Sage-ing® International
Wisdom and Spirit in Action

Sponsors COMING OF AGE:
A Sage-ing Intensive

November 7-9, 2014

Presented by: Nancy Gray-Hemstock and Annie Klein

Participants will learn how to:

- Harvest their wisdom and transmit it as a legacy to future generations
- Examine the myths of aging and affirm the elder years
- Connect with one’s inner wisdom through growth techniques of psychology and spirituality
- Nourish ourselves physically, emotionally, mentally, socially and spiritually
- Look at the past as a ‘life review’ and ‘life repair’ with the wisdom of what we know now
- Understand that forgiveness is a gift we give ourselves
- Create peace of mind by doing the legal, medical, and spiritual preparation as a way of facing one’s mortality
- Identify ways for Elders to serve as mentors and healers in society
- Develop one’s own vision of self as an Elder

Who will benefit:

- Older adults and Elders and their families
- 50-something adults who wish to design their second half of life
- Anyone interested in ‘conscious aging’
- Professionals and care-givers who work with Elders
- Clergy, spiritual directors, social workers, and hospice workers
Participation in this workshop also serves as a pre-requisite for the Certified Sage-ing® Leader training program.

***You will need to read this book prior to taking the Intensive.

COMING OF AGE

Workshop Dates:
Friday, Nov 7th, 6:30-9:00 pm starting with appetizers
Saturday, May 8th, 8:30 am - 4:00 pm with a light breakfast and lunch
Sunday, May 9th, 8:30 am - 4:00 pm with a light breakfast and lunch

Location:
Sleeping Dog Farm, & Retreat @ 1506 Burnside Rd W, Victoria, BC Canada
Directions: www.sleepingdogfarm.ca

Course fee: $275, which includes a free 12-month membership in Sage-ing International; $250 for Current Members*; $150 for repeaters (includes costs for facility use, training, all materials, light breakfasts, lunches, and snacks)
[*You can join Sage-ing International by going to http://sage-ing.org.]

Lodging: You will need to arrange your own housing. Facilitators can help. There are a few lovely accommodations at Sleeping Dog Farm.

Nancy Gray-Hemstock has been a Certified Sage-ing Leader since 2004 and leads workshops and retreats for a variety of groups. With a social work (MSW) background, Nancy has worked with older adults for over 20 years. She is a hospice volunteer, and a Vancouver Island Sage-ing Chapter contact member. She also facilitates autobiography workshops and loves writing and group work.

Annie Klein, with degrees in psychology and education, has been a teacher for many years. She is a casting director in film and television, has a private practice as a Reiki Master and Soul Memory Discovery practitioner and is also a Spiritual Director and artist. She has been a certified Sage-ing leader since 2008 and brings years of experience as a hospice volunteer and workshop facilitator.

Together they sponsor a monthly movie and discussion group and facilitate and teach Sage-ing courses and circles in a variety of settings and formats.
Registration Form: COMING OF AGE

Sleeping Dog Farm, Victoria BC
Nov 7th-9th, 2014

Name__________________________________________
Address__________________________________________
City/State___________________________Zip_________
Telephone: Day Evening Cell
E mail__________________________________________

Conference Fees: $275.00; $250 for Current Members; or $150 for repeaters. Amount enclosed:___________

A $35.00 nonrefundable deposit fee will be charged if you cancel within thirty days of the Intensive. If Sage-ing® International has to cancel for any reason, all funds will be returned. Limited scholarship support is available based on need.

Please make check payable to SAGE-ING INTERNATIONAL (registration confirmation and receipt will be mailed). Send completed registration form and payment to:

Nancy Gray-Hemstock
931 Mesher Place
Victoria BC V9A 6Z1

Questions? Please contact:

Nancy Gray-Hemstock 250-389-1448  nancygrayhemstock@shaw.ca
Annie Klein 250-384-7817  annie.klein7@gmail.com

**The Intensive will be limited to 14 people. We encourage you to register early. Participants accepted on a first come-first serve basis.

DEADLINE: August 31, 2014 **