

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

September 3-9, 2017

**At Laughing Heart Lodge Retreat Center
in Hot Springs (near Asheville) North Carolina**



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 in the beautiful mountains of western North Carolina, a magnificent setting for supporting the inner work we will engage in.

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, 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 Elderling 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.

Anne Wennhold has been guiding Choosing Conscious Elderhood with Ron for ten years. She also offers Conscious Aging seminars and Mandala Drawing and Drum-Making workshops on the East Coast, as well as facilitating Shamanic Drumming groups and “Transitions in Aging” support groups for older adults in the New York City area.



ACCOMMODATIONS: Laughing Heart Lodge is located in Hot Springs, between two forested ridges in the Blue Ridge mountains of western North Carolina. The Appalachian Trail runs adjacent to the lush Laughing Heart property. A variety of lodging options are available, ranging from single rooms to shared rooms in several price ranges. Learn more at laughingheartlodge.com.

RETREAT COST: \$ 1,145 covering tuition and excellent meals. Lodging options range from \$240 to \$835 for the week. Lodging is reserved by contacting Laughing Heart owner/manager Karen Moore at 828-622-0165.

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 Elderling. To pay using Paypal, please call Ron Pevny. **The registration deadline is August 1st.** You are encouraged to register early, as this retreat will likely fill by mid-July. 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.