

harbin  
hot springs  
40th Anniversary



Workshop & Retreat Catalog – 2015



Heart  
Consciousness  
Church





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Dear Friends,

When Harbin Workshops Manager, Crystal Farmer, asked me to write something about the history of workshops at Harbin, I was delighted. You see, Harbin workshops have historical significance, beginning with the very first ones in 1976. That was the year that homeopathist Dana Ullman was arrested for “practicing medicine without a license.”

Now, it so happened that in 1972, when Robert Hartley, aka Ishvara, bought a rundown Victorian spa named Harbin, he had a vision of an alternative university where people could live and work. He had been running a Summerhill alternative school, studying Gestalt Therapy and Kundalini Yoga, and was inspired to found Heart Consciousness Church, (which has owned Harbin since 1975), on three growing movements: Holism, Universal Spirituality, and Human Potential. So it seemed natural that, even though most of Harbin’s buildings were still condemned, Ishvara and HCC’s president, Elohim Heart, would offer support to the “Holistic Health Organizing Committee” for Dana’s defense. What was at stake was the future of alternative healing.

The first “Holistic Health Retreat” was held at Harbin in the fall of 1976. It attracted 400 people. Each person paid \$25 - \$40 sliding scale for 3 days, 2 nights, 6 meals, 40 outdoor workshops, and all the soaking anyone could want. Berkeley’s “Gentle Brothers and Sisters” group showed up to cook and serve. It was a joyous, heartfelt time in which ecstatic dance took root as a healing modality. The retreat was such a success that it was held again in 1977 and ’78, giving Dana’s defense more money than was needed. And Dana won, helping to spawn an alternative healthcare revolution in California and then across the country. No longer would alternative healthcare practitioners be arrested for “practicing medicine without a license.”

After those first Harbin workshops, space was created for more. Roger Windsor built Northstar (now resident housing) as a space for his macrobiotic school, then Ray Testman came in to oversee the construction of the Meadow Building and the Conference Center, host to the Human Awareness Institute. And in 1980, Harbin made more history: Harold Dull, the founder of the School of Shiatsu and Massage - now the Harbin School of Healing Arts - invented Watsu®, world renowned as a water healing modality.

Today, we’re tasked with completing Ishvara’s vision of an alternative university by developing Harbin’s “Oneness Institute” on recently acquired land. The Harbin School of Healing Arts will form an integral part of it, as will the awesome community of California’s alternative healthcare practitioners.

It’s been forty amazing years and we’ve only just begun.

Ann Prehn, *HCC Historian*

## about us

We offer a wide range of customized retreat opportunities, well-known facilitators, an accredited massage school and world-renowned waters. Guests travel from near and far to experience the mineral-rich healing waters, the beautiful and natural setting, and the lively community of residents. Our spirit-centered focus is led by more than 20 ministers of various faiths. The historic grounds harbor many natural gems, and stories about it abound; find a copy of *Harbin Hot Springs* in the front office along with our founder's book *Oneness in Living*.

The historic communal soaking pools offer an enjoyable, cleansing, healing experience, while you bathe in silence. Harbin offers over 5000 acres of privacy; surrounded by many more acres of undeveloped woodland (don't forget to bring your bird and wild flower identification guide). We are a panoramic, vista-rich two hour drive north from San Francisco,

above the Napa Valley wine region, and our area is consistently rated as having the cleanest air in California. Experience the waters as they come from Mother Earth — very hot, soothingly warm, or breathtakingly cold. Clothing is optional here, so you may enjoy sunning, soaking and swimming with or without swimwear.

We offer various decks for socializing, sunning, meditation and sleeping. Harbin is a technology-free sanctuary; you may only use laptops and electronic books in designated areas. All guests are asked to liberate themselves from phones and electronic devices upon arrival.

### SHARE THE GIFT OF HARBIN WITH A FRIEND

🌿 Gift Cards are available at the Front Desk. 🌿



Azalea 1976



Azalea 2015

## Lodging

Some guests drop in for a day visit, while those staying overnight choose from camping or lodging, including tent cabins, dorms, private rooms, or cottages. Room reservations are highly recommended, especially on weekends. Reservations must be guaranteed with a credit card or advance payment; cancellations must be made by 1pm two days before your scheduled arrival date to avoid charges. A minimum two-night reservation on weekends and holidays is required.

## Food

Most workshops include delicious catered meals at the private buildings. Otherwise there are plenty of other options. Creatively-prepared breakfasts and dinners are served in our garden view restaurant. Lunch items, snacks, groceries and organic produce are always available from the Harbin Market. Or stop by one of our charming cafés; The Blue Room offers organic fair trade coffee, fresh baked goods, blended beverages and snacks, and in the summer the Poolside Café has salads, wraps and blended delights.

## Bodywork

During your visit, you may want to schedule a massage or other treatment from one of our professionally trained and certified practitioners. Choose from a wide range of bodywork such as Swedish massage, deep tissue, energy work, spa treatments or Watsu®, a powerful form of warm water massage developed and taught at Harbin.

## Activities

There are usually events occurring at Harbin at no additional charge (donations and offerings are appreciated). Regular weekly activities include yoga (three times daily), concerts, Kirtan, classes and spiritual gatherings. The Unconditional Dance is on Tuesday and Thursday nights. ELYSEUM Writers' Workshop is on Sundays. Special events happen every Saturday night, including Open Mic on the last Saturday of each month. Any 'A' 12-Step meetings take place on Wednesdays and Saturdays. All are subject to change. Seasonal events and upcoming classes such as Sweat Lodge, Quantum Light Breath, Dances of Universal Peace, Prayer Circles and Satsangs, as well as theatrical presentations and holiday happenings are all listed on the website activities calendar.

## Stay Connected

Find us on the web at [www.harbin.org](http://www.harbin.org) for an updated Workshops calendar, events calendar, room availability and more. You can also sign up for our monthly newsletter and quarterly workshops email. And don't forget to visit us on Facebook.

### IMPORTANT INFORMATION

-  Harbin is open 24 hours a day, 365 days a year.
-  Campers are encouraged to arrive and set up before dark.
-  You will need a towel, flashlight, sandals, and footwear appropriate for rocky terrain.
-  The pool area is clothing-optional, and the dressing facilities are co-ed.
-  Alcohol, drugs and pets are not permitted. (No pets may be left in vehicles.)
-  Fire Ban: Open fires, lanterns, candles, incense, and camp stoves are strictly forbidden.
-  Smoking is restricted to an area by the parking lot.
-  Deep cleaning and pool maintenance often happens the first Tuesday of each month; expect disruptions in the pool area from 10am to sundown. (Cold plunge becomes hot; heart pool becomes warm; swimming pool is cold.) See construction notices online.
-  Children may stay in the campgrounds and quietly use the Heart Pool and swimming pool during the daytime beginning at 10am. Babies under three must wear plastic pants in the pools and children three to five must wear swim suits. Children must be accompanied by an adult at all times.

## Workshops

Located just fifteen minutes away from Harbin's front Gate is our up-and-coming Oneness Institute. Here, on 4400 acres of incredibly beautiful pastoral land, we are beginning to operate a secluded retreat center – an alternative workshop milieu to our main property. At Oneness, workshop buildings offer bright interiors, open spacious meeting rooms, kitchen and dining areas, wraparound porches and decks and, of course, pools (though clothing is required here). Additionally, workshop participants at Oneness Institute have the option of full access to Harbin facilities during their stay.

For more information about the workshop spaces at Oneness Institute, you may contact: Crystal Farmer, Workshops Manager, at 707-987-2994 Ext. 150 or [workshops@harbin.org](mailto:workshops@harbin.org).

## The Vision

Part of Harbin's founder's early and continuing vision is to grow outward from a single community so that we might become a beacon to society at large. His vision includes an alternative learning center to share and teach ways that the fundamental threads and strengths of enlightened living come together and manifest. In his vision, the focus of learning would be a co-emergence of basic principles of the Human Potential Movement, the Holistic Movement, Ecology/Sustainability and Universal Spirituality.

Now, forty years later, this particular element of his vision is manifesting. Oneness Institute is the ideal site for the development of such a multi-faceted learning center. We are currently moving forward with plans for building an expanded home for the Harbin School of Healing Arts and additional workshop spaces.

Our hope is to attract like-minded and like-hearted leaders and/or partners to join in our venture in the following areas: holistic health (nutrition, alternative medicine, body-based therapies), sustainability (permaculture, green building, renewable energy), spirituality and consciousness (meditation, prayer, ministry program, perennial tradition teachings), creativity (writing, painting, music) and conscious movement (yoga, dance, somatic approaches).

If you are a leader or a potential partner wanting more information about the Oneness Institute plans of development, you may contact: Roger Windsor at 987-2004 or [roger@harbin.org](mailto:roger@harbin.org). Our new website, [www.oneness-institute.org](http://www.oneness-institute.org), is currently under construction.



## Reichian Therapy & Kundalini Yoga Intensive

with Michele T. Newmark & Dr. Siri Gian Singh  
Khalsa

March 13-15, June 5-7, September 25-27,  
December 11-13

Come Alive to Your Sexuality and Joy of Life! Master Reichian therapists Michele T Newmark and Dr. Siri Gian Khalsa bring to you the work of Dr. Wilhelm Reich in a Reichian therapy intensive, including Kundalini yoga.



Come for a potent weekend releasing and enlivening through breath and Kundalini yoga practices. Renew your presence of

being and reignite your passion and vitality experiencing the breathing of Reichian therapy sessions. Many participants gain skills and practices which greatly enhance their personal and their professional practices. Enjoy the beauty and healing of the Harbin waters.

### Payment information:

\$395 early registration, \$425 after deadline. \$150.00 non-refundable deposit holds discount price. Includes lodging, (indoor or outdoor camping) and private kitchen facility for participants.

### Contact info:

Space limited, pre-registration required.  
sirigiankhalsa@gmail.com; 707-357-5644  
michelet@sonic.net; 707-538-3778  
www.thecenter-sf.org  
www.reichianinstitute.org

## Realization of Truth Retreat

with Aisha Salem  
May 3-10



Aisha Salem is a woman living from the deepest dedication to Truth. For more than a decade, her dedication has brought her Being into fullness as pure Love, to the realization of Truth beyond existence as well as

into the emergence and embodiment as the Black Mother. Aisha travels the world, giving satsangs and retreats, offering her facilitation in self-realization, awakening and embodiment, wherever the world calls for the Love and cutting edge honesty of her Being.

