



harbin
hot springs

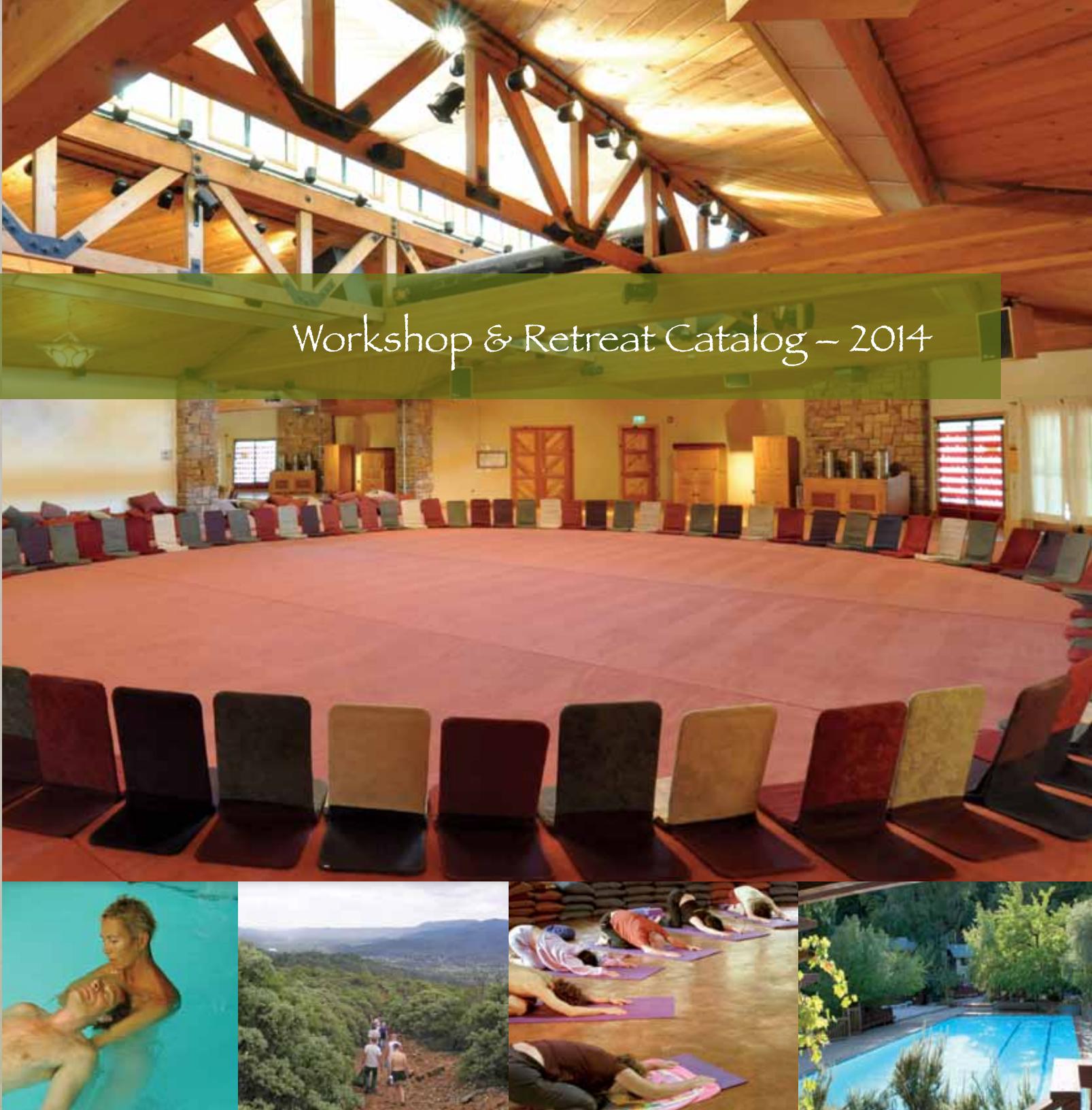




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Dear Friends,

Seems like just a blink of the eye since I joined Harbin as a resident community member. This year will be my fourth anniversary. I was led here by a friend in Santa Cruz who I shared community with living in SE Asia just the previous year. My "discovery" of Harbin Hot Springs was a turning point in my life. I realized I didn't need to journey halfway across the globe to access the teachers, events, and community I was seeking.

I was drawn to Harbin for so many reasons. The amazing beauty of the natural setting — Harbin now stewards upwards of 12,000 acres of Northern California landscape. The open and multifaceted spiritual philosophy with ceremonies and rituals from many different traditions. An active community to participate and play with and the diversity of activities in a schedule so full; there is no missing a city for me! The myriad of classes and workshops available ranges from yoga retreats to mandala painting and Dance Immersions to creative writing. With plenty of space for a private commune with nature, Harbin balances a full spectrum of exciting activities to ignite your inner light. Though what I did not fully understand at that time is that living in this community would be the real workshop — that life is so closely related to the course....



The "humanity workshop": learning to connect more fully, communicate more clearly, and to accept and integrate the pieces of ourselves reflected over and over again in all our friends and co-workers. Available anywhere you go and held in a very special way right here in the Harbin Hot Springs community. The more we grow and learn, the deeper the lessons can go, and so like a blossoming fractal we continue our spiraling of the human story in our corner of the Universe. It is also a consistent joy to witness luminous beings, our guests, enjoying the waters after a weekend of communion with self, mentor, and group. Watching the radiance of people awakening is part of the beauty of being here now.

I am welcoming a deep breath and energy expansion this year. We are experiencing a birth cycle. The vitality is infiltrating everything. New buildings, new babies, new energy from new leaders stepping into their flow and adding the individual touches that always keep Harbin feeling like home and family. You will find new workshops and retreats alongside some of our very favorite selections in this first edition of an Annual Catalog of Workshops and Retreats.

Come on in, the water is warm, Mother Nature is abundant, and the workshops never really have to end...

Crystal Farmer

Crystal Farmer
Workshops Department Manager

about us

One of the oldest and most beautiful hot springs in California, Harbin Hot Springs operates as a non-profit Retreat and Workshops Center and is a community of over 200 dedicated residents & local staff. We offer a wide range of customized retreat opportunities, accomplished facilitators, and our own school of healing and transformative arts. Guests travel from around the world to experience the mineral-rich healing waters, gardens and natural setting. We also have more than 20 ministers of various faiths in our Heart Consciousness Church, who offer many spiritual rituals throughout the year to our guests and residents. To learn more about our history, you can find a Harbin history book in the Front Office (*Harbin Hot Springs: Healing Waters Sacred Land*) as well as our founding member Ishvara's book, with his original and evolving vision, *Oneness in Living*.



