicata, with its recognizable yellow bands and green stripes, always reminds us that the seasons of Fall and Winter are upon us. This recipe highlights its versatility by stepping away from the classic roasting and pairs it with other classic fall flavors, such as sage and cider. Performing a simple pan braise renders a deep caramelized Fall glaze that enhances the natural flavor of the season.

If delicata is not available through your market, feel free to substitute any of the other Fall squashes and gourds, such as kabocha, acorn and butternut. Even pumpkin offers a wonderful twist. Serve as an accompaniment to any deep-braised or roasted meats, on top of pasta with a sprinkling of shaved Parmesan or by itself. Topped with crushed walnuts and pomegranate seeds, it makes a lovely dish all on its own. Makes six servings.

INGREDIENTS

2 medium delicata squash (average 2 pounds)
or other fall/winter squash
3 tablespoons unsalted butter
1/4 cup chopped fresh sage
1 tablespoon chopped fresh rosemary
1 1/2 cups fresh unfiltered apple cider or juice
1 cup water
2 teaspoons sherry vinegar
Pinch of salt
Fresh ground black pepper

PREPARATION

After prepping the delicata, render a gentle herb butter and proceed to the pan braising of the delicata.

Squash

- If using delicata squash, peel it with a vegetable peeler unless you prefer to eat the skin intact. It is completely edible and the choice is yours.
- Cut delicata in half, lengthwise, and scrape out the seeds with a spoon
- Cut each piece in half again, lengthwise, and crosswise into 1/2 inch-thick slices
- Other types of squash should be peeled with a chef's knife, seeded and cut into 1-inch wedges

Herb Butter

- Melt the butter in a large cast iron skillet over low heat
- Sprinkle in the sage and rosemary, stirring it approximately three to five minutes, until the butter just begins to turn golden brown. Important: Do not brown the herbs as we are just allowing the butter to infuse their flavor and improve their texture

Cooking the Squash

- Add the squash to the skillet and toss it around in the butter
- Add the apple cider, water, vinegar and salt
- Cook, stirring occasionally, over medium heat and at an even boil for 20 to 30 minutes until the cider boils down to a glaze and the squash is tender
- Taste and season with pepper and salt to your preference



Final Thoughts

As you reflect on what new adventure lies ahead for you, take a moment to write down your intentions for taking those next steps.

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Mind, Mood and Food

A Campus-wide Workshop

Start the Fall season with leaders from The Center for Mind-Body Medicine

Join Executive Director James Gordon, Education Director Kathie Madonna Swift and faculty member Cynthia Geyer for a campus-wide workshop designed to empower clinicians and health-conscious individuals alike. Explore cutting-edge research on how food, supplements and herbs can be used therapeutically to address common and complex mental and emotional health challenges.

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September 20-25, 2020

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