You are invited to embrace the Truth of pure Being with Aisha - To face reality in an intimate meeting with your self, surrendering into the essence and Truth of your Being as clear mind, pure heart and integral individuality.

You can find more information about the 7-day retreat at Aisha Salem's website, aishasalem.com. There you will also find The Teaching, a scriptural transmission which outlines the ground of Aisha's work, as well as articles, video links and more. You're welcome to connect with Aisha on Facebook at [www.facebook.com/yeshe.salem](http://www.facebook.com/yeshe.salem)

### Payment information:

Cost: \$800, includes 2 daily meetings with Aisha, shared indoor accommodations or camping, and full access to Harbin Hot Springs. Excludes food, access to full kitchen on site. Deposit required.

### Contact info:

For further information, bookings and inquiries contact Paige MacKenzie at: [harbinretreat@gmail.com](mailto:harbinretreat@gmail.com) or: 415-450-0329

## The Zen of Photography

Expand your skills. Expand your mind.  
May 17-22

This workshop will be a blissful marriage between the study of photographic techniques and the art of mindful freedom.



Half of the workshop will focus on deepening your photographic techniques, half the workshop will be devoted to expanding your mindfulness and yet another half will be all about breaking the rules.

This workshop is for the professional photographer, serious amateur, photographic artist or uncategorizable creative soul.

Over the course of 5 days, we will:

- Explore new photographic techniques and expand on common techniques, allowing you to stretch far beyond the rules of exposure, composition and creativity.
- Take wisdom from Tao, Zen, Buddhism and many other teachings and help you apply them to the way you approach your photography, your creativity, and your everyday life.

Instructors:

Shane Powers, MFA, David Agasi, MFA

### Payment information:

Early Bird Special: \$600 if paid in full by May 1, 2015, \$700 if after. \$150 Non-refundable Deposit required. Includes 24/7 Harbin Hot Springs access, Ranch House pool, daily breakfast/lunch, twin beds with bedding or outdoor camping.

### Contact info:

Shane Powers  
[shane@shanepowersphoto.com](mailto:shane@shanepowersphoto.com)  
[www.zenofphotography.org](http://www.zenofphotography.org)

# harbin school of healing arts

The mission of the Harbin School of Healing Arts is to nurture and inspire each student to find and embody their fullest potential. Our vision is the conscious healing of individuals, communities and the environment through integrative programs of bodywork on land and in water, along with a ministerial program and teacher trainings.

**H**arbin Hot Springs has supported healing bodywork since 1974 and has officially hosted a massage school since 1977. 2015 will launch the second year of operation as the Harbin School of Healing Arts, owned by Harbin Hot Springs. We are an approved school with the California Bureau of Private Post-Secondary Education (BPPE), an assigned school with the national massage board (NCBTMB) and most of our classes can be taken as NCBTMB Continuing Education (CE).

Because of the uniqueness of our training programs and curriculum, students come to our school for a variety of learning opportunities: beginning a new career in the healing arts, continuing education to broaden their skills as a professional bodyworker and for the experience of personal growth. Many students return for the strong feeling of community that the school fosters.

All of our courses integrate the core principles of presence, breath, support and conscious touch while nurturing the innate gifts of each individual student. Our 16.5, 25, 50 and 100 hour classes are offered in a residential intensive form that allows each student to become totally immersed in the learning process. Choose the classes from our schedule, throughout the year, that fit your availability. You can finish a 500-hour program in 6 months or stretch it out over the year. Our faculty and staff create an enlivening and enlightening experience of self-discovery and ease.

And if you're not ready to jump into an intensive, there are a variety of events and workshops at Harbin Hot Springs that will introduce you to many of

our modalities, such as the Sunday Drop-in Aquatic Bodywork classes held in the summer.

The heart consciousness of Harbin Hot Springs is integrated into our classes to reflect the healing potential of our sacred land and waters. We are dedicated to training professional bodyworkers to hold space for healing in their communities. Our students have gone on to find the freedom of their own practice or to work at premier spas in the Bay Area such as Cavallo Point Resort, Auberge du Soleil, Calistoga Ranch and many more throughout the country and the world. If you want to make a difference in the lives of others through conscious touch, come train with us.

Our future looks bright as we look forward to a campus at the Oneness Institute, located on a stunning 4400-acre ranch near Harbin Hot Springs. It will be a place where both land and water classes co-exist. We anticipate the construction of classrooms, pools, student housing, administration buildings and a dining hall, using principles of green building.

*We would love to have you become a part of our growing community!*



# harbin school of healing arts

Our school offers training programs in Massage, Shiatsu, Deep Tissue and much more.

We have also been at the forefront in training aquatic bodyworkers in Watsu®, Healing Dance™ and Waterdance®.

## Our Training Programs:

- Massage Practitioner
- Massage Therapist
- Shiatsu Therapist
- Advanced Bodywork Therapist
- Watsu Therapist
- Aquatic Bodyworker
- Continuing Education Hours

Whether you wish to share healing touch with family & friends, start a bodywork career or add new skills to your current career, take classes at your own pace while enjoying all the beauty Harbin Hot Springs has to offer!

### Contact Info:

www.harbinschoolofhealingarts.org  
info@harbinschoolofhealingarts.org  
707-987-3801  
Toll Free 800-693-3296

## 2015 Schedule

### January

12-22 ..... Massage Intensive

### February

01-06 ..... Anatomy:  
Bones & Muscles  
15-20 ..... Watsu® 1

### March

15-20 ..... Anatomy:  
Body Systems  
20-22 ..... Wired to Love  
23-26 ..... Kinesiology

### April

01-03 ..... Ethics  
05-07 ..... Essential Business Skills  
05-10 ..... Healing Dance® 1  
09-12 ..... Trauma, Boundaries  
& the Body  
19-24 ..... Pathology  
24-26 ..... Basic Watsu®  
26-M1 ..... Craniosacral  
Balancing 1

### May

03-08 ..... Deep Tissue 1  
10-15 ..... Shiatsu 1  
29-31 ..... Clinical Ai Chi E.A.S.Y.  
31-J5 ..... Shiatsu 2

### June

05-07 ..... Foundations of Touch  
07-12 ..... Thai Massage 1  
14-19 ..... Watsu® 1  
21-26 ..... Watsu® 2  
28-J3 ..... Waterdance™ 1

### July

05-10 ..... Waterdance™ 2  
10-12 ..... Compassionate  
Communication  
13-23 ..... Massage Intensive  
19-24 ..... Watsu® 3  
26-29 ..... Massage Boosters

### August

02-07 ..... Anatomy:  
Body Systems  
02-07 ..... Healing Dance® 2  
09-14 ..... Anatomy:  
Bones & Muscles  
09-14 ..... Above and Below  
16-19 ..... Kinesiology  
20-23 ..... Lomi Lomi  
23-28 ..... Watsu® 3 Adaptive  
23-28 ..... Call to Presence  
30-54 ..... Sacred Breath/  
Sacred Body

### September

06-11 ..... Adv. Therapeutic  
Massage  
06-11 ..... Waterdance™ 3  
06-11 ..... Transformational  
Practices  
13-18 ..... Shiatsu 1  
20-25 ..... Shiatsu 2  
25-27 ..... Sacred Shapes  
27-02 ..... Shiatsu 3  
27-02 ..... Aquanatomy

### October

04-09 ..... Craniosacral Balancing 1  
10-11 ..... Dissolving Fear  
and Trauma  
11-16 ..... Craniosacral Balancing 2  
18-23 ..... Craniosacral Balancing 3  
18-20 ..... Essential Business Skills  
20-22 ..... Ethics  
23-25 ..... Foundations of Touch  
25-30 ..... Deep Tissue 1

### November

01-06 ..... Deep Tissue 2  
08-13 ..... Pathology  
09-19 ..... Massage Intensive  
30-D1 ..... MBLEX Prep Class

### December

06-11 ..... Watsu® 1



# bodywork and massage certification – upcoming introductory classes

## Massage Intensive

January 12-22, July 13-23, November 9-19

**Number of hours:** 100

**Instructor:** Keesha Standley

**Prerequisites:** None

This 100 hour, 11-day intensive will provide students the confidence, skills and techniques to become an excellent massage practitioner. Using proper body mechanics so that the student is centered and grounded, they will be able to massage with effortless power and grace.

Students will learn a Swedish relaxation massage and therapeutic approaches to common conditions. Body mechanics, the benefits and contraindications of massage, anatomy, proper draping, ethics and procedures for establishing a private practice will also be taught.

At the end of this 100 hour intensive, students will have an excellent foundation for a professional career.

### Payment information:

Fee: \$1600 includes indoor/outdoor camping and Harbin access. Books and supplies are extra.  
Deposit: \$200

## Shiatsu 1

May 10-15, September 13-18

**Number of hours:** 50

**Instructor:** Shinzo Fujimaki

**Prerequisites:** None

Students are introduced to the Japanese art of healing touch, Shiatsu. This course presents the main theory of Yin and Oriental philosophy through Aikido, Yoga and Do-In along with the techniques of Shiatsu necessary for the effective practice of massage.

Shiatsu was developed and is practiced based on twelve energy meridians. Students will learn and practice how to release and tonify meridians, along with oriental breathing, Qi flow, intention and physical postures of the practitioner.

A minimum of 35 hours is devoted to demonstration and practice of techniques, under the supervision of the instructor.

### Payment information:

Fee: \$800 includes indoor/outdoor camping and Harbin access. Books and supplies are extra.  
Deposit: \$100

## Watsu® 1

February 15-20, June 14-19, December 6-11

**Number of hours:** 50

**Instructors:** February: Cameron West, June: Kim Hartz and Harold Dull, December: Cameron West

**Prerequisites:** None  
(Basic Watsu recommended)

Learn to flow gracefully with another person through basic body mechanics, positions, sequences and transitions of Watsu, while holding a strong heart and breath connection.

Watsu is a water therapy developed by Harold Dull to create a unique blend of Zen Shiatsu and yogic stretches designed to free the body in water. Watsu 1 is a basic introductory course in aquatic bodywork. In this course, you will learn to move receivers through a smooth, flowing 30-45 minute sequence of Watsu's basic positions and holds. Attention is paid to the breath, fluidity of movement, proper body mechanics and general knowledge of eastern and western anatomy. Instruction and practice time in the pool is 30 hrs. Movement and sequences are demonstrated then practiced under the supervision of the primary instructor and assistants. The remaining 20 hrs of class time is on land with discussion, meditation, movement exercises, lectures and videos.

