

R.D. Laing

IN THE 21ST CENTURY

July 19-24, 2020

ESALEN INSTITUTE
Big Sur, California

SYMPOSIUM SPONSORED
& ORGANIZED BY
Free Association, Inc.,
San Francisco, California

WORKSHOP FACULTY
Fritjof Capra, Ph.D.
Nita Gage
Michael Guy Thompson, Ph.D.

INVITED GUESTS
Phil Borges
Michael Cornwall, Ph.D.
Jasin Deegan
Rebecca Greenslade
Will Hall
Michelle Anne Hobart
Edie Irwin
Douglas Kirsner, Ph.D.
Chuck Knapp
Heather LaFace, Ph.D.
James Norwood
Astrea Ribeiro
Sanford Rosenberg, Ph.D.
Rinat Tal, M.D.
Connor Tindall
Andrew Turkington, RN, LMFT
Dina Tyler
Scott Von, OMD, Ph.D.

FOR INFORMATION OR INQUIRIES
Michael Guy Thompson, Ph.D.
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WHAT IS SPIRITUAL?

A FIVE-DAY SYMPOSIUM & WORKSHOP AT

Esalen®

R. D. LAING wore many robes in his career including psychiatrist, psychoanalyst, philosopher, social critic, author, poet, and mystic, and at the peak of his fame in the 1970s, he was the most widely-read psychiatrist in the world. Arguably the most controversial psychoanalyst since Freud, Laing's meteoric rise in the 1960s was the result of his rare ability to make complex ideas accessible with such best-selling classics as *The Divided Self* (1960), *Sanity, Madness and Family* (1964), *The Politics of Experience* (1967), *Knots* (1970), and many others. Laing's impassioned plea for a more humane treatment of those in society who are most vulnerable catapulted him into the vanguard of intellectual and cultural debate about the nature of sanity and madness, and inspired a generation of psychology students, intellectuals, and artists to turn this disarming Scotsman into a social icon.

Now, in the sixth edition of our annual event, Laing's former students and colleagues from around the world, including Fritjof Capra, Michael Guy Thompson, Nita Gage, and guests will meet for five days at Esalen Institute in Big Sur, California, to continue our critique of Laing's contemporary legacy. In previous years we explored the nature of sanity and madness, the therapeutic relationship, altered realities, the nature of love, and authenticity. This year we will continue our conversation by exploring Laing's relationship with spirituality. Born into a Scottish protestant family, Laing was a voracious explorer of all the world religions, especially mystical Christianity, Hinduism and Buddhism, culminating in a journey to India where he studied with mystics and gurus. Joining us again will be more of Laing's former colleagues and some of the leading lights in the Psychiatric Survivor Movement, to help us explore alternatives to abusive psychiatric treatment for those in extreme mental and emotional consternation.

Among the questions we will explore:

1. What does it mean to be spiritual?
2. What role does spirituality play outside organized religions?
3. Does a spiritual path make us happier human beings, or simply more compassionate?
4. Does a spiritual path always further mindfulness, or can it also occasion madness?
5. What is the relation between spirituality and morality? therapy? equanimity?
6. How does one become more spiritual?

Join us for five breathtaking days at Esalen Institute on the Pacific Coast to explore how we can promote more humane and effective ways of helping those suffering from extreme states.
—MICHAEL GUY THOMPSON, NITA GAGE, FRITJOF CAPRA

PLUS A PRESENTATION OF PHIL BORGES' 2017 DOCUMENTARY
ABOUT SPIRITUALITY & MADNESS

“CRAZYWISE” DIRECTED BY PHIL BORGES

FOR INSTRUCTIONS ON HOW TO REGISTER ON ESALEN'S WEBSITE, PLEASE VISIT

<https://www.esalen.org/learn/workshop/r-d-laing-in-the-twenty-first-century-what-is-spiritual-/5530>



R.D. Laing in the 21st Century



WHAT IS SPIRITUAL?