Tap into the 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 two-hour drive north from San Francisco above the Napa Valley wine region, and Lake County is consistently rated as having the cleanest air in California. The historic communal soaking pools offer an enjoyable cleansing healing experience, while you bathe in silence. 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. There are various decks for socializing, for quiet and for sleeping. Remember the pool area is a technology free sanctuary, but you may use laptops and kindles in ourin designated locations and our cyber cafe. All guests are asked to liberate themselves from phones and electronic devices upon arrival.

Retreat. Relax. Renew.

Your Workshop Experience

Harbin's workshop buildings offer a spacious, simple, and neutral atmosphere for your workshop. Whether it be 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 are offered in a variety of private spaces. 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 information for phone, email or web address with workshop listings. Details about what is included in the fee will also be listed and may vary. Registration fees shown typically 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 may or may not include meals and class materials. Questions about break times and free time to best plan activities, like booking a massage, should also be directed to the workshop facilitator.

18424 Harbin Springs Rd, Middletown CA 95461
(707) 987-2477, 1(800) 622-2477 • www.harbin.org

Looking to Extend your Retreat after your Workshops?

More info on the general services:

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. We accept Visa, MasterCard, American Express, and Discover cards or Harbin Cash/Gift Cards. A minimum two-night reservation on weekends and holidays is required. See website for important details.

Food

Harbin has plenty of food options. Join us for creatively prepared breakfasts and dinners at our garden-view restaurant. Lunch items, snacks, ingredients and organic produce are always available from the Harbin Market. You can use our open guest kitchen or stop by one of our charming cafés. The Blue Room offers Organic Fair Trade Coffee, fresh baked goods, smoothies and snacks. And, in the summer, the Poolside Café has salads, wraps and blended delights.

Activities

There is usually something going on at Harbin at no additional charge, though donations are welcomed. Regular weekly activities include yoga (three times daily), concerts, kirtan, classes and spiritual gatherings. The Unconditional Dance is on Tuesday and Thursday nights. Please check our website at www.harbin.org/activities for special events & classes such as Sweat Lodge, Quantum Light Breath, Dances of Universal Peace, Prayer Circles and Satsangs, as well as concerts, theatrical presentations, movies and holiday happenings.

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 approaches, including massage, deep tissue, energy work, spa treatments or Watsu®, a powerful form of warm water massage developed and taught at Harbin.

Rates:	1/2 hour	\$45-53
	1 hour.....	\$80-90
	1-1/2 hours	\$115-130

Appointments can be scheduled from 9am to 7pm daily through the Health Services Office. To make a reservation or inquire further about the services we offer, please call: (707) 987-0422, (707) 987-2994 x130, (800) 884-3117, or visit the massage section of Harbin's web page at www.harbin.org. For reservations by phone, please call with your Visa, MasterCard, American Express or Discover card number ready. Massage gift certificates are available upon request.

Stay Connected

Find us on the Web at www.harbin.org. You will find lots of info about us including an updated Workshops calendar, Events calendar, room availability and more. You can also sign up for our monthly email newsletter and our quarterly workshops email update.

SHARE THE GIFT OF HARBIN WITH A FRIEND

*Cash/Gift Cards are now available
at the Front Desk.*



amenities & activities

- ❖ Hot, warm & cold pools
- ❖ Spring-fed swimming pool
- ❖ Dry sauna & steam
- ❖ Sundecks
- ❖ Dressing room & showers
- ❖ Clothing optional
- ❖ Restaurant & Cafes
- ❖ Guest kitchen
- ❖ Market & Deli
- ❖ Bookstore

- ❖ Activities & Classes
- ❖ Daily Yoga
- ❖ Kirtan, Concerts & Dances
- ❖ Massage & Watsu®
- ❖ Spa Services
- ❖ Temple & Garden
- ❖ Library & Lounge
- ❖ Video Theater
- ❖ Miles of hiking trails

important information

- Harbin is open 24 hours a day, 365 days a year.
- You will need a towel, flashlight, sandals, and footwear appropriate for rocky terrain.
- Our pools are our sanctuary. We maintain a meditative quiet in the pool area. We ask you not to approach one another without explicit invitation. Conversations and sexual activity are not okay.
- The pool area is clothing-optional, and the dressing facilities are co-ed.
- Food: The Harbin Restaurant serves breakfast, and dinner. There's a market, a guest kitchen (vegetarian only), a seasonal outdoor café, and a coffee shop as well as Middletown stores and restaurants four miles nearby.
- Alcohol, drugs and pets are not permitted. (No pets may be left in vehicles.)
- Smoking is restricted to an area near the parking lot.
- Fire Ban: Open fires, lanterns, candles, incense, and camp stoves are strictly forbidden.

- No Cameras - No Cameras anywhere; and no electronic devices in the pool and public areas.
- No Cell Phones or Smart Phones. Exceptions: Inside cars at Lower Parking Lot and far end of Dome Parking Lot only. Please set Smart phones on Airplane mode - they emit EMF radiation that some of our guests are very sensitive to.
- Children may stay in the campgrounds and quietly use the Heart Pool and swimming pool during daylight hours (to sundown in the winter; not after 6 pm) 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.
- Pool maintenance often happens the first Tuesday of each month. (Cold plunge becomes hot; heart pool becomes warm; swimming pool is cold.)
- Campers are encouraged to arrive and set up before dark.



wellness & healing retreats

Rising: Yogic Healing Arts with Kristie Dahlia Home, Lydia Kindheart, and friends April 11-13

Spring is an auspicious time for beginnings, the return of light and blossom. The thirteenth annual spring Rising retreat will offer four yoga classes, a luxurious 2-3 hours each, plus optional morning and evening meditations. This joyful, loving, and healing community is led by Kristie Dahlia Home, whose books on yoga have been published worldwide.



Our practice will offer open-hearted exploration of body, mind, and spirit with a wide variety of yogic healing arts, including asanas, breathing practices, and energy work. As a special delight, you will be led through giving and will receive a 1.5 hour session of thai yoga massage! Meditations might range from the blindfolded full-body shake and rattle of an extended kundalini meditation to sitting in silence, mantra japa, and walking meditation.

Each class is graced with two assistants, one a body-worker, who give massage and energy work as you practice! Our foods will be abundant, nourishing, and cleansing: raw, organic, vegan delights from the wise hands of Lydia's Organics.

Payment information:

Fee: \$405. Includes gourmet raw organic meals, indoor/outdoor camping, in-class bodywork, & Harbin access. Deposit: \$195 (non-refundable)

Contact Info:

www.athayoga.com.

Colors-Chakras-Energy: A Color Energy Healing immersion with Constance Hart July 25-27



Experience a deep immersion into your lightest bodymindspirit and elevate your consciousness. You'll learn to tap into the power and wisdom of your inner energy system through the eyes of C O L O R. Enjoy a complete weekend of chakra-specific practices that awaken and restore your energy. Guided visualizations with tuning forks and blissful Color Aromas Therapy will spark your intuition, help you set intentions and realize your potential.