### Payment information:

Fee: \$870 includes indoor/outdoor camping and Harbin access. Books and supplies are extra.  
Deposit: \$100

### Contact info:

Harbin School of Healing Arts  
P.O. Box 782  
Middletown, CA 95461  
707-987-3801  
registrar@harbinschoolofhealingarts.org  
www.harbinschoolofhealingarts.org



## The Anatomy of Ease

*A Yoga workshop with Jim Gallas  
May 15-17*

Precise alignment with skilled hands-on adjustments creates Yoga poses which give more length to the spine and more space for the breath. The quiet of the Mountain Lodge is the perfect place for relaxing pranayama (breath practices) and deep meditation. The schedule allows plenty of tub time. Come enjoy the laughter, and silence. All levels very welcome. Limited to 14 participants.



### Payment information:

\$275 if paid in full by May 1, \$325 thereafter. Please send a non-refundable \$100 deposit to:

### Contact info:

Jim Gallas c/o Lisa Martin  
93 Caledonia St.  
Santa Cruz, Ca. 95062

For more info contact [jim@relaxedfocus.net](mailto:jim@relaxedfocus.net)

## Julia Tindall Yoga Retreat

*May 8-10, September 18-20*



Our 20th year at Harbin! Lighten up, refresh and renew with Julia's unique brand of yoga practice! Delicious slow hatha yoga for the body, jnana yoga for the mind, tantra yoga for the heart and satsang for the soul.

Beginners and all levels welcome. Join our merry group and see why people repeat this workshop year after year! Leave with your heart full, your body relaxed and a bunch of new friends! Julia Tindall is Director of the Soul-Diving Academy. She offers teacher trainings in Hatha, Jnana and Tantra Yoga and is the author of 4 books, including "Your Presence is Enough" and "20 Questions for Enlightened Living." She is known for her unique ability to drop people into soul connection, with themselves and others.

### Payment information:

\$355 includes homemade organic food.

### Contact Info:

415-377-1434  
[juliatindall1@gmail.com](mailto:juliatindall1@gmail.com), [www.juliatindall.com](http://www.juliatindall.com)

## YES! A Unique Meditation Retreat/Workshop

*with Peter Rengel, M.A.  
January 8-11, 2016*



"Yes!" The most powerful word in the English language is "Yes!" This retreat gives you the opportunity to ignite your own passionate "Yes!" and to awaken to the beauty of being alive in a human body. It offers Peter's special "Heart Meditation" to

open your heart and free your love. As you reach into the depths of your being, you ignite your "Holy Fire." You can then powerfully discover new levels of your unique purpose for your journey here on Earth. As the non-linear realms of consciousness that lie beneath thoughts become available, you discover the power of your "Infinite Inner Self." You can heal spiritual and emotional wounds, and risk saying "Yes!" to your Dreams.

### Payment information:

\$450, including camping-style sleeping and 6 delicious meals

### Contact info:

[peterrengel@comcast.net](mailto:peterrengel@comcast.net) or at 415-459-3113  
website: [www.peterrengel.com](http://www.peterrengel.com)



## Diving into the waters of Bhakti Yoga

with Jai Uttal ~ Summer Bhakti Kirtan Camp!  
July 21-26

This training is for those who aspire to lead Kirtan, those who wish to enhance their Yoga teaching with chanting and those who simply wish to immerse themselves in the vast ocean of Bhakti. Subjects to be covered: Kirtan – As the essential practice of Bhakti, Kirtan will be the main focus of this training.



Bhakti Yoga – Understanding the path of Bhakti as a journey of surrender and offering of one's entire being to the Divine will. Mantras – Gods and Goddesses – Ramayana – Saints –

Vocal Training – Rhythm – Learning Harmonium...

Retreat includes:

- Camping (bring your own camp supplies for sleeping dorm or tent) + using Harbin Facilities for 5 nights – 6 days
- 3 daily meals + snacks
- 2 daily Bhakti/Kirtan 2hr sessions with Jai Uttal & Daniel Paul
- 1 daily rhythm session with Daniel Paul
- 1 daily Bhakti – Hatha Yoga with Nubia Teixeira

### Payment information:

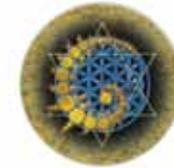
Early Bird Price: \$1,800 if paid in full by April 25th  
Price: \$2,050 after April 25th

### Contact info:

nubia@bhaktinova.com

## Chariot of the Soul

September 4-6



Chariot of the Soul gathering is a unique combination of healing, educational forum and celebration through music and movement. The intention is to explore new frontiers of sacred geometry (flower of life),

unified field theories, activating our light through Merkaba Meditation, lucid dreaming training, water blessings, visionary art vendors, conscious dying discussions and much more. Meditate, learn new techniques, dance with ecstatic dance DJ's, connect and network. Feel refreshed and leave recharged! Become a vibrational match for your heart's desire.

From the producer of the successful Conscious Dying Summit in 2014, Maitreya is a long time Harbin resident and assistant head minister of the Heart Consciousness Church. She brings her years of experience together with passion for sharing different aspects of conscious living by expanding our soul's possibility into 4th dimensional living.

Retreat includes:

- Full access to Harbin and all of its amenities
- Our private warm pools
- Indoor/ Outdoor camping (September is one of Harbin's most delightful times to be here)
- Six organic catered meals and snacks

### Payment Info:

Early Bird price \$420. After 7/25 \$470 (work trade spots available for discounted price); Space limited to 105 participants.

### Contact Info:

For further details you can visit our website:

[www.chariotofthesoul.org](http://www.chariotofthesoul.org)

Phone 831-334-7116 or email@chariotofthesoul.org

To register: info@chariotofthesoul.org

## HoneyRoot's Feminine Mystery School

Feb. 27-March 1, April 10-12

A journey into women's embodiment and devotional leadership, where mysticism meets matter. Under the guidance of a nurturing group of facilitators with expertise in various somatic techniques, we will relax deeply into our physical bodies, exploring them as gateways to subtle wisdom. Movement, emotion and sensation will be our vehicles for the journey.

Group and interpersonal dynamics will be leveraged as a pathway to greater knowledge of your own self. The HRFMS is spiritual in essence, practical in application and inclusive of all faiths and wisdom paths. Join us if you



sense there is more to your life than you've previously known and you are ready to (re) discover your body as a place of power, expression, tenderness and comfort.

Some areas of exploration will include: feminine sexuality, the relationship between boundaries and intimacy, expression of creativity, the feminine-masculine continuum within a woman's body and voicing what is true.

### Contact info:

415-671-9716  
www.honeyrootretreats.com  
Honeyrootretreats@gmail.com

## Angela Farmer Yoga Retreat

October 1-8



Once again we will gather with Angela for her internationally acclaimed Women's Retreat. Women of all ages and from all walks of life come together to create the warmth and support of a caring community centered around their Yoga practice and a sense of nurturing the Feminine within us all.

Classes are held each morning and evening in Angela's inimitable, free-flowing style; opening the way for exploration of ourselves through movement, breath and unwinding of tension and trauma, leading to greater freedom, lightness and joy.

Beautifully prepared organic vegetarian meals, the healing thermal pools of Harbin's natural springs, Watsu, bodywork, the beauty of nature and caring support of the women on this retreat make it a profound, transformative and unforgettable experience.

### Payment information:

\$1750 includes two classes with Angela each day, all meals, camping, and use of Harbin facilities.

Those wishing reasonably priced room lodging can contact Harbin at 707-987-2477.

A non-refundable, non-transferable registration fee of \$250 is required to hold your space. Final payment is due on Sept. 1.

### Contact info:

Patricia Schneider: 937-767-7727  
patricia@brainfingers.com  
www.angela-victor.com

## Embracing The Sacred Feminine

with Dana Dharma Devi & Ashanna Solaris  
June 26 - 28

Women everywhere are waking up to the call to share their voices, birth their visions and help to midwife this collective shift we are undergoing on Planet Earth. It is our time as women to stand in our true power, beauty and radiance!

Let us explore the depths of our power and clear away the shadows that have kept us from standing in our strength, shining brightly and living our life's greatest purpose. In Sacred Circle, in the ancient traditions of Women, we use Clarity breathwork, kirtan, yoga, movement, dance, ritual, meditation



and Divine Mother Pujas to embrace the Sacred Feminine in all areas of our lives! Come, empower and heal yourself in the beauty of nature and the company of women.

### Payment information:

\$425 by June 1; \$475 thereafter.

### Contact info:

Ashanna 650-279-9101, www.ashannasolaris.com;  
Dana 510-691-4483, www.clarity.org  
www.claritybreathwork.com



# HAI Global

CREATING A WORLD WHERE EVERYONE WINS

## Experience The Room of Love at Harbin

### It's like Harbin for your heart

Imagine laughing and crying and dancing and loving and growing and learning and coming home to your truest self. Imagine a weekend where you experience your beauty, plumb your depths, feel your unguarded heart and listen to your internal witness. Imagine a room-of-love where you open your heart to intimacy and connect with people who want to give and receive love, just like you.

### The perfect addition to a visit to Harbin Hot Springs

The Human Awareness Institute – HAI – invites you to experience the Love, Intimacy and Sexuality Weekend Workshops, in the Stan Dale Conference Center at Harbin Hot Springs. Join us as we create a weekend filled with love and loving connections.

### Change your beliefs and you will change your life

Discover how your habits and beliefs affect your relationships, body image, sexual satisfaction, and ability to find love. No matter how much love you already have in your life, or how little, our Love, Intimacy & Sexuality workshops help you have more.

- ♥ Practice communicating your deepest feelings
- ♥ Improve your body-image and discover your innate beauty
- ♥ Change your habits and patterns that get in the way of love
- ♥ Risk, trust, listen, share, honor, and laugh



### Join us for “Love is a Miracle”

Starting with Level I: *Love is a Miracle*, each workshop is presented in a caring, supportive environment, guided by skilled facilitators who specialize in relationship building, including your relationship with self. We empower you to step into your personal power and help you discover the ingredients for your happy, healthy, love-filled life. HAI offers nine levels of workshops, and Levels 1-5 must be taken in order.

### It's a life-changing experience

Our workshops include voluntary, experiential, participatory exercises – powerful tools and perspectives for long-lasting happiness. We welcome adults of any age, relationship status, ethno-cultural background, socio-economic status, physical ability, gender identity, sexual orientation and practice. We welcome you.

