

Summer Camp East 2018 Program

Our 2018 Theme:

From #metoo to “fake news,” from refugee crises to global climate instability, the world’s problems are getting hotter, and our culture of disconnection makes solutions seem impossible. Is it possible to untangle deep societal conflicts within a field of love? We believe it is.

In this summer’s program, we begin by inviting everyone into a field of love and connection – the field we have built together for over a decade. Once connected, with the assistance of creative and wise facilitators, we open a space for whatever is in our collective field that needs expression. All voices are welcome – we join in humility and compassion to witness all that is human and listen for the future that wants to emerge.

New Culture Summer Camp East Event Schedule July 13 - 22, 2018

Date	B/F	MORNING ACTIVITIES: ZEGG Forum/ Going Deeper/ Connection Pods Morning Circle 8:45-11:00	Morning Session 11:00-1:00	Lunch 1-2	Connection Pods 2:30-2:55	Afternoon Session 3:00-5:00	Free Time 5-7	Dinner 7-8	Evening Session 8:30-10	Sensual Space 10:30- Late
Fri 13				Not Served					Diving into Connection	
Sat 14		Creating our Culture of Love and Freedom- Sarah Taub, Ben Farris, Dawson Driver 8:45-1:00				Radical Empowerment: Boundaries and Beyond- Sarah and Ben	Free Time		Deepening the Love Field- Sarah & Ben 8:30-9:30	Snuggle Party- Indigo 9:30-11
Sun 15		ZEGG Forum Intro 8:45-10:15	Morning Circle 10:30-11		Connection Pods	Heart of Now Triads- Debby	Free Time		Skills for Sustainable Intimacy-Indigo 8:30-9:30	Sensual Space Orientation 9:30
Mon 16		ZEGG Forum 8:45-10:15	Morning Circle 10:30-11		Connection Pods	Pleasure Based Movement- Amy Palatnick	Free Time		Going Deeper 8:30	Sensual Space/ Bonfire 9:00
Tue 17		ZEGG Forum 8:45-10:15	Morning Circle 10:30-11		Connection Pods	Working with the Dreaming Body- Gary & Amy	Free Time		Auction	
Wed 18	Ends 8:45	Going Deeper 9-9:15	Morning Circle 9:15-9:45		Connection Pods	Working with the Dreaming Body- Gary & Amy	Free Time		Love Ceremony- Sarah Taub	
Thu 19	Ends 8:45	Free Time 8:45-9:45	Going Deeper 9:45-10:15	Morning Circle 10:15-10:45		Breathing into your Ecstatic Potential- Gwenn Cody	Connection Pods	Three's Company Gwenn Cody	Free Time	ZEGG Forum
Fri 20	Ends 8:45	Connection Pods 9:15-9:40	Morning Circle 9:45-10:15		Time to Land- Georg Politt 10:30-1:00		Free Time 2:30-3:45	ZEGG Forum 3:45-5:15	Open Sessions Setup 5:45-7:00	Dance Playground- Indigo
Sat 21	Ends 8:45	Free Time	Connection Pods 9:15-9:40	Morning Circle/ Going Deeper 9:45-10:30		Open Sessions 10:45-11:45/12:00-1:00		ZEGG Forum 2:30-4	Open Sessions 4:15-5:15 5:30-7:00	Cabaret
Sun 22	Ends 8:45	Free Time	ZEGG Forum 9:15-10:45		Connection Pods-11-11:25 Morning Circle/Closing Ceremony- 11:30-1:00		Cleanup/Break Camp		Not Served	

Schedule subject to change. Courteously prompt arrival at events is appreciated.

Diving Into Connection – Indigo Dawn and Dawson Driver, Friday, July 13

Let's find out who's here and what we have to offer each other! We'll spend much of the time moving around, meeting new folks and deepening existing relationships. Participants can engage with the group and get quick, direct feedback on issues they care about. We'll also have time to go deeper in one-on-one connections. This is a quick, fun, easy way to meet lots of people, get a sense of the diversity of the group, and explore opening up to each other.