Constance Hart, Founder of Conscious Colors, Visionary/Developer of Color Aromas™ Therapy and Chakra Restorative Yoga™, is an internationally-recognized Color Therapist. Her work has been featured in many major magazines, and with over 24 years teaching experience, she will inspire you fully.

Payment information:

All-Inclusive Tuition of \$465 includes Harbin admission, indoor/outdoor camping, six delicious chakra-tuned vegetarian meals, six yoga practices + meditations + classes, a complete chakra balancing packet, alone time for self reflection/soaking, PLUS a special discount on Color Aromas Therapy Chakra Balancing Kits and one Color Aromas Color Energy Mister of your choice!

* private rooms & cabins available at additional cost
* no experience needed

Contact Info:

www.ConsciousColors.com
805-305-0046
Constance@consciouscolors.com

Loving Release Cleanse Retreat with Rainah & Alaya June 27-July 4 October 3-10

If you are looking to cleanse easily, deeply and lovingly..this is your opportunity! Enjoy 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 Breath work sessions, journaling, singing and emotional support
- Salt scrubs, body brushing, & massage exchanges with classmates
- And, of course, soaking in the springs and enjoying the sauna and steam room at Harbin!



We emphasize alkalinizing your system with delicious organic food & juices, and guiding you in nurturing cleansing practices and creative outlets that support a deep shift in your being.

This is an opportunity to reset to a healthier lifestyle!

Payment information:

\$850, Early Registration before May 27th. After that Regular Registration \$950. Meals, classes, indoor or outdoor camping, & 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
for PayPal info

yoga & meditation retreats

The Yellow Latifa with Satya Van Dyke May 2-4

Is it time for you to take a break and rejuvenate with yoga and nature? Do you want to reconnect with your vitality? Come explore joy, spontaneity, and playfulness through yoga. Beginners and experienced practitioners welcome.



This workshop introduces principles of yoga that support the heart opening to Joy. Joy is innately who we are but usually there are blocks to this abundant source of vitality. We will be getting in touch with joy in a sincere and simple way to discover where and how our hearts open to it. We will be looking at our attitudes and relationship to our own yoga practice in addition to studying poses that more intimately help the heart open. While we practice and share there will also be a focus on opening up to the energy body. Experience the true practice of yoga and opening up to the light world. Come join us for this three day weekend journey of laughter, sincerity, play and energy flow. I look forward to spending time with you.

Payment information:

\$410 cost includes delicious meals, indoor or outdoor camping, and use of Harbin Hot Springs facilities.
Send a check for \$150 (deposit) to:
Satya Gita Van Dyke
5869 Marshall Drive, Boulder, CO 80303

Contact Info:

Call or e-mail Satya to reserve your space.
www.satyavandyke.com (707)-295-6520

Effiji Breathwork Year-Long Intensive and Certification

September 22 - 26, 2014

Ask yourself what you want most in your life. If it's something external, look at your desire and you will see that most desires are ultimately about peace, love and security. When we find peace, love and security within ourselves, all the joys of money, relationship, good health, and rewarding work will be added bonuses to our already peaceful and joyous life.



The Effiji Breath Intensive is designed to take you through specific steps that lead to this. The purpose of the intensive is to create a rich environment for transformation, healing, wisdom and personal discipline.

Each event is structured to support an individual to work on very specific issues they have discussed with Elijah, prior to signing up. There will be tangible goals for healing core traumas, healing unresolved relationships, clearing and/or re-patterning old habits, addictions and defense mechanisms. It is a direct and personal experience that a person will have through guidance and support.

Contact Info:

Visit www.effijibreath.com for more information, or call 323-762-9720

Julia Tindall Yoga Retreat

May 16-18

Our 18th 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 are 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
www.juliatindall.com

Sacred Breath & Embodiment

Clarity Breathwork Level 1

October 19-26



Every breath we take is sacred, an opportunity to connect to our deepest essence. When we breathe fully and consciously we can heal our hearts, minds, and bodies, and open to the Divine in everything. This workshop is an empowering, transformative weekend with Clarity Breathwork sessions, live music, mantras, light body meditations, and dance and movement processes to heal yourself and come into fuller embodiment of who you really are.

Breathwork opens the energy-channels in the body and allows what we have been holding on to to surface and be released. We will unravel limiting beliefs and false identifications, emotional patterns & traumas, physical blocks, and imprints from birth, childhood, and past experiences from the cells of your body. Most of us don't breathe fully and habitually contract the breath, inhibiting our aliveness and well-being.

The breath allows tremendous shifts in consciousness to occur - expanding awareness free of our conditioning, connecting to all life, healing our relationships, awakening insight and getting in touch with our greater joy & purpose.

Dana and Ashanna have been sharing breathwork for over 30 years and have pioneered a unique and profound approach that allows greater safety, gentleness and integration for their students.

Contact Info:

To find out more about the entire Clarity Breathwork program visit: www.claritybreathwork.com.

Yoga & Hot Springs Retreat

with Jodi Blumstein
August 15-22



A six day summer getaway filled with yoga, hot springs, nature walks, and rejuvenation. Jodi Blumstein, Los Angeles based Ashtanga teacher with over 19 years teaching experience, sees yoga as a tool for waking up to who we truly are, beyond name and form. She has the unique ability to work with students of all levels, ages, and physical ability. In Jodi's classes, you will work at a pace that is appropriate for you. If you are challenged by an injury you will be guided to work in a way that will heal your injury. The combination of yoga and Harbin's hot springs will bring new zest and vitality into your life.

Ashtanga yoga, brought to the west by Pattabi Jois with whom Jodi studied personally, is a practice of mindfulness guided by conscious breathing and intelligently sequenced asanas.

This retreat includes morning yoga classes and three afternoon workshops focusing on alignment, pranayama, meditation and chanting. There will be plenty of time for soaks in the healing waters of Harbin's hot springs and enjoying community with others.

All levels are welcome.

Payment information:

\$775 includes yoga, indoor/outdoor camping, full access to Harbin pools. Private rooms available for additional cost.

Contact Info:

Ashtangachicago@yahoo.com
www.Jodiblumstein.com



yoga & meditation retreats

Spiritual Awakening: A Weekend Meditation Voyage into Love

With Peter Rengel, M.A. —January 2-4, 2015



This retreat offers specially – designed meditations/exercises to exchange Heart energy with others, and then, sitting in silent meditation, relaxing into the peaceful bliss of your Love. As this process unfolds, you discover new depths of your Beauty, Strength, Tenderness, Joy, Innocence, Love, and Spirituality. A delicate kind of Grace showers you with blessings that satisfy you all the way down to your Soul. The profound depth of this awakening can change your Life forever.