#### Registration information:

Pre-registration is required. To register online for a HAI workshop at Harbin: please go to [hai.org/harbin](http://hai.org/harbin) or call the HAI Global office at 707-981-7886.

**Mention this listing for 10% off your first workshop.  
Code: Catalog 2015**

#### Here's What Our Participants Say About Level 1: *Love is a Miracle*

*“The most liberating workshop I have ever attended. My life is expanding at an amazing speed and I feel totally at choice and free. I actually feel more intimate with people on an everyday level and I understand my sexuality much more.” ~J.C.*

*“At my first Level 1 I had a lot of body shame. From the beginning of the workshop, I wanted to hide. I gained an amazing sense of freedom, feeling like someone had lifted a huge weight from my body. I left feeling like I was just one of god's creatures, flitting around” ~D. B.*

*“I don't have words to thank everyone who blessed me with this experience. Thank you, thank you, thank you. I can't get over the unbelievable caring, love and inspiration the facilitators showed me and all the others all weekend.” ~C.H.*

*“Although challenging at times, the rewards of what I learned are unbelievable. As a gay man I learned I can really love women and not fear their sexuality. Wow!” ~B.W.*

*“I never knew I could change this much in two days. So much has begun for me on such a deep level. It's just the beginning but I can feel the growth, new confidence and insight into the better parts of myself.” ~J.W.*

## An Interview with Felicia Williams Cosey, a HAI Facilitator

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**Q: What led you to become a HAI facilitator?**

**A:** In one way or another I've been serving others for most of my life, as a psychologist, a teacher, in my volunteer work, as a daughter and as a mom.

I had achieved a lot, but I realized there was something still missing – I wasn't really happy, and there was a disconnection between my head and my heart.

When I came to my first HAI workshop I told myself I was there to observe, as a professional. As I participated I began my personal journey of bringing my heart, my love, my passion along with my knowing to every moment of my life. I discovered how to close the gap between doing and being, between my head and my heart.

**Q: What is your favorite thing about facilitating the workshops?**

**A:** I love supporting people as they have life-shifting breakthroughs, insights and awareness. And I love that,

in the HAI experience, participants get tools to take action with what they learn, in a way that makes a meaningful difference in their lives. It warms my heart, again and again, to play a role in this transformation.

**Q: What does "Creating A World Where Everyone Wins" mean to you?**

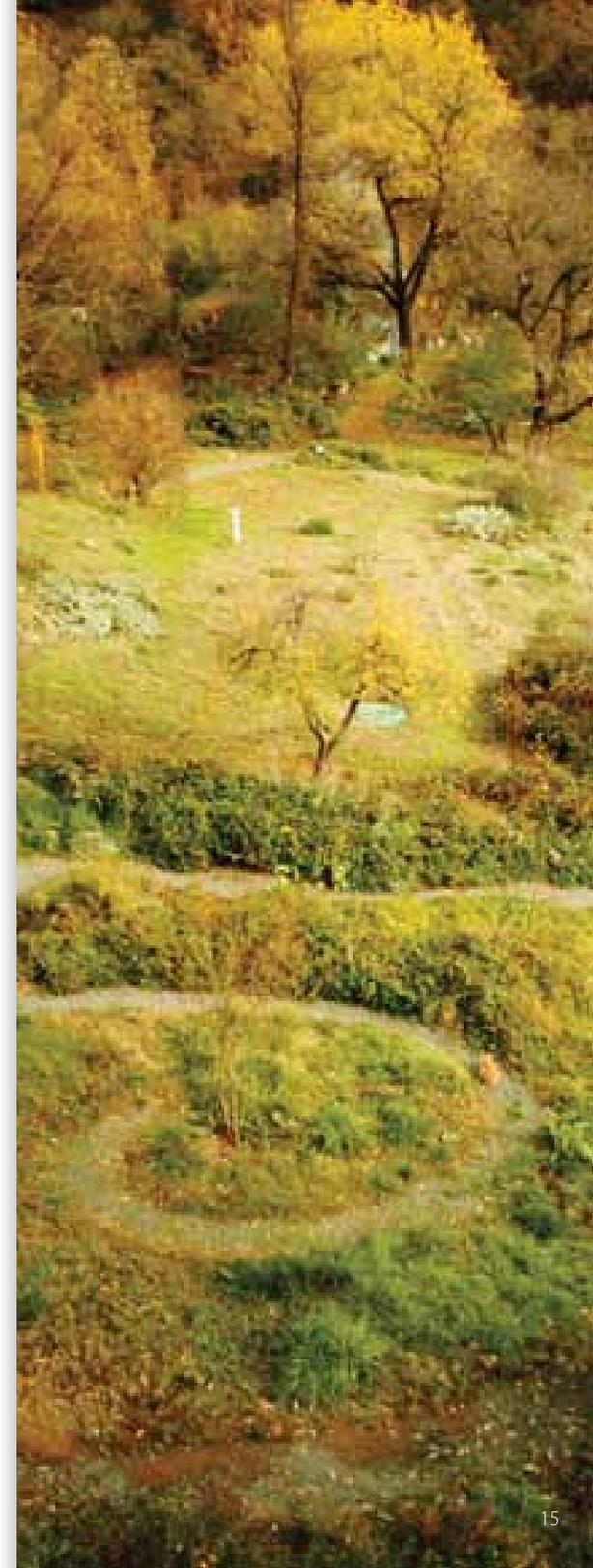
**A:** At the very first HAI workshop I attended I was the only person of color in the room. I found myself wrestling with whether or not I could risk sharing vulnerably about my feelings. I took a risk, opened my heart, let my truth be heard, and was amazed to experience a roomful of loving support for me as a person, a woman and as a person of color.

As I have facilitated personal growth for thousands of people for the past two decades, it is clear to me that pretty much everyone wants to be loved and included, just as they are. In our workshops we create a space where people of all races, ages, gender fluidity, sexual orientations, ability and beliefs get to experience being loved, seen and accepted for who they are. Personally, as a single mom, this is the world I want to pass on to my children.



### Our deeply-experienced and heart-centered facilitators

We call our workshop leaders "facilitators" because they are uniquely qualified to make your process easier – guiding you through the exercises, helping you explore your own individual growth and enriching your personal workshop experience. Every HAI Workshop is led by at least two (usually a man and a woman) talented, compassionate, knowledgeable and loving human beings.



## music, dance & movement retreats

### Dance Immersion Series

*Mini-retreats for conscious movement, rejuvenation, and community connection*

*February 7-8, July TBA, August 15-16 more dates on website*

What better way to unplug from the world and connect with yummy kinfolk than to share a couple of days soaking, dancing, doing yoga, relaxing, and sharing meals together?!



The intention of Dance Immersion, now in its 4th year, is to bring together community for conscious movement and nourishing soaks at a very affordable price. In addition to plenty of freeform ecstatic dance, we offer facilitation in modalities such as 5Rhythms®, Soul Motion™, Contact Improvisation, Partner Yoga, and Dolphin Dance (with underwater music). Each session requires no previous experience, but there's plenty of juicy exploration for dancers of all skill levels.



Each Dance Immersion retreat includes two days and a night at the lovely Conference Center—including sleeping spaces and private pools—with full access to Harbin's regular pools & facilities. Whether you arrive alone or with friends, Dance Immersion is warm and welcoming to all, and a great place to make new friends. Come immerse yourself in a variety of conscious movement experiences and the healing waters of Harbin!

#### Contact Info:

More dates to be announced.  
Please check the Dance Immersion website:  
[www.harbindanceimmersion.com](http://www.harbindanceimmersion.com)  
[HarbinDanceImmersion@gmail.com](mailto:HarbinDanceImmersion@gmail.com)

### “Move when the spirit says move, sing when the spirit says sing”

*May 8-10*

A retreat to awaken yourself to the rhythms, the dance and the muse with Jacia Kornwise, certified 5 Rhythms Instructor and Inspirational folk duo MaMuse – Sarah Nuttung and Karisha Longaker. This is an invitation to explore what it feels like to arrive into your original innocent animal body, alive and open to the world, through dance and song.

The intent during this weekend is to give ourselves ample opportunity to fully surrender into the humanity of our perfect imperfection through movement and vocalization. For three days we will immerse ourselves in 5 Rhythms dance, group song circles and hot springs! You do not need to see yourself as a singer or a dancer to participate in this workshop. Gift yourself this opportunity to explore the precious dynamic embodied miracle that is you. This year MaMuse will be sharing new skills gleaned from a recent two week immersion in a fantastic Community Choir Leadership Training course. For those who joined us last year, look forward to new songs and tools for deeper connection in group singing. Consider inviting your mother or child to this special Mother's Day Weekend event.

**Payment information:** Fee: \$375-\$450 sliding scale; Includes six delicious meals, indoor/outdoor camping at The Conference Center, use of all Harbin facilities and a special performance by MaMuse. Deposit of \$201 due by May 1st although in order to secure a space we encourage deposit by April 1st.

**Contact Info:** Sarah: [mamuseinfo@gmail.com](mailto:mamuseinfo@gmail.com), [www.mamuse.org](http://www.mamuse.org), [www.rhythmsofacceptance.com](http://www.rhythmsofacceptance.com)

### California Contact Improv Jam

*May 22-25 Memorial Day Weekend*

Join a vibrant community of new and experienced movers as we immerse in the practice of Contact Improvisation. This jam has evolved for over 20 years to embrace the artistry, playfulness and intimacy of this dance form.

Enjoy morning warm-ups, afternoon classes, evening dances and performances. Indulge in guided as well as spontaneous connections in and out of the water, and on and off the dance floor.

Whether moving with sensitive stillness or dynamic velocity, contact improv develops expanded awareness and creative expression. Simply facilitated structures allow participation at your own level, and support a sense of inclusion and connection.



This will be a mixed-level laboratory environment turning us all into teachers and students alike. It is best

to have some familiarity with the form, as we will all stretch, expand and deepen our practice.

From sharing healthy meals together to walking solo among the trees, this retreat replenishes body and spirit.

