

CONSCIOUS AGING

www.noetic.org

You are invited to attend:

CONSCIOUS AGING WORKSHOP

Description

At this workshop you will learn how to:

- Explore unexamined, self-limiting beliefs, stereotypes and assumptions about aging
- Develop self-compassion toward aging changes
- Discover and reflect on what has given heart and meaning to our lives
- Understand our shared humanity in the aging process;

Each participant will receive the Conscious Aging workbook as part of the course, covering the following topics.

Session Topics

Introduction to Conscious Aging

Self-Compassion

Forgiveness

Life Review

Transformative Practices

Death Makes Life Possible

Surrender – Letting Go

Location

A private home in Sebastopol

Date & Time

October 11-13, 2019

Cost

\$250 if paid by August 11, 2019; \$275 if paid after that date
(does not include \$20 workbook)

How to Register

By check: Lee Brewster 422 Bonnardel Ave Sebastopol, CA 95472	Online: Download the Zelle app to your smartphone and send \$250 (or \$275 after 8/11/19) to Brewster@sonic.net
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Workshop Facilitators

Lee Brewster Lee Brewster, strength trainer and Hanna Somatic Educator (in training) has been a student of the Diamond Approach for 22 years. She owns her own strength training business and teaches somatics workshops in Sebastopol. She trained as Conscious Aging Facilitator in 2015.

Ronni Sands Ronni Sands has been a teacher in Waldorf Schools for over 30 years, teaching gardening, cooking, basket weaving, herbal studies and sustainability. She has offered workshops on painting, mindfulness, and self-exploration through writing. She trained as a Conscious Aging Facilitator in 2017.

Workshop Study Guide

The Conscious Aging workshop is based on a curriculum and materials developed at the Institute of Noetic Sciences (www.noetic.org).

Schedule

Fri. Oct 11 6pm-8pm **Session 1**

Sat. Oct 12 9-10:30 **Session 2**; 11-12:30 **Session 3**; 12:30pm-2 lunch; 2-4:00pm **Session 4**

Sun. Oct 13 9-10:30 **Session 5**; 11-12:30 **Session 6**; 12:30pm-2 lunch; 2-4:00pm **Session 7**

“Aging is not merely about the body losing its poise, strength and self-trust. Aging also invites you to become aware of the sacred circle that shelters your life.”

—John O’Donohue in *Anam Cara: A Book of Celtic Wisdom*