Esalen Institute, Big Sur, California • July 19–24, 2020

Symposium Workshop Co-organizers & Faculty: Fritjof Capra, PhD • Nita Gage • Michael Guy Thompson, PhD

Please note: All meetings will occur in the Huxley Room above the Dining Hall.

SUNDAY – JULY 19

8:30 – 10:00 pm

Michael Guy Thompson, PhD, Fritjof Capra, PhD, and Nita Gage

Welcome! Let's Get Acquainted!

We will spend this initial, breaking-in meeting to introduce ourselves to each other and give you an idea of what our five days together will be like. We will begin with introducing the three principal faculty and organizers of our Laing Workshop to you, then our invited guests who will be sharing some of their expertise with you, and finally a chance for everyone attending this special week to introduce yourselves and what you are hoping to gain from this experience.

MONDAY – JULY 20

9:30 – 10:20 am

Nita Gage

When Spiritual Beings Are Having a Human Experience
(moderated by Fritjof Capra)

Drawing on Pierre Teilhard De Chardin as well as her relationship with Laing, Nita will explore what is specifically human about the spiritual experience, focusing on Laing's soulful take on the human condition.

10:30 – 11:30 am

Douglas Kirsner, PhD

Laing on Spirituality
(moderated by Michael Guy Thompson)

Doug will share his painstaking research into Laing's voluminous publications, interviews, public lectures, and private seminars on his varied and ever evolving thoughts about the nature of spirituality in relation to the human condition, including Laing's personal relationship with spiritual practices.

11:40 am-12:30 pm

Rinat Tal, MD

Spirituality and Psychiatry
(moderated by Nita Gage)

Rinat will call on her clinical experience to explore how spirituality is essential to healing in the practice of both psychiatry and psychotherapy.

12:30 – 3:30 pm

Lunch Break and Play Time

Lunch at the Dining Hall. Enjoy the rest of the break to relax and smell the ocean. Please return to the afternoon portion of today's program promptly at 3:30 pm.

3:30 – 4:30 pm

Rebecca Greenslade

Spiritual Transformations: Philosophy as a Way of Life
(moderated by Fritjof Capra)

Rebecca will consider Pierre Hadot's and Michel Foucault's contemporary revival of Hellenistic philosophy and its application to life as an embodied practice, arguing for a type of spirituality that is both ethical and pragmatic.

4:40 – 5:30 pm

Heather LaFace, PhD

Uncertainty in Complexity and Spiritual Meaning-Making
(moderated by Nita Gage)

In this patient-therapist presentation Heather will explore the role of uncertainty and other cross-cutting themes linking the experience of spirituality in extreme states and principles of ecological embodied systems-thinking in the therapeutic alliance.

5:30 – 6:30 pm

Michael Cornwall, PhD, Will Hall, Michelle Anne Hobart, Heather LaFace, PhD, James Norwood, Connor Tindall, Andrew Turkington, LMFT, Dina Tyler

Break-Out Groups for Processing Today's Presentations
(moderated by Nita Gage and Michael Guy Thompson)

We will devote this 60-minute session to breaking up into small groups to discuss issues that came up for us in today's program. This may include extending discussions that occurred earlier in the day or taking the opportunity to raise new issues and concerns. We will then reconvene as a large group to integrate what we learned from the break-out discussions.

6:30 – 8:00 pm

Dinner Break – followed by Welcoming Reception and Soiree!

Dinner in the Esalen Dining Hall. Feel free to join us at our Welcome Reception after dinner, hosted by Katherine Rochlin and Scott Von in the historic Fritz House, for an evening of merriment and fun.



SPECIAL EVENING FILM EVENT TUESDAY, JULY 21 • 8:00 – 10:00 PM

CRAZYWISE

An award-winning documentary featuring Phil Borges' exploration of radically different responses to extreme states by both Indigenous and Western cultures.

The screening will be followed by a discussion with Phil Borges, Michael Guy Thompson, Fritjof Capra, Nita Gage, Douglas Kirsner.