#### Payment & Contact Info:

[www.harbinjam.org](http://www.harbinjam.org)  
Karin Moriarty  
[karinmoriarty@comcast.net](mailto:karinmoriarty@comcast.net)  
408-244-8837

## Cultivating Space Inside & Out

*5Rhythms and Deep Release Retreat with Bella Dreizler & Jenny Macke*

June 19-21



When we were kids, we couldn't wait to grow up... we longed for independence and autonomy, for choice to manifest our own dreams. The reality of that longing for adulthood, here in Western culture, has us busy beyond our imagination. Life is so full up, we make precious little time for wonder. Let's

pause together and cultivate our simple curiosity and sense of awe. Because when we combine that with our well-earned adult autonomy and independence we open to our most spacious self: the innocent sage.

A full weekend to reboot, living with the river of spirit open, dancing down the dams we build in order to survive. Like when we hold dirt in our hands or feel sun fire lighting skin or get kissed by water, the palpable pleasure of drawing air...magical. We will quiet the busy-ness...turn up the volume of space, feel spirit come alive in our body and being.

### Payment information:

Friday reg @11:00-Sunday dinner @ 5:00 \$370 early bird thru May 10/ \$425 after includes meals, sleeping bag space.

**Contact Info:** bella@bodyjoy.net  
http://bodyjoy.net/workshops

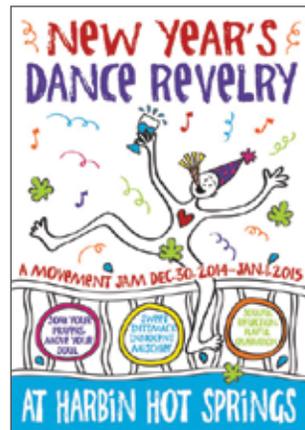
## New Year's Dance Revelry

December 31, 2015-January 3, 2016

Gather with a community of movers and mystics to dance in the New Year. Let your heart unravel in soulful reflection and playful celebration. Dancing on land and in water, move to the muse, the music and the mystery. Co-create a magical adventure into 2016. Dance all that you are, were, and will be!

This is an opportunity to dive deep into the unabashed expression of your radiant self.

Deejayed dances each night, and a variety of classes each day: Sweat Your Prayers, Contact Improv in the water and on land, free-form ecstatic dance, Blues dancing, Dolphin Dancing in our private pool with underwater music, visioning collage and more to be unraveled. Co-creation time for music jams, creative play and more. Plenty of free time to soak, flow, schmooze, connect, and let your silliness, depth and bliss arise!



We will have the Conference Center all to ourselves for four days and three nights, our own private pools, an indoor sleeping deck, and use of all Harbin's regular facilities. Includes three delicious meals a day (gluten-free, vegetarian and vegan options).

### Payment & Contact Info:

Please see our website for more information  
www.lunabaron.com  
lunabaron@hotmail.com

## Body As Living Presence

*Year-Long Program for Personal and Professional Development*

April 2-9, July 2-9, November 9-16

Step through the portal of Embodied Inquiry into a direct experience of this messy, mysterious and magnificent human life. Take a wild ride into the heart of creativity, community and devotion. Body



as Living Presence is a three-part program bringing together conscious movement, awareness training, inner work and stillness practice into an integrated transformative process that touches body, heart and spirit.

### Curriculum includes:

Explorations inspired by Soul Motion™, body-based, present-centered inquiries of Gestalt Awareness Practice, and being in silence and stillness, alone and together. This study and practice group, devoted to deepening skills for presence, awareness, and contact in a community of fellow travelers, is intended for both personal and professional development.

- **Module One:** *Being Here: Illuminating What Is*, April 2-9
- **Module Two:** *Being With: Tenderness at the Heart of the Dance*, July 2-9
- **Module Three:** *Taking the Leap: The Promise of the Practice*, November 9-16

### Payment & Contact Info:

Various pricing options available: visit website for details, [www.transformativedance.com/long-term-study-yearlong.html](http://www.transformativedance.com/long-term-study-yearlong.html)  
events@transformativedance.com



## wellness & healing

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### Loving Release Cleanse Retreats

*May 15-22, October 30- Nov. 6*

If you are looking to cleanse easily, deeply and lovingly this is your opportunity! A full week of support for your Cleansing & Transformation!

- Three days raw meals + four day liquid fast
- Nutritional talks, with Q & A
- Yoga purifications practice, daily
- Sitting or movement meditations, daily
- Breathwork sessions
- Journaling, singing and emotional support
- Salt scrubs, body brushing and massage exchanges with classmates
- And, of course, soaking in the springs, sauna, steam

We emphasize alkalizing your system with delicious organic food & juices and guide you in nurturing cleansing practices and creative outlets that support a deep shift in your being, and the opportunity to reset to a healthier lifestyle!

#### **Payment information:**

\$850 for early registration (by April 10th for the May retreat and by Sept. 22nd for the October retreat). \$950 for regular registration. Meals, classes, indoor or outdoor camping and use of all Harbin facilities included.

#### **Contact info:**

Call Rainah 707-326-2919

To Register send a check to :

Rainah, P.O. 17, Middletown, CA 95461

OR contact [alaya.babineau@gmail.com](mailto:alaya.babineau@gmail.com) for PayPal

### Sacred Breath & Embodiment

*Clarity Breathwork Level 1*

*with Ashanna Solaris & Dana Dharma Devi*

*March 27 - 29, November 20 - 22*



Every breath we take is sacred, an opportunity to connect to our deepest essence. When we breathe fully and consciously we heal hearts, minds and bodies, and open to our Essence. This is an empowering,

transformative weekend with Clarity Breathwork, sacred music, meditations and movement to heal yourself and become more embodied.

Breathwork opens our energy channels, allowing what we've held to release, including limited beliefs, emotions, physical blocks and imprints from birth, childhood and past experiences. Most of us don't breathe fully and habitually contract the breath, inhibiting our aliveness and well-being.

The Breath allows tremendous shifts to occur.

Dana and Ashanna have been sharing Breathwork for over 50 years combined and have pioneered a unique, profound approach which allows greater safety, gentleness and integration.

#### **Payment information:**

\$425 if registered one month before/\$475 thereafter

#### **Contact Info:**

To find out more about the entire Clarity Breathwork program visit: [www.claritybreathwork.com](http://www.claritybreathwork.com).

## Summer Solstice Celebration

with Shannon Sahaja

June 19-21

In the high light of Midsummer, this weekend “playshop” is designed to enliven your soul and delight your senses.

- We begin each morning with meditation and Tulsi Tea Ritual, followed by Shannon’s unique approach to yoga that drops you deep into your body and re-connects you with your essence.
- Afternoons are open for soaking in the hot springs, walking in the woods, or rest and relaxation with a guided restorative yoga practice.
- Our evenings will be reserved for Being Danced. This is a unique conscious dance experience designed to expand your range of movement, your field of perception and your participation with presence.



As a facilitator, Shannon has a passion for creating a safe space that allows participants to feel cared for as they open and awaken to their own possibilities.

### Payment information:

\$400 before May 1st, \$450 thereafter. Cost includes delicious organic meals, indoor/outdoor camping and full use of Harbin facilities.

### Contact info:

[www.shannonsahaja.com](http://www.shannonsahaja.com)

## Rising: A Yogic Healing Arts Retreat

with Kristie Dahlia Home

April 17-19

Our practice will offer openhearted exploration of body, mind and spirit with a wide variety of yogic healing arts



including asana, breathing practice, meditation and energy work. As a special delight, you will be led through giving and receiving Thai yoga massage. We place a strong emphasis on adjusting practice to suit your own

body in the moment, offering choices to support this. Meditations might range from a blindfolded full-body shake to breathing in sunlight. This joyful, loving and healing community is led by Kristie Dahlia Home, a yoga therapist with 20 years’ experience.

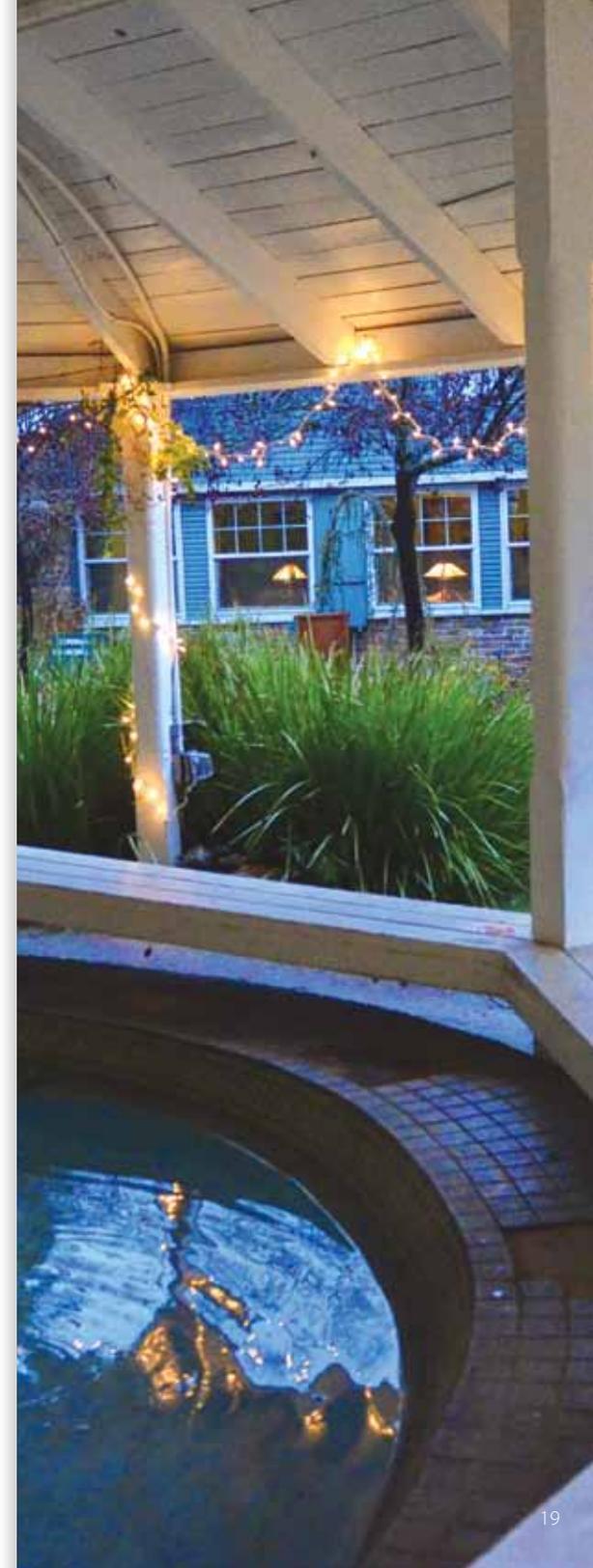
Each class is graced with two assistants – one a body worker, who will give massage and energy work as you practice!