Quench your Soul's thirst for Enlightenment. Deepen your inner peace, whether you have ever meditated or not. Re-discover that your Life's purpose is really quite simple: not only to love and be loved, but to experience, moment by moment, that you are Love.

With all that's going on in the world, now is the perfect time to share our Hearts in community – to awaken our spiritual priorities and welcome ourselves Home to Love.

Payment information:

Cost: \$425 (includes two nights of indoor or outdoor camping, plus six delicious meals)

Contact Info:

peterrengel@comcast.net or at 415-459-3113,
website: www.peterrengel.com

Some of the unique experiences offered in this meditation retreat/workshop are:

- Peter's "Heart Meditation" which focuses on opening the Heart Chakra.
- Ways to learn to become the Witness to the "Negative Mind" so it cannot run you.
- "Touching Souls" Puja Circles to silently enhance & celebrate our Divinity.
- Paired exercises to tenderly embrace what it is to be a vulnerable Human Being.
- Our collective love focused on one person at a time for deep transformation.
- Some active meditations to uninhibitedly express your passion, joy, & laughter.
- Silence between sessions with possibilities of tender connections without words.
- An in-depth exploration of Peter's second book, *Living Life in Love...* & much more.



women's retreats

women's retreats

12th Annual Embracing the Sacred Feminine with Ashanna Solaris & Dana DeLong July 18-20

This is a powerful opportunity for women to recognize the goddess within us and all around us! Surrounded by the peace and abundance of sacred land and healings waters, we will nurture all aspects of ourselves and allow the Sacred Feminine to rejuvenate us on deep levels. As we embrace the beauty and magnificence of our true nature, we naturally release what no longer serves us. Come, play, share, let go, release fears, forgive, celebrate your true beauty, and express your heart's song in a safe, supportive circle of women.



Yoga, Clarity Breathwork, Divine Mother Pujas, Sacred Music, Chanting, Meditation, Movement & Dance Rituals, and plenty of time in Harbin's springs.

Payment information:

Registration: Early (by June 1) \$450. Thereafter, \$475. Retreat includes delicious catered meals, full use of hot springs, indoor/outdoor camping.

Contact Info:

Ashanna 650-279-9101, ashanna@ashanasolaris.com or Dana 510-691-4483, dana@clarity.org
Visit: www.clarity.org & www.ashanasolaris.com & www.claritybreathwork.com

A Women's Yoga Retreat / The Art of Teaching yoga with Nubia Teixeira & Lisa Maria September 5-7

Imagine...waking to soothing hot tea, morning prayers, a Yoga practice with Pranayama, and a luxurious soak in Harbin's natural spring waters. Frayed nerves will dissolve, mind chatter will lessen and tired bodies will be refreshed. Every cell of your body will be cleansed and purified with nurturing, detoxing and delicious food provided by Lydia's Organics.



Experience the glorious fall season with Mother Nature's endless green woodlands, piercing blue sky, golden sunshine and the cleanest air in California. Priorities will return to their rightful order. Intuitive awareness will blossom. The outer world will release its grip, allowing cosmic consciousness to expand within us.

Let's gather together as women and dive into the healing waters of Yoga.

Retreat includes:

Four Yoga practices, five meals, Evening Circles, Camping (bring a tent) - For private accommodations contact Harbin directly, www.harbin.org

Price Options:

\$880.00 Christmas Gift - paid in full by December 22nd
\$1,200.00 paid after January 22nd

Sign up at:

nubia@bhaktinova.com

The Goddess Weekend: *Ignite the Wild, The Wise & The Divine You* with Lokita Carter —September 19-21



A Weekend to connect with your innate goddess qualities and celebrate being a Multi-Ecstatic Woman! In the maze of to-do-lists, obligations, have-to's, must's, should have's and want to's, it is easy to forget who we really are, and that life can be an ecstatic experience, regardless of our activities.

This Ecstatic Living weekend for women is about reigniting that part of ourselves that is wild, wise and divine. It gives us the opportunity to:

- Nurture and recharge our spirits, our bodies and our hearts
- Communicate about ourselves in a safe and sacred environment
- Cultivate a positive connection with our body, the temple of our spirit
- Rekindle joy, innocence and playfulness in our being
- Overcome any fears about ageing and impermanence
- Talk about sex, love, orgasm, Tantra, men, women, relationship and all that
- Tap into the wisdom of the Goddess in a sacred and life-changing ritual
- Weave together a Sisterhood of Goddesses for love and support

Payment information:

COST: \$445 / deposit \$200 per person; includes meals (Fri dinner to Sun lunch)

Contact Info:

Ecstatic Living Institute – www.ecstaticliving.com
info@ecstaticliving.com
Toll-free (877) 982-6872 or (707) 987-3456

intimacy & relationships retreats

ECSTATIC LIVING PRESENTS: Timeless Loving: Intro to SkyDancing Tantra

*May 9-11; July 4-6; August 29-31;
November 7-9; December 26-28*



Would you like to expand your perspective of spirituality, sexuality, love and intimacy to give your whole life a new dimension? Are you curious to discover that Tantra is about so much more than "just sex"?

This popular experiential workshop for singles and couples is a fun and safe way to begin your tantric journey, become a better lover and create deeper intimacy and more love in your life. Learn tantric techniques – including ritual, communication, and energy awareness – to integrate spirituality into your life and lovemaking. Celebrate being fully alive in your body, heart, spirit and mind.

Tantra is an on-going and spiritual practice, and you will take home with you powerful techniques that you can use immediately, and again and again to live more ecstatically - in the bedroom, and the boardroom! The content of the Timeless Loving workshop has been refined by the inspiration and insight of thousands of participants from all walks of life since 1999 at Harbin and across the USA.

Payment information:

Fee: \$445 / deposit \$200 per person;
includes meals (Fri dinner to Sun lunch)
and in/outdoor camping at Harbin.

Contact Info:

Ecstatic Living Institute
www.ecstaticliving.com
info@ecstaticliving.com
Toll-free (877) 982-6872 or (707) 987-3456

HAI (Level 1) ~ Love is a Miracle

Human Awareness Institute

*April 25-27; May 30-June 2; June 27-29;
July 25-27; August 22-24; September 19-21;
October 17-19; December 5-7*

Love, intimacy and sexuality are fundamental to being human. However our very notions of these prevent us from fully expressing and receiving love.

The Human Awareness Institute workshops support your infinite capacity to love and be loved and to move through your barriers to love and intimacy. Shed fears, judgments, beliefs and behaviors that keep you separate from others. Explore new ways of relating and communicating. Heal pain from past relationships and learn new ways to build companionship.