TUESDAY – JULY 21

9:30 am – 11:00 am

Fritjof Capra, PhD

Life and the Human Spirit (moderated by Nita Gage)

Fritjof will show how spirituality can be understood within the systemic conception of life that is now emerging in the forefront of science. He will also explore the spirituality of Laing from this systemic perspective.

11:00 am – 12:30 pm

Michael Guy Thompson, PhD

Loss of Spirit: Brokenheartedness (moderated by Fritjof Capra)

Continuing with his meditation of the phenomenon of falling in love presented at an earlier Esalen symposium, Michael will explore what happens phenomenologically when the person with whom one falls in love abandons the relationship, and why it is so painful. He will focus on the spiritual dimension to unrequited love, a favorite theme of Laing's in his own research into the relation between love and madness.

12:30 – 3:30 pm

Lunch Break and Play Time

Lunch at the Dining Hall. Enjoy the rest of the break to relax and smell the ocean. Please return to the afternoon portion of today's program promptly at 3:30.

3:30 – 4:30 pm

Scott Von, OMD, PhD

Integral Psychiatry and Spiritual Healing
(moderated by Nita Gage)

Spirit is the highest level of Being: the Greek Gnostic Pneuma which encompasses Psyche and Physis. In the Tibetan Buddhist Tradition there are three types of illness: Physical, Psychological, and Karmic. Scott will approach healing from the perspective of the Karmic act of transformation.

4:40 – 5:30 pm

Sanford Rosenberg, PhD

Embodied Spirit

(moderated by Michael Guy Thompson)

In this theoretical as well as experiential exercise, Sandy will explore Taiji, Yiquandao, and the way of the Tao as a way of introducing us to Taoist qigong practice.

5:30 – 6:30 pm

Michael Cornwall, PhD, Will Hall, Michelle Anne Hobart, Heather LaFace, PhD, James Norwood, Connor Tindall, Andy Turkington, LMFT, Dina Tyler

Break-Out Groups for Processing Today's Presentations

(moderated by Nita Gage and Michael Guy Thompson)

We will devote this 60-minute session to breaking up into small groups to discuss issues that came up for us in today's program.

6:00 – 8:00 pm

Dinner Break followed by Phil Borges' documentary film:

CRAZYWISE

Dinner in the Esalen Dining Hall. Please return to the evening portion of today's program at 8:00 pm if you wish to join us for this special video event (see above banner).

WEDNESDAY – JULY 22

9:30 – 10:30 am

Nita Gage, Jasin Deegan, Dina Tyler, Michelle Anne Hobart, Will Hall, and Workshop Participants!

All-Day Breath Workshop – A Tribute to Laing's Famous Workshops from the 1970s (moderated by Nita Gage)

Part I: Breath Work as a Way to Spirituality

Spirituality and Breath Work in the Tradition of R. D. Laing

Drawing from her own extensive experience moderating such workshops, Nita Gage will facilitate an opportunity for anyone who is interested in participating in this exercise to access mild altered states via guided imagery and deep breathing. This workshop is intended to simulate the kind of workshops Laing was famous for initiating in London among his students in order to gain greater awareness of the potential for expanded modes of consciousness readily accessible to us. This one-hour introduction will presage a two-hour morning session in which participants will participate in a breath work experiential exercise.

10:30 am – 12:30 pm

Part II: Breath Work Experiential Session

Experiential Exercise (moderated by Nita Gage)

Nita will facilitate the chance to experience states of expanded consciousness elicited via deep breathing and other Shamanic exercises, followed by the opportunity to process these experiences in a warm and safe environment. We will repeat this exercise in the afternoon portion of this all-day experiential exercise.

12:30 – 3:30 pm

Lunch Break and Play Time

Lunch at the Dining Hall. Enjoy the rest of the break to relax and smell the ocean. Please return to the afternoon portion of today's program promptly at 3:30 pm.