### Payment information:

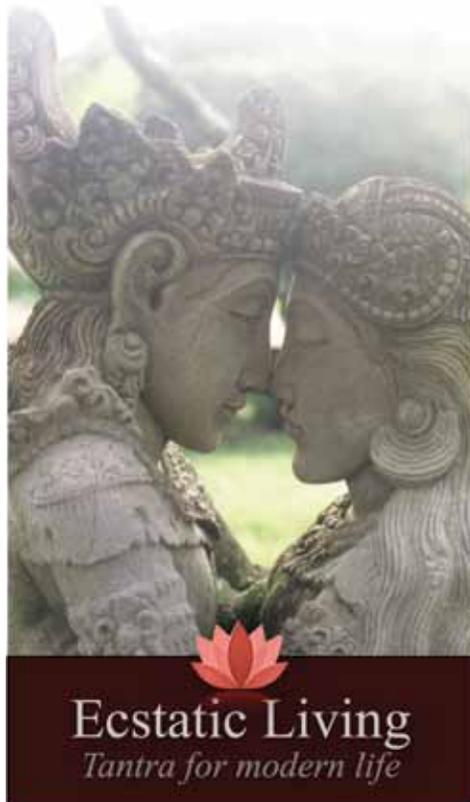
\$375 before March 7, \$405 afterward. Includes meals, indoor/outdoor camping, in-class bodywork, and Harbin access. Deposit: \$195 (non-refundable).

### Contact info:

Full information on this delightful weekend can be found on Kristie’s website, [www.athayoga.com](http://www.athayoga.com).



# Ecstatic Living Institute: SkyDancing Tantra workshops & trainings



Offering  
**SkyDancing® Tantra**  
workshops & trainings  
at Harbin Hot Springs since 1999

Toll-Free: 1-877-982-6872  
ecstaticliving.com

Founded in 1999 by Steve and Lokita Carter, the Ecstatic Living Institute has introduced over 16,000 people to the art of ecstatic living and loving. Offering transformational SkyDancing Tantra workshops led by carefully selected professional Tantra instructors, each Ecstatic Living workshop helps you to:

- Create a deepening connection to yourself and your partner, integrating love, intimacy and spirituality into the fabric of your everyday life.
- Experience ecstatic touch, communication, ritual and energy awareness, enhancing your sensual pleasure and preparing you to become a multi-oh lover.
- Become a better lover, bring a new spring to your step, fan the flames of passion and enrich your life and loving.
- Tap into your sexual energy to heal your body, open your heart and expand your spirit to states of oneness and ecstasy.

**Timeless Loving®**  
*An Introduction to SkyDancing Tantra*  
Feb 13-15, May 1-3, Jul 3-5, Sep 4-6,  
Nov 6-8, Jan 1-3

- Weave together spirituality, love, intimacy.
- Enhance your communication.
- Breath: the key to expanding pleasure.
- Discover full-body orgasm.

**Tantric Massage**  
*The Art of Ecstatic Touch*  
Jan 2-4, Apr 17-19, Jul 24-26, Oct 16-18

- Integrate spirituality and physical pleasure.
- Allow more pleasure and trust in your life.
- Relax deeply and enjoy yourself.
- Expand pleasure throughout your body.

**Multi-Oh Tantric Massage**  
*Riding the Waves of Sexual Ecstasy*  
Mar 20-22, Sep 25-27

- Receive pleasure by giving pleasure.
- Transform your sexual spark into a bonfire.
- Stay present in the waves of ecstasy.
- Cultivate deeper intimacy and trust.

**Tantric Intimacy**  
*A New Perspective on Love, Sex and Spirituality*  
Aug 14-16

- Explore sensual touch, energy and breath.
- Join together love and meditation.
- Create deep communion and harmony.
- Enrich your whole life and loving.

**The Goddess Weekend**  
*Ignite the Wild, Wise and Divine You*  
Jun 12-14

- Recharge your body, mind and heart.
- Heal shame, reclaim your feminine self.
- Connect to the wise, wild and divine you.
- Bask in the beauty of sisterhood.

**Master Lover Men's Weekend**  
*How to Please a Woman*  
Oct 9-11

- Creating connection and intimacy with women.
- Learn to drive a woman crazy with touch.
- Find and unleash your masculine energy.
- Discover the roadmap to a woman's arousal.

**The Love & Ecstasy Training**  
*SkyDancing Tantra: The Path to Bliss*  
Cycle 1: May 22-29, Cycle 2: Oct 23-30

- Expand pleasure and deepen intimacy.
- Heal your body, open your heart.
- Let go of old limitations.
- Bring the sacred into your love life.

# Retreat. Relax. Renew.

## Your workshop experience

Harbin's workshop buildings offer a spacious simple and neutral atmosphere for your workshop. Whether it is a personal growth seminar, yoga training, dance class or a large lecture-style conference, Harbin's quiet, natural and secluded setting creates an environment that is relaxing, supportive and nurturing.

Workshops at Harbin offer a great combination of private space for immersion in your group work, along with room to explore the many other classes, services and activities offered here. Spring fed pools, miles of hiking trails and daily yoga classes are favorite complements to many programs.

Workshops at Harbin Hot Springs are facilitated by individuals and institutes from around the world. Harbin does not process registrations. To register or receive information on any workshop, please contact the organizers directly; you will find contact info including phone, email or web address with each workshop listing. Details about what is included in the fee will also be listed and can vary.

Typically, registration fees shown include group lodging or camping, plus full use of Harbin guest facilities. Private lodging before, during or after your workshop may be arranged separately through the Harbin reservation office. Fees also may or may not include meals and class materials. Kitchen facilities are often available for your use and you are welcome to take advantage of Harbin's many other dining options. Questions about break times and free time to best plan activities, like booking a massage, should also be directed to the workshop facilitator.

### Contact info:

For more info about booking a workshop space, or to tour our facilities, contact the workshops office at: [Workshops@harbin.org](mailto:Workshops@harbin.org) or 707-987-0379

## Onsite Amenities & Activities

- Hot, warm & cold pools
- Spring-fed swimming pool
- Dry sauna & steam room
- Sundecks
- Dressing room & showers
- Restaurant & Cafés
- Guest kitchen
- Market & Deli
- Activities & Classes
- Daily Yoga
- Kirtan, Concerts & Dances
- Massage & Watsu®
- Spa Services
- Temple & Garden
- Library & Lounge
- Movie Theater
- Miles of hiking trails



## health services

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From time to time, when the Health Services office is quiet, long-time bodywork practitioners and guests will reminisce about the early days, when there was simply a book of practitioner flyers and a paper schedule left out on the sun deck. Practitioners would sign up to work, and guests would sign up for massage times. In four decades, much has changed. Health Services has evolved considerably to support over forty resident practitioners offering an ever-growing repertoire of bodywork modalities, and to connect our guests with the best matches for their healing needs. What hasn't changed in forty years is the unique magic of Harbin bodywork.

Working in the Health Services office, I just might have the best job at Harbin. It is my great privilege to book bodywork sessions for guests with some of the most skilled and perceptive practitioners in the world. Guests walk into our office and we ask, "What's going on in your body?" We guide them through our list of services, listen to their stories, share our knowledge and combine our intuition with theirs to determine who and what will serve them best — a Deep Tissue massage combined with CranioSacral balancing? A Watsu or Waterdance? It might be a Thai massage, or a detoxifying Body Wrap. The result is always profound. Guests come back after their sessions and they look different. Their faces change, their posture is different, they are brighter. There's not a week that goes by when I don't hear multiple people tell me, "I've just had the best bodywork session of my life."

### What is it that makes bodywork at Harbin so special?

Consider the container itself: the sacred land and waters of Harbin, and the collective intention of heart consciousness that resides here. Even after two years here, I still notice a palpable shift in the energy field when I step on property.

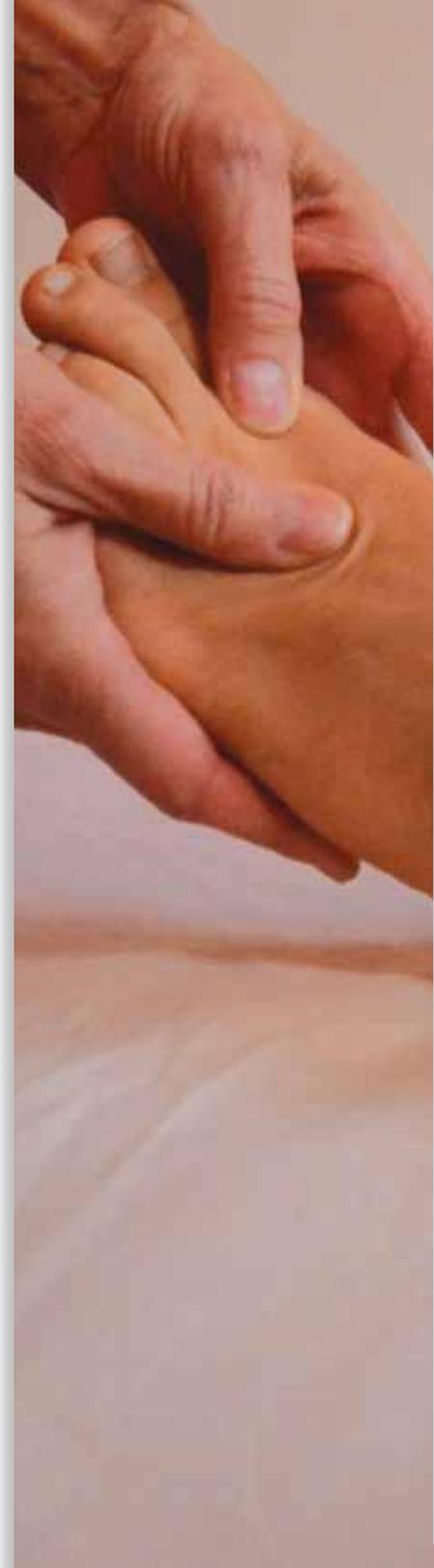
It's akin to the feeling of entering a cathedral, where the prayers and the stillness and the open hearts of others have carved out a space for all of us to be exactly who we are. There is a whispered invitation to come home to our bodies, to be present to our experience, whatever it is. Supported by the water, yoga, dance, breathwork, kirtan — whatever we find here that helps us return to our breath and our bodies — we arrive on the massage table ready for a shift, a deepening, a journey into some part of ourselves that was less accessible before we got to Harbin.