Creating Our Culture of Love and Freedom – Sarah Taub, Ben Farris, Dawson Driver, Saturday, July 14

On our first morning together, we'll create the cultural container that will hold and nourish us for our collective adventure. We'll discover our intentions for camp, meet our teams and people with special roles, and start building a field of empowerment, love, and freedom. Sarah, Ben, and Dawson will guide us in a dynamic combination of sweet connection activities (including Hand on Heart) and compelling logistical details. The organizers request that all campers join us who are not performing camp duties so that we can form our community with common understandings.

Radical Empowerment: Boundaries and Beyond – Sarah Taub with Ben Farris, Saturday, July 14

Mmm, that glorious moment in connection or collaboration when everyone is a “hell yes” to exactly what's happening! Sometimes we find that “sweet spot” spontaneously—but more often, we find it through clear communication and feedback. How many of us say “yes” to things we don't actually want out of guilt or a fear of losing connection? In many ways, “no” is the most daring and intimate response possible – if I can hear your “no”, I can trust your “yes.” To help us find the space of mutually desired connection that is available with each person, we'll practice the skills of self-awareness, transparency, and non-attachment. The more we do our own personal work, the more available and loving we are in the moment. We no longer cling to rules and impose agreements that we hope will keep our intimates from triggering painful emotions in us; we welcome and work with our emotions, speak our truth, and create the world we want moment by moment.

Deepening the Love Field – Ben Farris with Sarah Taub, Saturday, July 14

How deeply can we fall in love with each other? Can we see past our differences to discover and delight in the precious being sitting across from us? Ben will lead us in a series of honoring and appreciative connection processes that will help us open to one another. The activities include gentle touch, if all involved are a “yes.”

Snuggle Party – Indigo Dawn, Saturday, July 14

Together, we will open up a playground to explore consensual, platonic touch in community. Nurturing touch has been shown to release compounds (i.e. oxytocin) which help lower blood pressure, heart rate, and cortisol levels, and contribute to feelings of connection and emotional well-being. No one is required to touch another person in this workshop; you’re welcome to talk, cuddle, read a book, or observe– observation is full participation.

Key Skills for Love: Working with Emotions, Examining our Stories – Sarah Taub, Debby Sugarman, & Ben Farris, Sunday, July 15

As we move through the world, we create stories that we hope will help us understand ourselves and the people around us. Sometimes these stories do help, and sometimes they get in the way – especially when we jump to conclusions and interpretations that go far beyond the information our senses are providing us. If others create a different interpretation from the same information, we can find ourselves in conflict with them without understanding why. Our stories can generate powerful emotions in us – fear, joy, anger, sadness – which may lead us to take actions that don’t serve us. How do we hold our emotions skillfully, even when they feel overwhelming? How can we recognize when we are creating a story, and become curious about what other stories might be just as true or even truer?

Heart of Now Triads – Debby Sugarman, Sunday July 15

Heart of Now is an experience of creating intimacy by letting ourselves truly open and be seen by each other. In a culture that teaches us that we must only show our best self, it's a radical act to be who we really are and share our truth. When we take the risk to share deeply about our journey on this path, we grow closer. And when we do this as a community, we exponentially expand the possibilities of what we can create together! "Triads" is an experience where everyone who wants to will have an opportunity for deep personal sharing and discovery in small groups. As listeners in those groups, participants will build capacity for compassionate witnessing and simple coaching. We invite the community to dive into this culture of sharing, witnessing, and coaching as a path to intimacy and emotional resilience at this camp and beyond.