3:30 – 5:30 pm

Part III: Breath Work Experiential Session (continued)

Experiential Exercise (moderated by Nita Gage)

In this two-hour session Nita will continue to facilitate the chance to experience states of expanded consciousness elicited via deep breathing exercises, followed by opportunities to process these experiences in a warm and safe environment.

SPIRITUALITY

SPECIAL THANKS TO ESELEN INSTITUTE & FREE ASSOCIATION, INC.

For more information and inquiries, contact Michael Guy Thompson, PhD: michaelguythompson@mac.com

5:30 – 6:30 pm

Part IV: Break up into small groups for processing today's experience

Breath Work Group Process Session (moderated by Nita Gage)

6:30 – 8:00 pm

Dinner Break – followed by a FREE EVENING!

Dinner in the Esalen Dining Hall. Please enjoy the rest of your evening by the Fire Pit, the Terrace off the Dining Hall, or Esalen's legendary Hot Tubs!

THURSDAY – JULY 23

9:30 – 10:50 am

Chuck Knapp and Edie Irwin

Meetings with Remarkable Minds: R.D. Laing and Chogyam Trungpa (moderated by Michael Guy Thompson)

In this three-way exercise Michael will conduct an interview with both Edie and Chuck, exploring their respective personal relationships with Laing and Trungpa, both of whom were close friends, and how they impacted Edie's and Chuck's lives.

11:00 – 12:30 pm

Michael Cornwall, PhD, Will Hall, Michelle Anne Hobart, Dina Tyler
Who Decides What Is Spiritual?

(moderated by Nita Gage)

Join our guests, Michael, Will, Michelle, and Dina in a discussion and exploration of Laing's non-pathologizing and compassionate care for people in extreme states, including his use of subtle ecologies.

12:30 – 3:30 pm

Lunch Break and Play Time

Lunch at the Dining Hall. Enjoy the rest of the break to relax. Please return to the afternoon portion of today's program promptly at 3:30.

3:30 – 4:20 pm

Astrea Ribeiro

Turning On and Off the Lights of the Spirit

(moderated by Fritjof Capra)

Astrea will share some of the meetings she conducted in Brazil for five years with a client diagnosed schizophrenic. Their meetings were held in a variety of public

locations, including parks, museums, coffee shops, and fast food restaurants, on the streets of Sao Paulo.

4:30 – 5:30 pm

Student Panel: James Norwood, Connor Tindall

A Spirited Discussion with the Students Involved with Gnosis Retreat Center

(moderated by Michael Guy Thompson)

Graduate students, James and Connor, will talk about their experiences in working with Michael's and Nita's project to bring Laing's seminal Kingsley Hall and Hugh Crawford's Portland Road projects to the SF Bay Area.

5:30 – 6:30 pm

Andrew Turkington, LMFT

Skepticism and Spirituality: Is Spirituality Possible Without Belief?

(moderated by Nita Gage)

Skepticism aims at a state of tranquility by contrasting one belief with another and in so doing show that no belief is convincingly true. Perhaps without belief we are in an even more profound relationship to the mysteries, and meanings, of life?

6:30 – 8:00 pm **Dinner Break followed by our Workshop Party!**

Dinner in the Esalen Dining Hall. Please join us on the lawn after dinner to celebrate our Esalen workshop with song and good cheer!

Following our Circle feel free to join us for our Closing Party, hosted by Katherine Rochlin and Scott Von in the historic Fritz House, for an evening of merriment and fun.