It is the bodywork practitioner who meets us in that place and this is truly where the magic of Harbin bodywork happens. When we are talking to guests about what we offer and how Harbin is unique, we often say that, for our staff, "Bodywork is a spiritual practice." For our practitioners, offering healing touch is a way of cultivating stillness and present-moment awareness for themselves on a daily basis. Massage is meditation.

The guest is invited to enter the meditation also, and in this way a bodywork session can go beyond the physical level, becoming a healing, unwinding experience on the emotional and spiritual planes as well. While we coach our incoming staff to develop their unique and diverse skill sets and techniques, what we look to develop most in our practitioners is a high level of intuition and attunement, whether they are offering massage, chiropractic work or energy work.

For Harbin practitioners, offering bodywork is not a job, but a life journey that is supported here in a special way by the community of fellow practitioners. Our practitioners work on each other. They take classes from each other. They refer guests to each other. In that sense, guests receive the support of the entire body of practitioners. Collectively, it is a group with an enormous amount of experience, and it is their joy to be of service to you.

— Kim Barnes  
Resident since 2013



# What brings you to Harbin? What is going on in your body? Come see us, and we will meet you there.

Bodywork at Harbin focuses on touch from a place of love and respect. We invite gentle awareness and relaxation through integrative massage and stillness, creating a space to experience wholeness.

## Bodywork Modalities offered at Harbin Health Services

### Deep Tissue

More specific than Swedish massage, this work focuses on your problem areas. It is excellent for eliminating tension from your body and reducing tightness and muscle pain. It can also realign the body and free your movement through myofascial work.

### Craniosacral Balancing

This technique is gentle and non-intrusive, yet very specific. The practitioner's attention is on the craniosacral rhythm using light touch on the cranial bones, the sacrum, and at the interconnected membranes. After a session, you may experience feelings of deep relaxation and restored balance.

### Thai

Thai combines the benefits of yoga, Ayurvedic medicine and acupressure. It is done in loose clothing on a floor mat, tracing the lines of energy to soothe, awaken and balance your systems. Firmer pressure may be added to release blocked areas.

### Watsu®

An aquatic modality – developed here at Harbin – combines stretches of Zen Shiatsu, massage, and the element of water to create an extraordinary experience.

**Other modalities include Swedish, Shiatsu, Waterdance, energy work, hot stone, and more.**

For more info: [www.harbin.org](http://www.harbin.org)



For Body & Soul  
Massage ~ Specialty Bodywork  
Waterwork ~ Spa Treatments

### Aromatherapy Body Scrub

A harmonious combination of relaxing massage and energizing scrubbing, using a blend of sea salt, cornmeal, coconut milk and essential oils. This treatment exfoliates dead skin cells and stimulates the circulatory and lymphatic systems.

### Aromatherapy Body Wrap

A nourishing experience that begins with a massage followed by being wrapped in steaming towels and layers of sheets and blankets. This allows the body to eliminate toxins and deeply relax in a cocoon of warmth. As you rest, a facemask is applied and the face, neck and feet are massaged.

### Aromatherapy Face Treatment

A relaxing treat that brings balance and moisture to the skin. The treatment begins with a face cleanser, followed by an exfoliating scrub. While a facemask is applied, your hands and feet are treated with focused aromatherapy massage. The treatment ends with a nourishing moisturizer applied to your face. Emerge with a fresh face, open, smooth hands and light feet.

**Spa Packages available**

Appointments: 707-987-0422 8:30am to 7pm



# Harbin's 40th Anniversary

When Robert Hartley, the founder of the Heart Consciousness Church (HCC), first walked onto the Harbin Hot Springs property, he saw, right by the gate, a station wagon with "Welcome" written on it, riddled with bullets. The previous owner had used it for target practice. The rest of the property was in similar disrepair; condemned and abandoned, the crumbling hotel a playground for bats and squirrels. On Saturday nights, the local town teenagers brought their dates to explore the grounds and swim in the green algae-rife pools.

Buying the decrepit resort was a profound act of faith. At first only a few dedicated pilgrims found their way down the bumpy dirt road to the gate. Sometimes no one would show up. On a big day, there might be fifteen. There was a donation box on the front deck of the office, which was also Hartley's house. The fee was a dollar per visit. Maybe one in ten people would actually pay.

But there is a charisma, a healing spirit to the land and the water, that has worked its magic for generations, from the early gatherings of Native American shamans onward. Slowly, the place began to transform. Residents swept up the broken glass, repaired the gutted rooms and scrubbed down the pools. Hartley's vision of an intentional community began to take root. The Heart Consciousness Church was formed in 1975 and Robert Hartley dedicated his life to his spiritual practice by taking the name Ishvara.

Structures came down. The ruined tennis court in the lower parking lot was pulled out. The Redwood building, which had been a three-story hotel in fairly good repair, caught fire, destroying the top two stories. A cabin next to Stonefront was taken down and the space converted into the garden-fountain area known as the Eden Project. New buildings sprouted up – the Conference Center, the Domes, the Temple, the Grove Cottages. But the changes were more than physical.

Temporary visitors became residents who stayed for months, years, decades. More and more people began to call Harbin "home." There were many meetings, with mild-mannered discussions and hotly contested debates, as the vision that was HCC

came alive. Contention is an essential part of transformation, but one of the strengths of HCC is the emphasis on "heart consciousness," even during moments of duress.

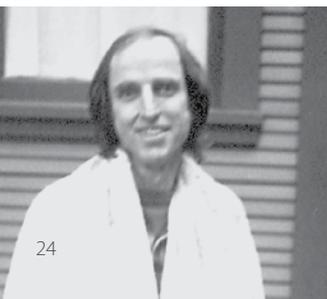
Concepts of community can be mulled over until late into the night. But applying those concepts to day-to-day issues takes a practiced hand. What is the nature of intrinsic motivation in a service industry? What is the place for hierarchy in an intentional community? How can heart consciousness be applied to accounting? Who is going to take out the garbage today? Experiments were tried. Mistakes were made. But gradually, through skillful leadership, careful pruning and copious quantities of love, HCC evolved and bore fruit.

Now, forty years later, HCC is a thriving community, with 220 staff members and more than 50,000 guests visiting each year. Guests and staff alike flock to the pools – the hot pool, the warm pool, the heart pool, the heated swimming pool, the sauna, the steam room and the two cold plunges. They revel in the events – morning meditation sessions, daily yoga classes, nightly movies, weekly ecstatic dances, monthly full moon rituals and pipe ceremonies and seasonal sweat lodges. And they enjoy the land, which has expanded from the original 1,700 acres to a wilderness of almost 12,000 acres of wild chaparral, scrub oak and grassy fields, home to the omnipresent deer and turkeys.

When recently asked, "What has changed the most in the last forty years for HCC?" Ishvara replied, "Everything." And the transformations are on-going. Continual improvement for HCC is like the current in a slow-moving river – not always visible, but, always present.

We are proud to have been stewards of this jewel of a place for forty years. We would like to thank the current and past HCC guests, residents, local staff, and other community members who have helped manifest HCC. And especially we want to thank Ishvara for holding the vision throughout all these many years.

*We look forward to seeing what the Heart Consciousness Church will be like in another forty years.*



## harbin residency program

Harbin Hot Springs invites you to apply to become a part of our community of friendly, hard-working and creative residents. We are an eclectic collection of individuals who dedicate ourselves to the operation of our heart-conscious spiritual retreat center and the stewardship of nearly 12,000 acres of wild and beautiful land. Here, some residents describe their personal experiences in making the transition to life at Harbin.

**Chia:** I came to Harbin from Cincinnati, Ohio to embrace living holistically, as an alternative to re-entering corporate America after my 15-year brand management career ended. Harbin appealed to me because I could create a home in town with my teenage son and dog, and join a community at the same time. In the three years I have been here, I've found new family in so many ways: valued friendships, wonderfully delightful co-workers, a life partner, a step son and Charlie, my 15-month old son. The biggest lesson that I am learning since being here is that "wherever I am: I am" and that "this work of finding solace is an inside job". I appreciate so much the quiet and timeless place that Harbin is. In the noise of the city, I had no idea how a quieter, less consumer-driven lifestyle would be such a treasure. So much of whom I thought I was, as well as of what I liked and what I didn't like, have fallen away. I am forever grateful for the tangible reminders of love and now-ness from the land, guests and residents.

**Daveed:** Since I was young, I have dreamt of living in a community that was based upon healing and one that was located in a powerfully beautiful natural environment. I believe I found that when I arrived at Harbin. Nevertheless, the dream and expectations of mine had to adjust to a revealing reality. My idea of community was pretty ego-centric. I was imagining a place where several "me's" would live together, practice yoga, sit for meditation, sing the same songs, eat the same meals, think the same way, adore

the same god, etc. The community of Harbin residents is a wonderful kaleidoscope of human beings that opens my heart deeper everyday, invites me to drop judgments, and to connect beyond the forms, with togetherness at a deeper level. Sometimes, it looks like a busy beehive. Sometimes, it feels like a wonderful loving family. Often, it is a cocktail of all of it. Added to the experience of community, the access to workshops (Harbin residents get substantial discounts) and daily events and classes are an amazing support for my growth and creativity.

**Samveda:** Living at Harbin really started the beginning of my second life. After over a decade of work as an accountant in China, something told me that I needed to make a big change in order to nourish my soul. I had been in the United States for a short while when I found out that I could become a resident at Harbin. I got really inspired and I still get excited when I realize that I'm living so close to nature and have access to all the activities and pools. I keep on being surprised by all the opportunities to learn: I have been trained to become a massage therapist and have learned to cook delicious food. Both of these endeavors were supported by the people around me. Furthermore, the fact that Harbin is building the Oneness Institute is also inspirational to me and I look forward to witness it taking shape. Like many others, my favorite part of Harbin is its people, both residents and guests. It can be easy to connect from a heart space with each other but also with the powerful healing land and waters. To me it feels like this is the background theme of why we are all here. I expect to continue surprising myself with discovering my own potential!