Regardless of your relationship status or sexual orientation, the Love, Intimacy and Sexuality workshops are for you! Use what you learn here in every part of your life.

For forty-six years, over 75,000 participants have taken this extraordinary opportunity to enrich their lives and relationships.

Payment information:

Fee: \$545 includes food and lodging.
Deposit: \$200. Scholarships available.

Contact Info:

Human Awareness Institute
593 N McDowell Blvd., Ste. B. Petaluma, CA 94954
707-981-7886
Office@hai.org
www.hai.org

HAI (Level 2) ~ Loving Yourself

Human Awareness Institute

July 11-13; November 7-9

Would you like to uncover new ways to appreciate and accept the unloved aspects of yourself? Transform shame into acceptance? Turn self-doubt into empowerment? When we replace ignorance and fear with awareness and love, we can better see the reflection of our own beauty in everyone we meet. This workshop reinforces self love, self confidence and self worth. It's about falling in love with you and extending unconditional love to yourself as you would your best friend. You can expect to:

- ♥ Learn clear communication skills for all relationships.
- ♥ Experience profound healing and building safety with both men and women.
- ♥ Become comfortable with your sexuality.
- ♥ Connect deeply with people, far beyond first impressions.

As a result, you'll embrace unconditional love of yourself and others to be more open to creating relationships that truly support you.

Payment information:

Fee: \$575 includes food and lodging.
Deposit: \$200. Scholarships available.

Contact Info:

Human Awareness Institute
593 N McDowell Blvd., Ste. B. Petaluma, CA 94954
707-981-7886
Office@hai.org
www.hai.org



**Improve Your Relationships
Enhance Communication Skills
Increase Self-Confidence**



The Love, Intimacy & Sexuality Workshops

Everyone deserves a life filled with love and loving connections.

It's really that simple. 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 will 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, laugh

Workshops offered by the Human Awareness Institute, (HAI), are experiential and offer tools and techniques that help people grow and evolve. HAI welcomes adults of all ages, backgrounds, sexual orientations, and gender identifications. Our workshop participants include singles, couples and "it's complicated."

HAI offers a series of workshops that must be taken in order, beginning with Level 1: *Love is a Miracle*.

Each workshop is presented in a caring, supportive environment. The workshops are guided by skilled facilitators who specialize in relationship building, beginning with your relationship with self. The workshops empower you to step into your personal power, and help you discover the ingredients for your happy, healthy, love-filled life.

Creating a World Where Everyone Wins

Pre-registration is required, "drop-ins" will not be admitted.

To register:

Visit the HAI HeartBeat at: hai.org/reg
Or call the HAI Global office at (707) 981-7886.

**Mention this ad for 10% off your first workshop.
Ad Code: HQ-Spring 14"**

Contact Info:

Human Awareness Institute
593 N McDowell Blvd., Ste. B. Petaluma, CA 94954
707-981-7886
Office@hai.org
www.hai.org





music, dance & movement retreats

Dancing Your Life Into Harmony and Song

A Retreat to awaken yourself to the Rhythms, the Dance and the Muse with Jacia Kornwise & MaMuse; Sarah Nuttung and Karisha Longaker May 9-11

This retreat 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 with this playshop is to give you ample opportunity to fully surrender into the humanity of your perfect imperfection through movement and vocalization. For three delicious days we will immerse ourselves in 5 Rhythms dance, group song circles and hot springs! We will also have juicy time for dynamic creative focused processes, meditation, self inquiry, artfulness, writing, sharing, and improvisation. Welcome back into your voice and your body alive! You do not need to see yourself as a singer or a dancer to participate in this workshop. You only need to be willing to show up, take risks, and move with the life force dancing in your bones and singing through your veins. Gift yourself this opportunity to explore the precious dynamic embodied miracle that is YOU. Consider inviting your mother or child to this special Mother's Day Weekend event.

Payment information:

Fee: \$375-\$450 sliding scale; Includes 6 delicious meals, indoor/outdoor camping at The Conference Center, use of all Harbin facilities and a special performance by MaMuse. Deposit of \$210 due by May 1st.

Contact Info:

Sarah: mamuseinfo@gmail.com
www.mamuse.org
www.rhythmsofacceptance.com

Summer Kirtan Camp

*with Jai Uttal
August 12-17*



with chanting; and those who simply wish to immerse themselves in the vast ocean of Bhakti.

In this workshop we will share some of the many tools that we use in our Bhakti practices. Our hope is that everyone will leave this retreat with the inner experience and knowledge that we are all able to dive into this world of devotion and sing and share our hearts with others.

Subjects to be covered:

Kirtan, Mantras, Gods and Goddesses, Ramayana, Saints, Vocal Training, Rhythm Learning Harmonium, Yoga Asana

Retreat includes:

- Camping (bring your own camp supplies and tent) + using Harbin Facilities for 5 nights - 6 days
- 3 daily meals + snacks
- 2 daily Kirtan - music and practice with Jai Uttal & Daniel Paul
- 2 daily harmonium sessions with Daniel Tucker
- 1 daily rhythm session with Daniel Paul
- 1 daily Bhakti- Hatha Yoga with Nubia Teixeira

Payment information:

Early Bird ~ \$1,600.00 by April 15th, 2014 ~
Bhakti Bird ~ \$1,800.00 after April, 2014

Contact Info:

Register: www.jaiuttal.com

Body as Living Presence Spring & Fall Immersions

*A week with Zuza and Scott,
assisted by Jim Matto-Shepard
April 14-21 & November 10-17*

As Krishna Das once said, "We do this practice in order to be alive while we're alive." In this seven day adventure in embodiment, we will take another ride at the paradox of human existence through a blend of somatic practices that allow a simultaneous deep dive into the body and dissolution in Presence: the movement practice of Soul Motion, body-based inquiries of Gestalt Practice, and ancient meditative traditions.



Payment information:

\$1295 cash or check
\$1335 PayPal or credit card
\$500 deposit due January 14/August 10
Balance due March 14/October 10
Early bird special - pay in full by July 10 -
\$1200 cash/check, \$1235 PayPal/credit

Contact Info:

[www.transformatedance.com/workshops/
balp-spring-immersion.html](http://www.transformatedance.com/workshops/balp-spring-immersion.html)
events@transformatedance.com

Dance Immersion

*Mini-retreats for Conscious Movement
and Relaxation*

*March 18-19; April 29-30; June 3-4;
July 5-6; July 29-30; September 30-October 1*



What better way to unplug from the world and connect with yummy kinfolk than to share a couple of days soaking, dancing, doing yoga, hiking, and sharing meals together?! The intention of Dance Immersion, now in its 3rd year, is to bring together community for inclusive movement and nourishing soaks at a very affordable price. In addition to plenty of freeform ecstatic dance, there is facilitation in modalities such as 5Rhythms®, Soul Motion™, Contact Improvisation, and Dolphin Dance (*with underwater music!*).

