

The Center for Conscious Eldering

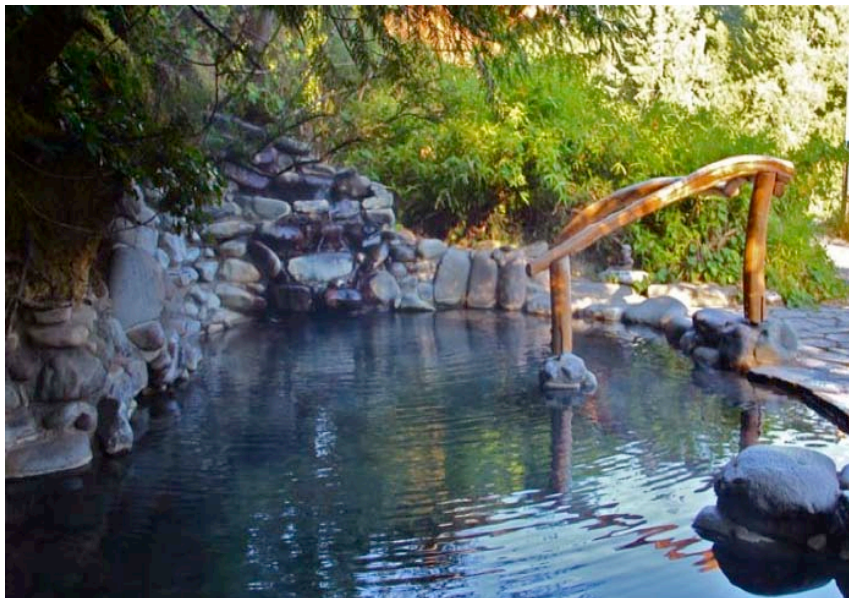
Invites you to participate in

CHOOSING CONSCIOUS ELDERHOOD

Discovering purpose, passion and the call to service in the elder third of life

June 26 - July 2, 2016

**At Breitenbush Hot Springs Retreat Center
near Salem and Portland, Oregon**



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 fourteen years.

There is a big difference between simply becoming old and aging consciously--aging with intent. This retreat, for people in or approaching their senior years (50+), provides a dynamic experiential introduction to conscious aging and the types of inner work that are important on the path toward becoming a **conscious** elder. Such an elderhood is a role that is consciously chosen and grown into through preparation at all levels—physical, psychological and spiritual. We invite you to join us for an inspiring week amid the great beauty of this historic hot springs retreat in Oregon's forested mountains.

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 my life be the pinnacle of my emotional and spiritual development?*
- *How am I called to be of service to the human and earth community as I age?*
- *What inner work do I need to do to age consciously and prepare to fully claim and embody my elderhood?*

THE FORMAT Using reflective time in nature, life review and legacy work, dreamwork, ceremony, sharing councils, and a 24-hour solo, we focus on the major themes of conscious eldering: belief; baggage; purpose; community; and spiritual deepening. Empowered by strong supportive community, skilled guidance, and the heart opening power of the natural world, you will have an opportunity to let go of old beliefs, attachments, and attitudes that no longer serve you, and to get in touch with expanded vision for, and commitment to, your potential as a *conscious elder*.

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 book *Conscious Living, Conscious Aging* published by Beyond Words/Atria Books.



Susan Prince is a life coach and talented workshop leader with a background that includes environmental education for young people. With her strong commitment to conscious eldering, she is active in the Conscious Elders Network and in an indigenous model of community where elders have a pivotal role. Susan also provides Elder support for the *Tree of Life Women's Initiation Program*.



ACCOMMODATIONS: **Breitenbush Hot Springs Retreat Center** is a worker-owned cooperative and intentional community on 154 acres of wildlife sanctuary in the Willamette National Forest of the Oregon Cascades. Located in a majestic wilderness setting about two hours from Portland, Oregon, Breitenbush's natural hot spring pools, sumptuous organic vegetarian cuisine, cozy cabins with geo-thermal heat, stone labyrinth and ancient forest trails make this an ideal setting for the nature-based conscious eldering work we will be doing together.

RETREAT COST: \$1575 covering tuition, use of the hot springs, healthful meals and shared lodging (two persons) for a cabin with short walk to bathroom and shower facilities. For a cabin (two persons) with toilet and sink, add \$120.

REGISTRATION DEADLINE: May 15th. To Register, fill out the *Choosing Conscious Elderhood* registration form, available on the Center for Conscious Eldering 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 payable to the Center for Conscious Eldering. To pay by credit card using Paypal please call or e-mail Ron Pevny. **There is a \$100 fee reduction for full payment 90 days before the retreat.**

TO LEARN MORE: www.centerforconsciouseldering.com. or contact Ron Pevny at 970-247-7943 or ron@centerforconsciouseldering.com