FRIDAY – JULY 19

10:00 am – 12:00 noon

Michael Guy Thompson, Fritjof Capra, Nita Gage

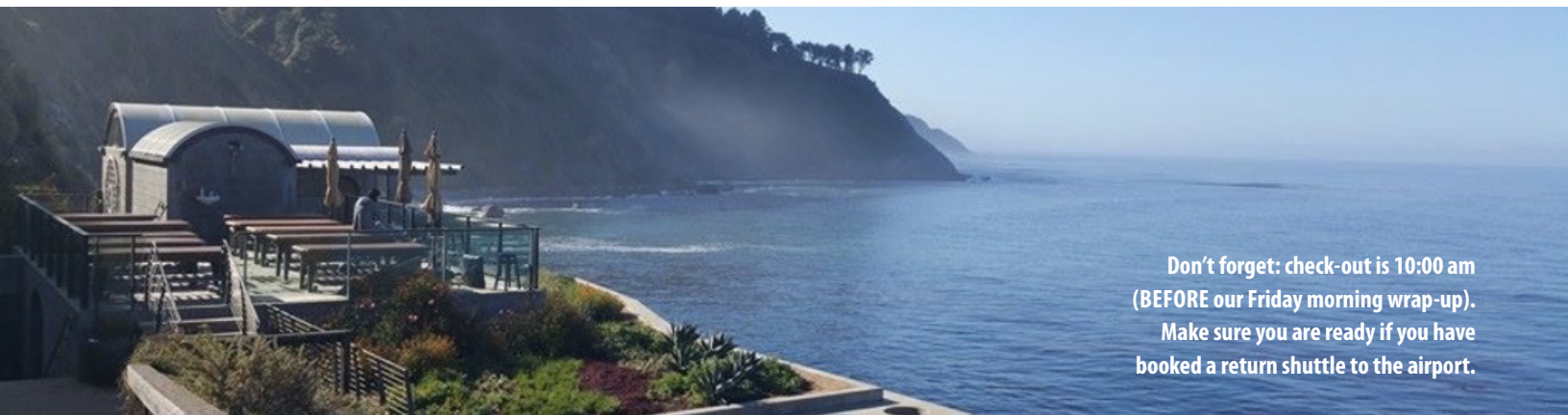
Closing Comments and Audience Discussion

We want to spend this last block of time together to review our five days at Esalen and what it has meant to you.

How can we stay in touch and help make the connections we made with one another this week endure?

We hope you will be able to join us again next year for another exciting time together at Esalen!

Good-bye!



Don't forget: check-out is 10:00 am (BEFORE our Friday morning wrap-up). Make sure you are ready if you have booked a return shuttle to the airport.

Phil Borges graduated from University of California Medical Center as a Regents Scholar in 1969, and was honored with their prestigious University of California Medal in 2004. Phil has been documenting indigenous and tribal cultures for nearly three decades. His work is exhibited in museums and galleries worldwide and his award-winning books include *Tibetan Portrait*; *Enduring Spirit*; *Women Empowered* and *Tibet: Culture on the Edge*.

Fritjof Capra, PhD, physicist and systems theorist, is a founding director of the Center for Ecoliteracy in Berkeley, CA. He serves on the faculty of the Amana-Key executive education program in Sao Paulo, Brazil, is a Fellow of Schumacher College (U.K.), and serves on the Council of Earth Charter International. Dr. Capra is the author of several international bestsellers, including *The Tao of Physics* (1975), *The Web of Life* (1996), and *The Science of Leonardo* (2007). He is coauthor, with Pier Luigi Luisi, of the multidisciplinary textbook, *The Systems View of Life* (Cambridge University Press, 2014). His new online course (www.capracourse.net) is based on his textbook. He lives in Berkeley, CA.

Michael Cornwall, PhD, LMFT has done therapy with people in extreme states since 1980 in medication-free sanctuaries and community settings. He completed his doctoral research on the Jungian sanctuary, *Diabasis*, and leads Esalen workshops and conferences on extreme states. He blogs on www.madinamerica.com.

Jasin Deegan is a Master Shamanic Breathwork Facilitator and a Shamanic Minister, certified and ordained through Venus Rising Association for Transformation. He lives in Vallejo, CA.