Skills for Sustainable Intimacy: Touch Contracts & On-going Consent – Indigo Dawn, Sunday, July 15

Connecting with another can be a co-creative, synergistic, and downright delicious experience, if both you and the other person are a "YES!" Sharing explicit, verbal boundaries helps minimize confusion and suffering, maximize clarity and joy, and cultivate sustainable intimacy. In this experiential workshop, we will practice sharing explicit, verbal touch boundaries and agreements. We'll explore giving and receiving on-going consent in connection. And finally, we will cover some important communication pitfalls, and ways to identify when we are mis-communicating, mis-reading, or mis-sing the mark in connection!

Sensual Space Orientation and Opening – Dawson Driver & Shakti Elaine, Sunday, July 15

The Sensual Space is a warm and inviting space to explore Connection & Intimacy by engaging all of the senses. This is a space to lounge together after spending the day learning communication and intimacy tools – the perfect place to practice communication and share affection in a relaxed and sex positive atmosphere. We will give an introduction to the space and we will practice the "Safe Sex Elevator Speech."

After the Sensual Space Orientation, those who wish will proceed to the Sensual Space for its official opening. All are invited to explore the Sensual Space – the opening activities will be sensual but nonsexual, and the Sensual Space Team will create a clear transition when the space becomes open for sexual connection.

Time to Jump – Georg Pollitt, Monday July 16

After two days of orientation, it's finally time to jump. I will not promise you a rose garden (at least not one where roses don't have thorns). It may be more like a roller coaster ride. But I will promise you to do whatever is needed to encourage you to experience some extraordinary camp days. It could be that you need more access to your anger (for setting clear boundaries, for saying yes and no, for speaking up, for expressing your needs, for taking a stand), your sadness (for being in the speed of love, for connection, for letting go if somebody says no, for acceptance), your fear (for being creative without knowing if it will work, for being present and awake, for sensing other people's' boundaries and wishes accurately), or your joy (to inspire and motivate and celebrate and enjoy each connection fully). It could be that training yourself in asking dangerous questions allows you to experience more intimacy in all bodies. It could be that it's about the stories in which you live and how to choose those which empower you instead of allowing you remain in victim mode. Whatever it will be, I invite you to two hours of high-level fun, excitement, transformation, and expansion of what you thought are the limits of what you are able to experience.

Nia: Pleasure Based Movement – Amy Palatnick, Monday, July 16

Unfortunately, most of us were never taught to seek pleasure in our bodies. Pleasure is the secret ingredient to much of the body's healing, and is available to us in every moment. Nia is a movement practice that is accessible to all body types, all ages, all abilities. Every move can be modified to fit your body perfectly by simply seeking pleasure!

In this workshop, we will spend the first hour learning some of the basic Nia moves: easy, organic dance steps, martial arts movements (blocks, punches and kicks), and some very basic yoga-like poses. We will practice tweaking each move to sense more pleasure in our bodies.

In the second hour, we will do a classic Nia routine where we will blend our heightened sensory intelligence with soulful music, using simple movements that heal the body and inspire the spirit.

**Working with the Dreaming Body in Individuals, Relationships, and Groups
– Gary Reiss and Amy Palatnick, Tuesday July 17 and Wednesday July 18**

We will be offering workshops based on Process Oriented Psychology, or Process Work. Process Work is an awareness based method that brings together working with body symptoms, dreams, relationships, meditation, spiritual work, group and worldwork into a unified approach. In these workshop we will focus on introducing the work; working with chronic body symptoms; childhood dreams and life myth; the signals, double signals and inner work around consent; and then do extensive work with the entire group on its group process around central issues and polarities. The work is feeling, playful, intense, and brings new insights into often stuck places.

Fundraiser Auction- Tuesday, July 17

Expect to be amused and surprised by the variety of unusual items and services donated by fellow campers for bidding. Previous auctions have included such offerings as “1000 kisses” and “a morning serenade.” Auction proceeds help to provide scholarships and improve future camps.

Love Ceremony – Sarah Taub, Wednesday, July 18

Sarah will invite you into a series of partnered and group interactions to celebrate the divine in you and in your fellow participants. Beginning with ritually honoring one another, we will open up to emotional and physical intimacy. This love ceremony will focus on connecting and nurturing touch. All participants are always “at choice” to modify the interactions so that they are comfortable with them, or simply to witness.