### Contact info:

If you wish to investigate the opportunity of residency further you can review our residency webpage: [harbin.org/community/employment/](http://harbin.org/community/employment/) or contact our Human Resources department: 707-987-2994 ext. 128 or [hr@harbin.org](mailto:hr@harbin.org)



## 2015 workshops &amp; retreats

## FEBRUARY

Anatomy: Bones & Muscles  
2/1-2/6

Dance Immersion  
2/7-2/8

HAI Couples  
2/13-2/15

Timeless Loving  
2/13-2/15

Watsu 1  
2/15-2/20

HAI Level 2  
2/20-2/22

HAI Level 1  
2/27-3/1

Honey Root  
2/27-3/1

## MARCH

CA Men's Gathering  
3/6-3/8

HAI Level 9  
3/13-3/15

Reichian Therapy & Kundalini  
3/13-3/15

Anatomy: Body Systems  
3/15-3/20

Your Body Never Lies  
3/16-3/17

HAI Level 3  
3/20-3/22

Multi-Oh Tantric Massage  
3/20-3/22

Wired for Love  
3/20-3/22

Kinesiology  
3/23-3/26

Clarity Breathwork Level 1  
3/27-3/29

HAI Level 1  
3/27-3/29

Lisa Prem Yoga  
3/27-3/29

## APRIL

Ethics for Bodyworkers  
4/1-4/3

Body as Living Presence  
4/2-4/9

Aqua Mystica  
4/3-4/5/6

Business Skills  
4/5-4/7

Healing Dance 1  
4/5-4/10

Trauma Boundaries and the Body  
4/9-4/12

HAI Level 4  
4/10-4/12

Honey Root  
4/10-4/12

Watsu 2  
4/12-4/17

HAI Level 2  
4/17-4/19

Rising: Yogic Healing Arts  
4/17-4/19

Tantric Massage  
4/17-4/19

Pathology  
4/19-4/23

Elemental Alchemy  
4/23-4/27

Basic Watsu  
4/24-4/26

HAI Level 1  
4/24-4/26

CranioSacral Balancing 1  
4/26-5/1

## MAY

HAI Level 5  
5/1-5/3

Timeless Loving  
5/1-5/3

Aisha Salem Retreat  
5/3-5/10

Deep Tissue 1  
5/3-5/8

Ma Muse  
5/8-5/10

Honey Root  
5/8-5/10

Julia Tindall Yoga  
5/8-5/10

Shiatsu 1  
5/10-5/15

Anatomy of Ease  
5/15-5/17

Loving Release Cleanse  
5/15-5/22

The Zen of Photography  
5/17-5/22

California Contact Jam  
5/22-5/25

Let the Crazy Child Write  
5/22-5/24/5

Love & Ecstasy Training: Cycle 1  
5/22-5/29

Clinical Ai Chi Easy  
5/29-5/31

HAI Level 3  
5/29-5/31

Shiatsu 2  
5/31-6/5

## JUNE

Acupuncture with Laurel Brody  
6/5-6/7

Foundations of Touch  
6/5-6/7

HAI Level 6  
6/5-6/7

Reichian Therapy & Kundalini  
6/5-6/7

Thai Massage 1  
6/7-6/12

Goddess Weekend  
6/12-6/14

Watsu 1  
6/14-6/19

Cultivating Space Inside & Out  
6/19-6/21

Solstice Celebration  
6/19-6/21

Watsu 2  
6/21-6/26

Embracing Sacred Feminine  
6/26-6/28

HAI Level 1  
6/26-6/28

WaterDance 1  
6/28-7/3

## JULY

Body as Living Presence  
7/2-7/9

Timeless Loving  
7/3-7/5

Waterdance 2  
7/5-7/10

Compassionate Communication  
7/10-7/12

HAI Level 2  
7/10-7/12

Jodi Blumstein Yoga  
7/11-7/18

Massage Intensive  
7/13-7/23

HAI Level 4  
7/17-7/19

Watsu 3  
7/19-7/24

Kirtan Camp with Jai Uttal  
7/21-7/26

Tantric Massage  
7/24-7/26

Massage Boosters  
7/26-7/29

HAI Level 7  
7/31-8/2

Women's Reichian Intensive  
7/31-8/2

## AUGUST

Anatomy: Body Systems  
8/2-8/7

Healing Dance 2  
8/2-8/7

# 2015 workshops & retreats

HAI Level 3  
8/7-8/9

Healing Dance  
Above and Below  
8/9-8/14

Anatomy: Bones  
& Muscles  
8/9-8/14

Tantric Intimacy  
8/14-8/16

Kinesiology  
8/16-8/19

Dance Priestess  
Immersion  
8/19-8/22

Lomí Lomí  
8/20-8/23

HAI Level 1  
8/21-8/23

Watsu 3  
8/23-8/28

Dharma of Thriving  
8/24-8/28

Let the Crazy  
Child Write  
8/28-8/30

Pathology  
8/30-9/4

Sacred Breath /  
Sacred Body  
8/31-9/4

## SEPTEMBER

Chariots of the Soul  
9/4-9/6

Timeless Loving  
9/4-9/6

Advanced  
Therapeutic Massage  
9/6-9/11

Water Dance 3  
9/6-9/11

Call to Presence  
9/7-9/11

Analog Awareness  
9/11-9/13

Aqua Mystica  
9/11-9/13

HAI Level 4  
9/11-9/13

Shiatsu  
9/13-9/18

Clarity Breathwork  
Practitioner's  
Training  
9/18-9/25

HAI Level 5  
9/18-9/20

Julia Tindall Yoga  
9/18-9/20

Shiatsu 2  
9/20-9/25

HAI Level 8  
9/25-9/27

Reichian Therapy &  
Kundalini  
9/25-9/27

Multi-Oh Tantric  
Massage  
9/25-9/27

Sacred Shapes  
9/25-9/27

Aquanatomy  
9/27-10/2

Shiatsu 3  
9/27-10/2

## OCTOBER

Angela Farmer  
Yoga  
10/1-10/8

Danny Picard  
Shaman Retreat  
10/2-10/4

The Joy of Being  
10/2-10/4

CranioSacral  
Balancing 1  
10/4-10/9

Healing Trauma  
with Yoga  
10/9-10/11

Master Lover  
Men's Weekend  
10/9-10/11

CranioSacral  
Balancing 2  
10/11-10/16

Biodanza  
10/16-10/18

HAI Level 1  
10/16-10/18

Tantric Massage  
10/16-10/18

Business Skills  
10/18-10/20

CranioSacral  
Balancing 3  
10/18-10/23

Ethics for  
Bodyworkers  
10/20-10/22

Foundations  
of Touch  
10/23-10/25

Love & Ecstasy  
Training: Cycle 2  
10/23-10/30

Deep Tissue 1  
10/25-10/30

Loving Release  
Cleanse  
10/30-11/6

HAI Level 9  
10/30-11/1

## NOVEMBER

Deep Tissue 2  
11/1-11/6

HAI Level 2  
11/6-11/8

Timeless Loving  
11/6-11/8

Massage Intensive  
School  
11/9-11/19

Body as Living  
Presence  
11/9-11/15

Clarity Breath Work  
11/20-11/22

HAI Level 3  
11/20-11/22

HAI Level 5  
11/27-11/29

Massage Exam Prep  
11/30-12/1

## DECEMBER

HAI Level 1  
12/4-12/6

Watsu 1  
12/6-12/11

Reichian Therapy  
& Kundalini  
12/11-12/14

Timeless Loving  
12/25-12/27

Awakening Women  
Silent Retreat  
12/27-1/1/2016

New Year's Dance  
Revelry  
12/31-1/3/2016

## 2016

Tantric Massage  
1/1-1/3/2016

YES! A Unique  
Meditation  
1/8-1/10/2016

HAI Level 1  
1/22-1/24/2016

HAI Level 7  
1/29-1/31/2016

HAI Couples  
2/12-2/14/2016

Timeless Loving  
2/12-2/14/2016

HAI Level 2  
2/19-2/21/2016

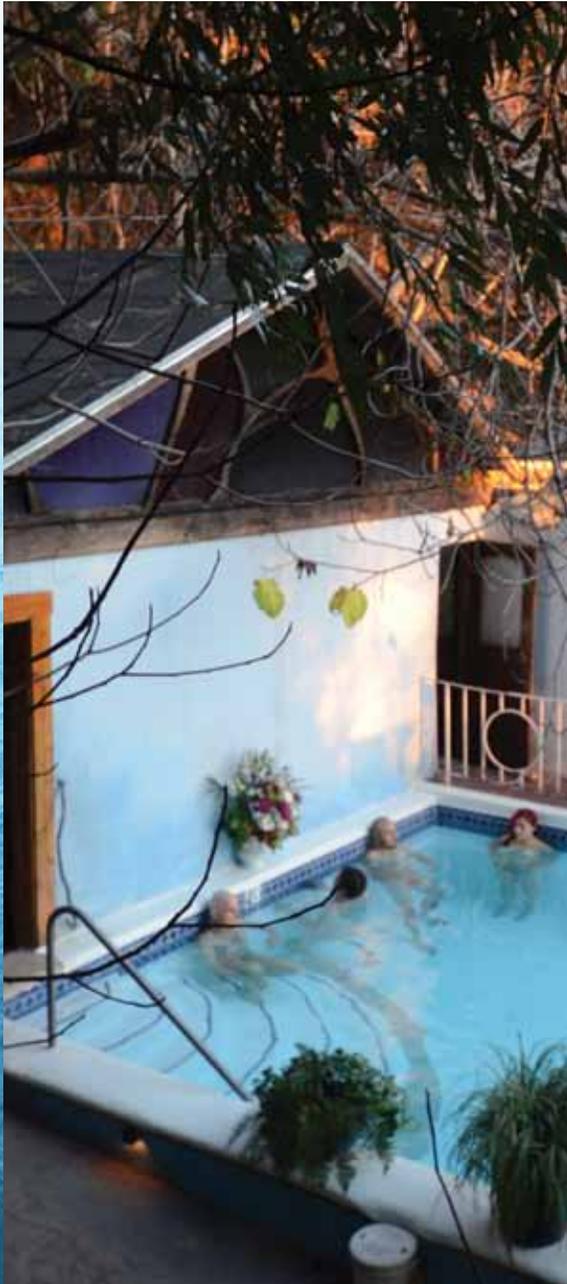
HAI Level 9  
2/26-2/28/2016

HAI Level 1  
3/4-3/6/2016

HAI Level 3  
3/11-3/13/2016

Tantric Massage  
3/18-3/20/2016

HAI Level 8  
4/1-4/3/2016



harbin  
hot springs

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