Each session requires no previous experience, but there is 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. Come immerse yourself in a variety of conscious movement experiences and the healing waters of Harbin—and make some great new friends!

Payment information:

Price varies: check the website for more details.
Check the website for more dates in the fall and winter.

Contact Info:

www.harbindanceimmersion.com
HarbinDanceImmersion@gmail.com



music, dance & movement retreats

Mermaid Retreat

September 12-14



Get your tail on — shells optional!

Who's coming to this mythic event? Amazing Merfolk from around the world and their "tenders" who want to connect and share their mythic gifts together. Are you a mermaid enthusiast in search of a tail and a dive into this mythic realm? Are you a creative Mer-artisans who wants to sell Mer-mobilia, Mermaid arts and crafts? Are you a landlocked Mermaid recovering from the daily grind by soaking in warm mineral springs retreat?

Come play with us, soak in the beauty, and get inspired. Bring your "pearls of wisdom" to share, your Mer-stories, song or other offerings. Be part of our Mermaid Fashion Show and dance at the Mermaid Ball. Harbin's Conference Center has two private warm pools as well as full access to Harbin's larger pools, yoga and other offerings.

Space is limited to 100 Mer-guests.

Payment information:

Cost \$295 (includes all meals, a camping area and full access to Harbin). BYOT (*bring your own tail or purchase one at the event*). This event is intended for adults only.

Contact info:

For price and more information, go to www.mermaidimmersions.com or call Vyana at (510) 774-9356.



bodywork and massage certification ~ upcoming introductory classes

Massage Intensive

July 7-17 & November 10-20

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

Contact info:

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

Shiatsu 1

June 1-6 & October 19-24

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

Contact info:

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

Watsu™ 1

July 6-11 & December 14-19

Number of hours: 50

Instructors: July: Harold Dull and Inika Spence

December: Cameron West

Prerequisites: None

(but we recommend Basic Watsu)

In this course you learn a progression of moves holding someone in warm water. This course can be taken as the first class in the Watsu training or you can use these moves to share with anyone. As you find your partner's breath, you learn to move to the rhythm of the breath in flowing movements. Floating someone at the level of your heart, you can access whatever rises up from your heart.

Learn to expand the basic form with long gracefully flowing transitions into and out of Watsu's major positions. Learn to adapt this to people of all sizes, shapes and dispositions. Learn about your body mechanics - how to support and move each person as effortlessly as possible in the water.

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

harbin school of healing arts

The Harbin School of Healing Arts is proud to carry on the tradition of being a world renowned learning center for aquatic and land based therapies. We are honored to continue offering the finest classes, instructors and curriculum in the healing arts modalities.

Harbin Hot Springs has hosted a massage school since 1974, starting with the Niyama School, followed by the well-known School of Shiatsu and Massage and now the Harbin School of Healing Arts, recently purchased by Harbin.

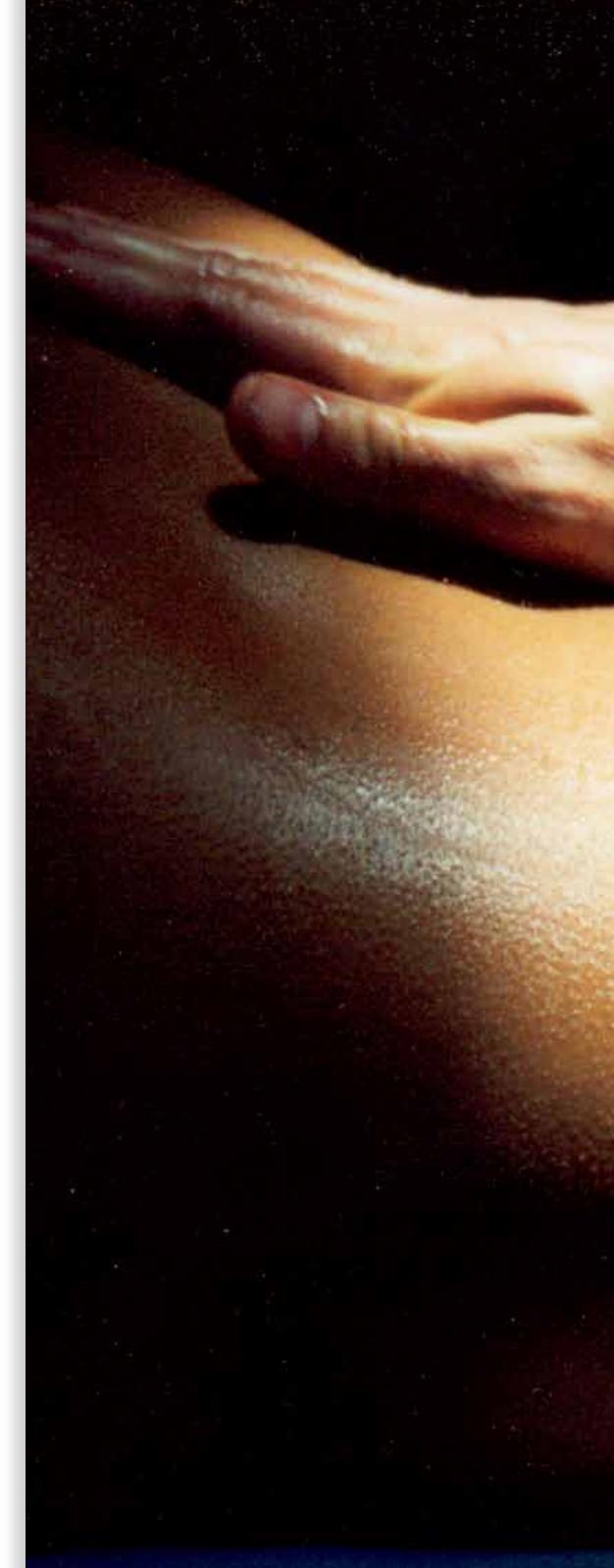
Because of the uniqueness of our training programs and curriculum, students come to our school for a variety of learning opportunities, including the beginning of a new career in the healing arts, continuing education to broaden their skills as a professional bodyworker, and for the experience of personal 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 format 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. Our faculty and staff are dedicated to our students having an enlivening and enlightening experience of self discovery and ease.

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.

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 train professional bodyworkers to hold space for healing in their community. Our students have gone on to work at premier spas in the Bay area like Cavallo Point Resort, Auberge du Soleil, Calistoga Ranch and many, 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.