Pelvic Heart Integration: Breathing into your Ecstatic Potential – Gwenn Cody, Thursday, July 19

A perfect way to integrate your experience over the week, this two hour introduction into Jack Painter's PHI breathing will guide you from safe and secure breathing, into increasing amounts of openness and freedom. We start solo, exploring the nurturing energies of four different breathing patterns and their associated supportive statements. Once our individual energy has been liberated and given permission to flow, we can also share with others in ways that range from comforting sweetness to ecstatic bliss.

Three's Company – Gwenn Cody, Thursday, July 19

Join Gwenn for an exploration of what it takes to expand intimacy beyond the dyad, especially in the bedroom. She will help you identify the patterns that triads can fall into, and get some practice in creating more inclusive relating patterns including how to open and use the exponential increase in erotic energy that is available in triads. The experiential portion may involve sensual touch, if all involved are a "yes."

Time to Land – Georg Pollitt, Friday July 20

Is it time to celebrate? Or time to lick your wounds? Here is the secret (okay, not really): Being alive comes with pain. If you don't feel pain, you don't know what to change, or where to look. And: If you try to get rid of the pain, you will lose the joy, too. Even intense joy may feel painful in some ways – if only the pain of knowing that the camp will end soon. Let's say: We will celebrate our humanness, experiencing each other while sharing what's alive in us after those intense camp days. Maybe some conflicts have to be addressed. You will not be forced but invited to address them in this safe space. Maybe you'll need support for the transition between camp and daily life so that you can take some sparks with you. It's about becoming a team where we create possibilities for each other. Whatever you may need, whatever needs to be shared or held or embraced – this space offers the opportunity for that.

Open Sessions – Friday, July 20, and Saturday, July 21

Join in as the entire camp self-organizes for concurrent events, inspired by your own passions and interests. Open Sessions are an opportunity for campers to convene dialogue groups on topics they've been wanting to explore, or create group massages, or do a music jam together. Participants are free to move from session to session, honoring their instincts and natural enthusiasm. /wiki/Open_Space_Technology

Dance Playground – Indigo Dawn, Friday, July 20

“Nobody cares if you can't dance well. Just get up and dance. Great dancers are great because of their passion.” — [Martha Graham](#). Whether you've danced all your life or never set foot on a dance floor— come express yourself with radically accepting, loving community! In this space, all forms of expression are welcome— from yoga, to laughter, to shaking, to rest. All bodies, movements, emotions, and sounds are welcome... in our Dance Playground.

Cabaret – Saturday, July 21

Come one, come all, and show us more about you! No talent is required – “if you can walk, you can dance; if you can talk, you can sing”.

Closing Circle – Sunday, July 22

Honoring the experience of the past ten days, we will connect, reflect, and bid farewell to this incarnation of our community.

Going Deeper – Multiple presenters, throughout camp

Over the years we've been building a culture that supports intimacy by teaching skills for healthy boundaries, handling painful emotions, holding space for others' process, and so on. Now it's time to take it to the next level. When the need arises to give difficult feedback or address something that's getting in the way of getting close to another person, many times we still let it go, not wanting to ruin a happy moment or create a rift. But in reality, we're keeping ourselves from intimacy when we could have it. When we're willing to tell another person what's keeping us from getting closer, we actually get closer.

In the “Going Deeper” spaces, we’ll have a chance to share difficult truths, intimate appreciations, and vulnerable parts of ourselves. Let’s get beyond this kind of sharing being an extraordinary experience, to where it’s an ordinary everyday thing. Every day we deepen our connections. Consider the possibility that we have no idea who our closest friends could be once we start sharing at this level. We have no idea what could happen when we really give our relationships our deepest attention.