Nita Gage, DSPS, trained with R.D. Laing and his associates at the Philadelphia Association from 1974-1980. She left London and returned to America in 1980 and pursued post-graduate education in psychology and psycho spiritual studies. She trained and studied with shamanic teachers and specializes in integrative psycho spiritual healing. Nita is co-founder of the NeuroImaginal™ Institute, www.neuroimaginalinstitute.com; Director of Healer Within Retreats, www.healerwithinretreats.com, teaching medical and addiction professionals NeuroImaginal Practices for health and well being. She is the author (with Linda Star Wolf) of *Soul Whispering: The Art of Awakening Shamanic Consciousness*, and lives in Vallejo, California.

Rebecca Esho Greenslade is a psychotherapist and writer based in London. She currently works in private practice and as a training and research supervisor at The Minster Centre. She is Founder and Director of Gaia Therapy Project, a community-based psychotherapy practice at Hackney City Farm in East London. She is currently undertaking doctoral research with the Dept. of Psychological Services at Birkbeck University and is a Zen practitioner.

Will Hall, MA, Dipl.PW, works as a therapist, teacher and community development organizer, including Freedom Center, Portland Hearing Voices, The Icarus Project, Madness Radio, the Harm Reduction Guide to Coming off Psychiatric Drugs (translated into 10 languages), Valley Free Radio, 2 year certification in Open Dialogue with Mary Olson, Jaakko Seikkula and colleagues, more than 12 years of support group facilitation, and a private practice with individuals and families. A meditator and yoga practitioner

Michelle Anne Hobart, is a practitioner of energy medicine and holistic health educator. She holds a BS in Biology and an MA in Philosophy, Cosmology, and Consciousness. Currently, she is doing coursework in Integral Counseling Psychology at California Institute of Integral Studies. Michelle is an advocate for the Neurodiversity movement and a certified Spiritual Emergence Coach.

Eddie Irwin, co-editor of Akong Tulku Rinpoche's *Taming the Tiger* (Rider) and is the author of *Healing Relaxation* (Rider); both are available online. Eddie studied with R. D. Laing in India and London in the 1970s and since 1980 has worked under the guidance of Akong Tulku Rinpoche. She is currently a member of the Tara Rokpa Therapy Training faculty and practices psychotherapy in Edinburgh, Scotland.

Douglas Kirsner, PhD, holds a Chair in Philosophy and Psychoanalytic Studies at Deakin University, Melbourne, Australia. He is the author of *The Schizoid World of Jean-Paul Sartre and R. D. Laing* (2003), and *Unfree Associations: Inside Psychoanalytic Institutes* (2009). He lived in one of the post-Kingsley Hall, Philadelphia Association households during the 1970s and has retained a special research interest in Laing's work. His 1980 interview with Laing has recently been published in *The Psychoanalytic Review* (April, 2013). He lives in Melbourne, Australia.

Chuck Knapp, a student of Chogyam Trungpa and graduate of Naropa University, worked closely with Ed Podvoll, founder of Windhorse, for many years. He was a founding member and Director of Friendship House, a residential treatment home for people suffering extreme mental states, and co-founded Windhorse Community Services in Boulder, Colorado, where he has served as a Co-Director, and is currently in charge of marketing.

Heather LaFace, PhD is on the adjunct faculty at Antioch University Santa Barbara as well as at Pacific Graduate Institute. She is in private practice in Los Angeles and Orange County where she works within a framework of attachment and relational theory. Her current writing and research interests explore paradigm-shifting connections between neuroscience, philosophy, and social theory, with a special interest in approaching extreme states from a developmental systems orientation. She lives in Los Angeles.

James Norwood is a doctoral candidate at the California Institute for Integral Studies, in the PsyD program in Clinical Psychology. James has been studying treatment of extreme states with Gnosis Retreat Center since its founding, and is committed to its mission to provide residential respite for those in crisis.

Astrea Issler Ribeiro is a psychoanalyst in Sao Paulo, Brazil and in addition to her private practice conducts spontaneous outdoor sessions there with street people. She is also an artist and philosopher.