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



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



2014 SCHEDULE

January

13-23 Massage Intensive

February

2-7 Anatomy Bones & Muscles

9-14 Anatomy Body Systems

16-21 Watsu® 1

March

9-14 Waterdance®

16-18 Ethics

18-21 Kinesiology

23-25 Essential Business Skills

April

27-May 2... Craniosacral Balancing 1

June

1-6 Shiatsu 1

8-13 Shiatsu 2

15-20 Deep Tissue 1

22-27 Deep Tissue 2

July

6-11 Watsu® 1

7-17 Massage Intensive

13-18 Watsu® 2

20-25 Anatomy Bones & Muscles

27-Aug 1 ... Anatomy Body Systems

August

3-5 Essential Business Skills

10-12 Ethics

12-15 Kinesiology

17-22 Craniosacral Balancing 1

24-29 Watsu® 3

September

7-12 Craniosacral Balancing 2

14-19 Watsu® 3 Adapted

21-26 Craniosacral Balancing 3

28-Oct 3 ... Healing Dance 1

October

5-10 Pathology

19-24 Shiatsu 1

26-31 Shiatsu 2

31-Nov 2 ... Clinical Ai Chi EASY

November

2-7 Shiatsu 3

10-20 Massage Intensive

30-Dec 5 ... Advanced Therapeutic Massage

December

14-19 Watsu® 1

hosting a workshop & retreat

A very special space for your next Workshop & Retreat...

Harbin's workshop facilities offer a unique setting for personal growth, conscious movement, creativity workshops and spiritual retreats. The combination of crystalline hot springs, clean air (ranks 1st in California), excellent food, and a variety of accommodations come together to create a relaxing, safe, and supportive environment for participants engaged in a process of self discovery.

With five separate private buildings we can accommodate groups in sizes varying from 12-150 participants. We can book retreats from 2-30 nights and are open year round.

Contact Info:

Contact us at Workshops@Harbin.org, 707-987-0379 or stop by our office across from the restaurant during your next visit. If you are a facilitator interested in seeing our spaces, please book tours in advance.

Onsite Amenities & Activities

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



2014 workshop & retreats

APRIL

- HAI Level 2**
4/11-13
www.hai.org
- Rising Yogic Healing Arts**
4/11-13
www.athayoga.com
- Yoga Retreat**
Ashley Sharp
4/11-13
ashleysharpyoga@gmail.com
- Body as Living Presence**
4/14-21
events@transformativedance.com
- Multi Oh Tantric Massage**
4/18-20
www.ecstaticliving.com
- Womens Retreat**
4/18-20
www.elizabethlund.com
- HAI Level 1**
4/25-27
www.hai.org
- Craniosacral 1**
4/27-5/2
www.harbinschoolofhealingarts.org
- Dance Immersion**
4/29-30
www.harbindanceimmersion.com

MAY

- Be Here Now**
(Soul Motion)
5/2-4
www.dancesanctuary.com
- Timeless Loving**
5/9-11
www.ecstaticliving.com
- Jim Gallas**
5/9-11
www.relaxedfocus.net
- Dancing your Life into Harmony**
5/9-11
www.rhythmsofacceptance.com
- HAI Level 5**
5/16-18
www.hai.org
- Yoga Retreat**
Julia Tindall
5/16-18
www.juliatindall.com
- Contact Jam**
5/23-25
www.harbinjam.org
- Love & Ecstasy Training Cycle 1**
5/23-30
www.ecstaticliving.com
- HAI Level 1**
5/30-6/1
www.hai.org

JUNE

- Acupuncture Retreat**
5/30-6/1
laurelbrody@hotmail.com
- Shiatsu 1**
6/1-6
www.harbinschoolofhealingarts.org
- Dance Immersion**
6/3-4
www.harbindanceimmersion.com
- HAI Level 6**
6/6-8
www.hai.org
- Breath and Transformation**
6/6-8
www.claritybreathwork.com
- Shiatsu 2**
6/8-13
www.harbinschoolofhealingarts.org
- Tantric Massage**
6/13-15
www.ecstaticliving.com
- 5 Rhythms w/ Bella**
6/13-15
bella@bodyjoy.net
- Michele Newmark**
6/13-15
www.reichianinstitute.org
- Deep Tissue 1**
6/15-20
www.harbinschoolofhealingarts.org

Deep Tissue 2

- 6/22-27
www.harbinschoolofhealingarts.org
- Self-Love Mastery**
6/26-29
www.butterflyworkshops.com
- HAI Level 1**
6/27-29
www.hai.org
- Cleansing Retreat**
6/27-7/4
Call Rainah
(707) 326-2919

JULY

- Timeless Loving**
7/4-6
www.ecstaticliving.com
- Dance Immersion**
7/5-6
www.harbindanceimmersion.com
- Watsu 1**
7/6-11
www.harbinschoolofhealingarts.org
- Massage Intensive**
7/7-17
www.harbinschoolofhealingarts.org
- Power of Love**
7/10-13
info@celebrationofbeing.com
- Love & Ecstasy Training Cycle 2**
7/27-8/3
www.ecstaticliving.com
- Dance Immersion**
7/29-30
www.harbindanceimmersion.com

AUGUST

- HAI Level 2**
7/11-13
www.hai.org
- Watsu 2**
7/13-18
www.harbinschoolofhealingarts.org
- Crazy Child Write**
7/18-20
accounting@harbin.org
- Discover your Whole Being**
7/18-7/20
www.hanumanyoga-retreat.com
- Anatomy Bones & Muscles**
7/20-25
www.harbinschoolofhealingarts.org
- HAI Level 1**
7/25-27
www.hai.org
- Constance Hart**
7/25-27
www.consciouscolors.com
- Anatomy Body Systems**
7/27-8/1
www.harbinschoolofhealingarts.org
- Kirtan Camp**
8/12-17
www.jaiuttal.com
- Jodi Blumstein**
8/15-22
ashtangachicago@yahoo.com