ZEGG Forum – the Forum Team, Daily

Forum (http://www.zegg-forum.org/index_en.phtml) was created at ZEGG, an intentional community in Germany, and its sister communities as a way of promoting transparency and mutual understanding among community members. ZEGG members found that decision-making meetings often got derailed because of emotional conflicts and undercurrents that were not known to or understood by all. In Forum, each individual’s experience could be seen and understood, leading to greater empathy and creativity in the community. Now, many residential and non-residential intentional communities have adopted Forum as a way to maintain ongoing connection, intimacy and understanding.

The goal of Forum is to reveal what is alive but not known to all. The community sits in a circle, forming a stage for one person at a time to stand and show what is true for them. Facilitators may assist the person (or “presenter”) to reveal themselves more deeply. Afterward, community members may offer reflections, or “mirrors,” on what they saw.

One of the gifts of ZEGG Forum is that it allows us a space to appreciate every perspective without taking it on as “truth.” Every voice has its own poignancy, its own wisdom, its own truth, that does not negate the wisdom and truth of other perspectives. Allowing all voices to surface and be known can lead to a profound and unexpected integration within a community. We tend to think that events leading to painful experiences and conflicts are bad, because they feel bad in the moment. However, when we open ourselves and compassionately witness what is happening for everyone, these experiences can be gateways to greater closeness, understanding, and love. When conflict emerges, whether or not we are in a formal

Forum space, we can choose to listen in this way. This deep listening sustains and nurtures community life and relationships.

Lighter Side – as the mood strikes us!

Participants create and perform skits to illustrate humorous events that they have observed or experienced at camp.

Summer Camp East 2018 Presenters



Amy Palatnick is a Processwork therapist, teacher, coach and facilitator specializing in personal mythology, sexuality and self-love. She has been a professional potter for 25 years and is also a writer and a black belt Nia instructor.



Ben Farris has been involved with the Human Awareness Institute (www.hai.org) for 25 years and produced HAI workshops on the East Coast for 17 years. He has lead HAI introductory evenings and one day workshops both for members of the HAI community and for those attending Summer Camp East for the last 13 years. He enjoys living on Cape Cod with his significant other, hiking in the dunes, keeping in shape physically, and dancing. He also enjoys reading and watching SciFi. In contrast to his mid west Beaver Cleaver upbringing, he is a long haired hippy at heart and spent several years exploring alternative relationships as well as many forms of intimacy.



Dawson Driver is a fountain of love. Their passion is to create spaces for anyone and everyone to feel seen, heard, and loved. And they strive for this as an organizer and presenter for Center for New Culture (<http://cfnc.us/>) while living and spreading New Culture wherever they go. To realize their larger dream they are pursuing a degree in psychology for counseling and seeking out new learning opportunities in facilitation, personal growth, and intimacy all the time.



Debby Sugarman seeks the marriage of activism with heart, vision with practicality. While working on environmental issues in her twenties, Debby realized that the issues she cared about were won or lost based on the strength or failure of human relationships and the effectiveness of interpersonal communication. Hoping to be a catalyst for more effective and creative endeavors, Debby became skilled in many modalities of group and interpersonal communication.

Debby is a skilled meeting facilitator, mediator and transformational coach. She is passionate about training others to skillfully manage difficult emotions, communicate with clarity, and navigate difficulties in personal and professional relationships. Fluent in a wide range of group connection processes, and meeting modalities, Debby helps groups work together to not only get things done efficiently but to nurture creativity and healthy relationships.



Dr. Gary Reiss <http://garyreiss.com> holds an LCSW, PhD., and is a certified trainer in Process-oriented Psychology. Gary has a private practice in Eugene and Portland, Oregon, and teaches Process oriented Psychology worldwide, now actively teaching in 17 countries. He is a senior faculty member at the Process Work Institute, and brings 40 plus years' experience to his work. His specialties include family therapy, sex therapy, working with coma patients, Worldwork in hot spots in the world, organizational development, and integrating Process work with different spiritual traditions. He is the founder of the Healing History Project active now in Israel, Palestine, Europe, Canada, US, and worldwide. Gary is the director of the nonprofit The International Peace Group. He has published 10 books including *The Dance of Sex; Dreaming Money: and Families that Dream Together, and Love, Power, and Wisdom*. His new book *Healing History* is to be released in late 2018.



