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
- All people who are interested in exploring a new paradigm of the life cycle as described in Rabbi Zalman Schachter-Shalomi’s book, From Age-ing to Sage-ing® [available on www.Amazon.com]
- Participation in this workshop also serves as a pre-requisite for the Certified Sage-ing® Leadership training program.

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

Imagine your life and aging as a gift ~ not a burden,
an opportunity ~ not a problem
Coming of Age

“We must all pass through a gate of transformation to move from age-ing to sage-ing. This enables us to use our life experience to enrich our elder years, face mortality, repair relationships, develop a regenerative spirit and transmit wisdom to future generations. This process not only seeds the future, but crowns an Elder’s life with worth and nobility.”

Rabbi Zalman Schachter-Shalomi
From Age-ing to Sage-ing®

Workshop Dates:
Friday, May 10, 6:00-9:00 pm starting with appetizers
Saturday, May 11, 8:30 am - 5:00 pm
Sunday, May 12, 8:30 am - 4:00 pm

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

Course fee: $275, which includes a free 6-month membership in Sage-ing® International; $250 for Current Members*; $150 for repeaters (includes costs for facility, training, all materials, light breakfasts, lunches, and snacks). [*You can join Sage-ing® International by going to http://sage-ing.org]

Lodging: Sleeping Dog Farm has lodging available in Poet’s Cottage or a very nice Guesthouse for four people (that could keep costs down). Please book directly with www.sleepingdogfarm.ca.

Certified Faculty:

Pat Lewis has been a Certified Sage-ing® Leader since 2000 and has led many workshops and retreats for a variety of groups including other Intensives. She is also a mentor for Sage-ing Interns. An educator by background, Pat has worked with elders in a variety of ways for over 20 years, particularly in the area of spirituality. Pat is also a hospice volunteer. Her business is “Aging with Wisdom” in the US.

Nancy Gray-Hemstock has been a Certified Sage®-ing Leader since 2005. She has a Masters degree in Social Work, bringing 20 years work experience in the field of aging. She presents and facilitates spiritual workshops and retreats. She is a Hospice community volunteer; and is presently a Sage-ing® International Coordinating Council member. Nancy shares from a place of mature personal and spiritual experience, and a genuine respect for and enjoyment of other people.
Registration Form

Coming of Age Sage-ing®
Sleeping Dog Farm & Retreat
1506 Burnside Rd W, Victoria BC
May 10, 11 & 12, 2013

Name__________________________________________
Address________________________________________
City, Province__________________________ Postal Code__________
Telephone: Day_________________ Evening_________ Cell__________
E mail________________________________________

Conference Fees: Amount Enclosed:
Workshop @ $275; $250 for Current Members; $___________
or $150 for Repeaters.

[A $35.00 nonrefundable deposit fee will be charged if you cancel within thirty days of the Intensive. If Sage-ing International must 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 returned by mail.)

Send completed registration form and payment to:

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

DEADLINE: April 5, 2013**

Questions? Please contact:

Nancy Gray-Hemstock  250-389-1448  email: nancygrayhemstock@shaw.ca
Pat Lewis 206 322-9211  email: psixtyone@msn.com

**The Intensive will be limited to 14 people. We invite you to register early, which makes it more likely there will be a place for you. We will receive interested people on a first come first serve basis.