

The Center for Conscious Eldering and Sage-ing International

Invite You to Participate in:

CHOOSING CONSCIOUS ELDERHOOD

A Retreat Center-based Rite of Passage

discovering purpose, meaning, and the call to service in the elder third of life

October 4-10, 2015

At Magnificent Ghost Ranch, New Mexico



It is in the natural world that we can most easily remember that which is authentic and natural in ourselves, and thus gain an eagle's eye view of our place and potential in the larger web of life. That is why, since time immemorial, at critical turning points in life, people have retreated to wilderness places to focus and intensify their inner questing and then return to their communities renewed and with new insight about how best to contribute in the next stages of their lives. That is why many individuals feeling called to prepare for and claim the role of elder have chosen to experience the Choosing Conscious Elderhood retreats over the past twelve years. This retreat, for people 50 and up, is an opportunity to learn and experience powerful practices that support your ongoing journey toward a conscious elderhood.

We invite you to join us for an inspiring week at Ghost Ranch, a land of great beauty long-recognized as a place with strong earth energy and spiritual power—an ideal setting for supporting the inner work we will be doing together.

This retreat will help you address questions such as:

- *What distinguishes an "elder" from someone who is "older"?*
- *How can I transform fear of aging into anticipation of the rich possibilities of the elder third of my life?*
- *What does it mean to become an elder at this time of profound cultural transition?*
- *How can the elder third of our lives be the pinnacle of our emotional and spiritual development?*
- *How are you called to serve the greater good as you age?*
- *What inner work do you need to do to age consciously and prepare to fully claim and embody your elderhood?*

THE FORMAT Using reflective time in nature, life review and legacy work, dreamwork, ceremony, sharing councils, and a 24-hour solo/fast, we move through a three-phase process common to all rites of passage and periods of inner transformation: **severance** from old beliefs, attachments and self-identifications that no longer serve; a **threshold** period of solitude and optional fasting in nature; **return/reincorporation** with an expanded vision for, and commitment to, your *conscious* aging.

RETREAT GUIDES



Ron Pevny recognized his calling as a wilderness rite of passage guide in 1979 and ever since has been dedicated to assisting people in creating lives of purpose and passion. He co-created Choosing Conscious Elderhood in 2002, and in 2010 founded the Center for Conscious Eldering as well as becoming a Certified Sage-ing (R) Leader. His life coaching practice is focused on individuals over 50 who are committed to aging consciously. He is author of the new book *Conscious Living, Conscious Aging* published by Beyond Words/Atria Books.



Susan Manning is a Professor Emerita, Graduate School of Social Work, University of Denver. Dr. Manning's teaching and research interests included professional ethics, civic leadership and moral identity, and client empowerment in mental health systems. She published a book on the ethics of leadership (*Ethical Leadership in Human Services: A Multi-Dimensional Approach*). She has been inspired by the conscious aging movement since her retirement, and participated actively in conscious elder retreats and Sage-ing conferences. She values a strengths approach to life stage development and the power of our stories to help us move forward in our lives.

WHAT PARTICIPANTS SAY

I can't begin to tell you how much the Choosing Conscious Elderhood retreat meant to me. Your guides were both spectacular in your ability to hold the space for the mystery to unfold. Your passion and commitment for this work was so very clear to me and I'm sure to everyone in the group. The degree to which I felt safe, cared for, looked after and encouraged was exactly what I needed. The work itself, and particularly the rituals,, drumming, poetry and my solo day were all critical pieces of the puzzle designed to move me forward. I guess one could say this week was the perfect storm of kindness, love, compassion and place.

Cathy Carmody, 2012 Choosing Conscious Elderhood participant

ACCOMMODATIONS: Ghost Ranch, about two hours from Albuquerque, is located in one of the most spectacular settings in the United States. It is the awe-inspiring former home of southwestern artist Georgia O'Keeffe. There will be shared accommodations, with two people per room. Ghost Ranch provides good meals, with various health-conscious options available. This retreat is not physically demanding.

RETREAT COST: \$ 1,495 covering tuition, meals, and lodging in dormitory-style lodging (2 people per room), with bathrooms a short walk away For an upgraded semi-private apartment (2 per room) with bath, add \$90.

TO REGISTER: Fill out the Choosing Conscious Elderhood registration form found on our website and send it, along with a \$300 non-refundable (unless the retreat is cancelled) deposit to the address at the bottom of the registration form. Make checks out to the Center for Conscious Eldering. To pay using Paypal, please call Ron Pevny. **The registration deadline is August 15th.** You are encouraged to register early, as this retreat will likely fill by July 1st. **There is a \$100 fee reduction for full payment 90 days before the retreat.**

TO LEARN MORE: www.centerforconsciouseldering.com.

QUESTIONS: Contact Ron Pevny at 970-247-7943 or ron@centerforconsciouseldering.com.