Sanford Rosenberg, PhD, is President of Media Research Associates, and has thirty-five years of experience in Media Psychology. He is a clinician, executive coach, educator, and consultant on media projects including movies, games, and the web, applying the methods of dream psychology and personal mythology to media. Dr. Rosenberg specializes in qualitative knowledge-based research and clinical applications, examining the relationship between language, story, structure, symbol, image, emotion, and experience.

Rinat Tal, MD, is a psychiatrist and psychotherapist in private practice in Los Angeles. Her work focuses on minimizing medication management with clients with various conditions, including extreme states, incorporating a variety of influences that focus on the transformative aspects of the client-practitioner relationship. She has an abiding interest in alternatives to conventional psychiatry.

Michael Guy Thompson, PhD, received his psychoanalytic training from R. D. Laing and associates at the Philadelphia Association in London, and served as the organization's administrator from 1973-1980. He is Personal and Supervising Analyst and Faculty Member, Psychoanalytic Institute of Northern California, San Francisco, and has been on the faculty of numerous graduate programs. He is the author of more than 100 journal articles, book chapters, reviews, and five books, *The Death of Desire: A Study in Psychopathology* (1985), *The Truth About Freud's Technique* (1994), *The Ethic of Honesty* (2004), *The Legacy of R. D. Laing: An Appraisal of His Contemporary Relevance* (2015), and most recently, *The Death of Desire: An Existential Study in Sanity and Madness* (2016), an extensively revised and expanded edition of the original, published by Routledge. Michael is founder and director of Gnosis Retreat Center, a refuge for people in crisis, modeled on his work with R. D. Laing in London, and is principal organizer of these Laing Esalen workshops. His current project is a book on *The Enigma of Happiness*.

Connor Tindall is a doctoral candidate at the California Institute for Integral Studies, in the PsyD program in Clinical Psychology. Connor has been studying treatment of extreme states with Gnosis Retreat Center since its founding, and is committed to its mission to provide residential respite for those in crisis.

Andrew Turkington, RN, LMFT is a psychotherapist in Oakland and an Associate Professor of Psychiatric Nursing at Unitek College, Fremont, California. He trained as a psychiatric nurse in the United Kingdom and as a therapist with Michael Guy Thompson and Associates at Free Association, San Francisco. His interests include skepticism, phenomenology, and Tai Chi.

Dina Tyler is a psychiatric survivor, trainer and consultant. She works in private practice as a wellness coach and counselor for Big Picture Wellness, a coordinated team of practitioners providing holistic alternatives for people experiencing extreme states. Dina is the Co-Founder, and former Board Member and facilitator of the Bay Area Hearing Voices Network. She was awarded the prestigious Peer Specialist of the Year by the National Council for Behavioral Health in 2015.

Scott Von, OMD PhD, is a physician, psychoanalyst, philosopher, poet, and artist. He is Director of the New Clinic for Integral Medicine & Psychiatry (newclinic.org) and Director of Analytica psychoanalytic institute (analytica.org), both based in New York and Los Angeles. He completed his Doctor of Medicine specializing in Neuropsychiatry at ACTCM-Shanghai University and his PhD in Psychoanalysis at LSE-University of London, and served as a professor and supervisor at NYU, CUNY, CIIS, and Pacific College. He is author of the four-volume book and multi-modal artwork *Autopoiesis* which he has exhibited and performed internationally, and author of the clinical books *Schizoanalysis: Chaos & Complexity in Clinical Practice* and *Orgonomy: Integral Medicine & Psychiatry*. (drscottvon.com)



REGISTRATION FOR THIS SYMPOSIUM WORKSHOP

is handled exclusively through Esalen. In order to register for this Symposium Workshop please go to the link below, which takes you directly to the page on the Esalen catalog that will permit you to register. When you are ready to register, please follow these instructions:

1. BECAUSE THIS WORKSHOP IS RESTRICTED, BEFORE YOU REGISTER YOU MUST OBTAIN A PASSWORD FROM MICHAEL GUY THOMPSON. Please email Michael at michaeltguythompson@mac.com. He will provide you with the password by return email which will permit you to access the Esalen registration page.