2014 workshop & retreats

Craniosacral 1

8/17-22
www.harbinschoolofhealingarts.org

HAI Level 1

8/22-24
www.hai.org

Watsu 3

8/24-29
www.harbinschoolofhealingarts.org

Timeless Loving

8/29-31
www.ecstaticliving.com

Liquid Bliss

8/30 - 9/1
www.lunabaron.com

SEPTEMBER

HAI Level 4

9/5-7
www.hai.org

Aqua Mystica

9/5-7
www.aquamystica.org

Womens Retreat

9/5-7
nubia@bhaktinova.com

Craniosacral 2

9/7-12
www.harbinschoolofhealingarts.org

Yoga Retreat

Julia Tindall
 9/12-14
www.souldivingacademy.com

Michele Newmark

9/12-14
www.reichianinstitute.org

Mermaid Gathering

9/12-14
www.mermaidimmersion.com

Watsu 3 Adapted

9/14-19
www.harbinschoolofhealingarts.org

HAI Level 1

9/19-21
www.hai.org

The Goddess Weekend

9/19-21
www.ecstaticliving.com

Craniosacral 3

9/21-26
www.harbinschoolofhealingarts.org

Effiji Breath

9/22-26
www.effijibreath.com

HAI Level 9

9/26-28
www.hai.org

Tantric Massage

9/26-28
www.ecstaticliving.com

Crazy Child Write

9/26-28
accounting@harbin.org

Healing Dance 1

9/28-10/3
www.harbinschoolofhealingarts.org

OCTOBER

Yoga

10/2-5
premayoga108@gmail.com

Cleansing Retreat

10/3-10
 Call Rainah
 (707) 326-2919

Mandala Painting

10/3-5
heartcenter@mandalas.com

Pathology

10/5-10
www.harbinschoolofhealingarts.org

Multi Oh

Tantric Massage
 10/10-12
www.ecstaticliving.com

Conscious Dying Summit

10/10-13
info@consciousdyingsummit.com

Aqua Mystica

10/10-12
aquamystica@gmail.com

Dance Immersion

10/11-10/12
www.harbindanceimmersion.com

HAI Level 1

10/17-19
www.hai.org

African Danse

10/17-19
jim@relaxedfocus.net

Clarity Breathwork

10/19-26
www.Ashanasolaris.com

Shiatsu 1

10/19-24
www.harbinschoolofhealingarts.org

Shiatsu 2

10/26-31
www.harbinschoolofhealingarts.org

Love & Ecstasy Training Cycle 3

10/26-11/2
www.ecstaticliving.com

HAI Level 8

10/31-11/2
www.hai.org

Clinical Ai Chi EASY

10/31-11/2
www.harbinschoolofhealingarts.org

NOVEMBER

Shiatsu 3

11/2-7
www.harbinschoolofhealingarts.org

The Noble Man Experience

11/6-9
info@celebrationofbeing.com

HAI Level 2

11/7-9
www.hai.org

Fluid Journeys

11/7-9
www.dianetegtmeier.com

Timeless Loving

11/7-9
www.ecstaticliving.com

Body as Living Presence

11/10-17
www.transformativedance.com

Massage Intensive

11/10-20
www.harbinschoolofhealingarts.org

Breath & Transformation

11/14-16
www.claritybreathwork.com

Crazy Child Write

11/14-16
accounting@harbin.org

HAI Level 3

11/21-23
www.hai.org

Primitve Skills

11/21-23
harbinprimitiveskills@gmail.com

HAI Level 5

11/28-30
www.hai.org

Advanced Therapeutic Massage

11/30-12/5
www.harbinschoolofhealingarts.org

DECEMBER

HAI Level 1

12/5-7
www.hai.org

Gokale Method Primal Posture

12/5-7
abeja@gokhalemethod.com

Michele Newmark

12/12-14
www.reichianinstitute.org

Watsu 1

12/14-19
www.harbinschoolofhealingarts.org

Timeless Loving

12/26-28
www.ecstaticliving.com

New Years Revelry

12/30 - 1/1
www.lunabaron.com

Tantric Massage

1/2-4, 2015
www.ecstaticliving.com

Spiritual Awakening

1/2-4, 2015
www.peterrengel.com

serving from the heart



Harbin Residency Program
hr@harbin.org
707-987-2994 ext. 128

Of all the Pools at Harbin, perhaps the most nurturing is the pool of dedicated residents.

Deepen your life path through work dedicated to service and consciousness. Please visit our HR office or contact us for details on employment and becoming a member of our resident community.



**HAI
Global**
CREATING A WORLD WHERE EVERYONE WINS
Love, Intimacy and Sexuality!



Everyone deserves love and loving connections.

Join us for a HAI *Love, Intimacy and Sexuality* Weekend Workshop. No matter how much love you already have in your life, or how little, our workshops will help you to have more.

Discover how your habits and beliefs about love, intimacy and sexuality affect your relationships, body image, sexual satisfaction, and ability to find love.

- ♥ Give yourself richer friendships
- ♥ Create warmer family dynamics
- ♥ Experience extraordinary depth in all your relationships
- ♥ Open to a world of joy and connection

Feel more love in your life!
(707) 981-7886
hai.org
facebook.com/haiglobal

Mention ad code HCAT-14 for \$25 off your first workshop.

Massage, Watsu® and other health treatments focus on touch from a place of love and respect.

This distinction brings a dimension and purpose to each and every treatment -- one that you will rarely find at a typical "spa" or "resort". Perhaps it is the reason why so many guests consider their sessions to be the highlight of their visit to our retreat center.



Please call us to inquire about different modalities or to schedule an appointment.

707-987-0422 ext. 130

We look forward to hearing from you!

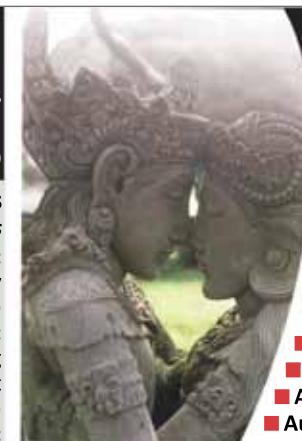
Experiential
SkyDancing Tantra
Workshops
at Harbin
since 1999

Upcoming Events *other locations*

- Jun 6-8: Tantric Intimacy (Omega Institute, NY)
 - Jul 18-20: Timeless Loving (Breitenbush Hot Sprgs, OR)
 - Nov 14-16: Tantric Massage (Breitenbush Hot Sprgs, OR)
 - Jan 10-17: Tropical Tantra Vacation (Playa Tambor, Costa Rica)
- Sexuality & Spirituality**
Communication
Reconnecting
Intimacy
Ritual
Fun
- Apr 18-20: Multi-Oh Tantric Massage
 - May 9-11: Timeless Loving
 - May 23-30: Love & Ecstasy Training Cycle 1
 - Jun 13-15: Tantric Massage
 - Jul 4-6: Timeless Loving
 - Jul 27-Aug 3: Love & Ecstasy Training Cycle 2
 - Aug 8-10: Tantric Intimacy
 - Aug 29-31: Timeless Loving
 - Sep 19-21: The Goddess Weekend
 - Sep 26-28: Tantric Massage
 - Oct 10-12: Multi-Oh Tantric Massage
 - Oct 26-Nov 2: Love & Ecstasy Training Cycle 3
 - Nov 7-9: Timeless Loving
 - Dec 26-28: Timeless Loving
 - Jan 2-4: Tantric Massage

(707) 987-3456 ♦ (877) 982-6872 ♦ www.ecstaticliving.com

**Ecstatic Living
Institute**
Upcoming Events
at Harbin Hot Springs





harbin hot springs

18424 Harbin Springs Rd, Middletown CA 95461
(707) 987-2477, 1 (800) 622-2477 • www.harbin.org

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