Georg Pollitt www.harbigarr.org is an intimacy explorer and alchemist who works with compassion and heart and all the skills, tools, and distinctions which he discovered through his life long journey as a nonlinear adventurer. Two times married, three times in long lasting monogamous relationships, three years of intense intentional community experience, raising two, by now, adult sons as a single parent for ten years; working as a musician, a software programmer, a theater player, and finally a Possibility Management trainer and coach, he started to experience himself more and more as the source of what he creates in his connections with other people as well as in his professional life. Georg is incapable of not supporting others to discover this inner power and aliveness coming through conscious feeling, vulnerability, open-heartedness, and authentic contact. He enjoys music, dance, solving mathematical puzzles, being in nature (hiking, skiing, swimming), but it's so much more joy for him to witness the light shining brighter in peoples' eyes when they start to use those tools.



Gwenn Cody LCSW, CET, CTE

<http://gwenncody.com> has been a therapist since 1988 and has been teaching sexuality and relationship seminars for over 20 years. Gwenn has done professional training with some of the most revered teachers of first wave neo-tantra, including Margot Anand, Charles Muir and Deborah Anapol. A widely respected therapist in her community, she works with individuals, dyads and groups with subspecialties in somatic psychotherapy and non-traditional lifestyles.



Indigo Dawn is an impact-oriented love activist, whose vision is to create a sustainable society for all its stakeholders (cuddlist.com/indigodawn). After working to combat educational inequality with Teach for America, they left the corps to pursue societal change via individual transformation and community co-creation. In 2016, they embarked on the mission to live and spread “New Culture” (<http://cfnc.us/newculture.html>) as a key organizer and presenter for Center for New Culture (<http://cfnc.us/>). As a changemaker, Indigo seeks to improve the lives of others by spreading authenticity, awareness, and self-expression.



Michael Rios is an entrepreneur and practical visionary with a creative genius for freedom and empowerment; as some have said, “Michael doesn’t have a box to think outside of.” In 1964, he founded a commune based on service, spirituality, and sensuality that lasted 30 years and (among other projects) provided emergency shelter and support services for homeless

people and troubled young adults. In addition, he started one of the first domestic violence hotlines in the US in 1971, and one of the first computer business in the US in 1976.

Michael co-founded and lives at Chrysalis, a small urban intentional community in Arlington, VA, whose mission is to support activists and healers (www.chrysalis-va.org). Since 2004, he has been a major organizer of Network for a New Culture's East Coast Summer Camp (www.nfnc.org, www.cfnc.us) and other events aimed at creating a culture based on awareness, compassion, and freedom rather than on fear and judgment.

In 2011, Michael became the director of Abrams Creek Center (www.abramscreekcenter.com), a retreat center in the mountains of West Virginia. His current passion is creating an "intentional village" there and in the nearby town – a place where people live consciously with and near one another, building a life based on personal enterprise and freedom, economic independence, and a web of social interconnectedness (<http://aciv.cfnc.us>).



Sarah Taub, Ph.D. is a cultural activist whose passion is creating events where people transform. She teaches the skills of peaceful, sustainable community and relationships such as self-awareness, honesty, and clear boundaries, and facilitates group processes of many sorts, including sensuality and intimacy gatherings, consensus decision-making, ZEGG Forum, and conflict resolution sessions.

For over a decade, Sarah has been a major organizer of Network for a New Culture's east coast events (www.cfnc.us) aimed at creating a culture based on awareness, compassion, and freedom rather than on fear and judgment. She is also the financial and programs manager for Abrams Creek Center (www.abramscreekcenter.com), a New Culture retreat center and community in the mountains of West Virginia.