If you have any other questions about registering or the workshop, please contact Michael Guy Thompson at michaeltguythompson@mac.com.

2. ONCE YOU HAVE THE PASSWORD, go to the link below and register for our workshop online. A space will be provided on the registration page where you can enter the password. You will receive a confirmation from Esalen that your registration has been completed:

<https://www.esalen.org/learn/workshop/r-d-laing-in-the-twenty-first-century-what-is-spiritual-/5530>

THINGS TO KNOW WHEN YOU ARE REGISTERING

FEEES FOR REGISTRATION INCLUDE accommodation and meals, all-inclusive. The rate per person varies from \$700 to \$2,500 for a five-day workshop, depending on the choice of accommodation. The most popular option is \$1,400, the “Shared Standard” arrangement by which you share a room with one or two people. If you choose this option another person attending the Laing Symposium Workshop will be assigned to your room randomly. If you have a friend who is also attending this Workshop with whom you would like to share the room let Esalen know.

If you have any questions about the various accommodations contact Esalen directly at: 888-837-2536. If you are calling from outside the United States call: +1 703-342-0500.

CHOOSE YOUR ROOM

Workshop Tuition Including Accommodations

| | Weekend Workshops | 5-day Workshops | 7-day Workshops |
|---------------------------|-------------------|-----------------|-----------------|
| Shared Sleeping Bag Space | \$420 | \$675 | \$900 |
| Shared Bunk Bed Dorm | \$605 | \$1,020 | \$1,335 |
| Shared Standard | \$845 | \$1,410 | \$1,850 |
| Premium Room Single | \$1,505 | \$2,830 | \$3,555 |
| Premium Room Double | \$2,310 | \$4,310 | \$5,430 |
| Point House Single | \$2,025 | \$4,105 | \$5,030 |
| Point House Double | \$2,890 | \$5,605 | \$7,000 |
| Off-site Accommodations | \$420 | \$675 | \$900 |

Friends of Esalen receive a \$25 discount on rates. Please see Esalen’s website for information.

ESALEN RATES ARE ALL-INCLUSIVE

All listed rates include:

- Workshop tuition
- Accommodations and meals
- Fresh produce from the Esalen Garden
- Vegan and vegetarian options for all meals
- Coffee, tea, and bread bar open 24/7
- 24-hour use of hot spring bath facilities, Arts Center (except when a workshop is scheduled), Meditation Round House, and the entire Esalen grounds
- Participation in scheduled daily classes such as yoga, dance, meditation, art, and special events
- One-year subscription to the Esalen catalog

TRANSPORTATION FROM AIRPORTS TO ESALEN

Ridesharing: Esalen encourages ridesharing to reduce the number of cars on the road and at Esalen. See the reservation form online at www.esalen.org for ridesharing options, or tell your reservationist you are interested.

Van Shuttle Service Prices from airports to Esalen:

Esalen provides a shuttle service from local airports to and from Esalen on Sundays and Fridays. Check with Esalen for detailed information. For more information about the Van Shuttle Service, visit www.esalen.org/page/start-your-esalen-journey-shuttle.

Shuttle Pick-Up Locations:

- SFO: Courtyard #4 near the DOMESTIC UNITED AIRLINES Baggage Claim area.
- SJC: Outside Terminal B at Baggage Claim Door B2.
- MRY: Outside of Baggage Claim area.

Making or Canceling a Reservation:

Reservations for the shuttle van can be made when booking a workshop reservation online, or on the phone with the Esalen Reservations staff at least 48 hours before the departure date. Return service must be confirmed with the Esalen office at least 48 hours prior to departure.

Although there is no charge for cancelling a shuttle reservation, we ask that you provide at least 48 hours notice.

If you have any questions about the van schedule to and from the airport you are using contact Esalen at: 888-837-2536. If you are calling from outside the United States please call: +1 703-342-0500.