



Aiming High

Cultivating Purpose and Intentionality in Life's Later Chapters

September 11–15, 2022

**Hope Springs Institute
Southern Ohio**

The greatest danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it.

— Michelangelo



As we approach and move through the later chapters of our lives, we have choices that make a big difference in our experience of this unique period of life. Do we view this time of our lives as being primarily defined by diminishment, loss and disengagement, or by continual growth, passion and service grounded in a strong sense of purpose?

This highly experiential and interactive retreat is for those who feel called to reach beyond their comfort zones and self-inflicted limitations to look for opportunities that guide them to live into the life they want. Together we will explore and experience:

- *the importance and **power of purpose**, and how to find and live with purpose as the compass by which we choose to develop our depth, integrity and meaning*
- *the essential **role of passion** in providing the dynamic energy that empowers our sense of purpose, and strategies for calling forth the energy of our passion*
- **intentionality**: *the dynamic process by which we aim for that which is truly important to us, and how we keep our intentionality alive amid the distractions, fears, and disempowering messages from without and within*
- **other practices that support growth and continual unfolding** in the elder chapters of our one precious life

We invite you to give yourself the gift of unhurried time, strong community, an atmosphere of sacred space, skilled guidance, and reflective time in the wooded acres and beautiful meadows of Hope Springs to help envision what it can be like to grow elder rather than just older by aiming high.

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Retreat begins at 4:00 pm Sunday, September 11

Retreat ends at 1:30 pm Thursday, September 15

Hope Springs Institute is located in the verdant Appalachian Mountains of Southern Ohio near the town of Peebles, about a 1.5 hour drive from Columbus, Cincinnati, and Lexington, Kentucky.

Retreat Fees: \$1295

Includes shared lodging with one other person, and shared bath/shower facilities.

Also includes wholesome, home-cooked vegetarian meals throughout the retreat, with some fish and poultry

For single lodging, add \$150

Questions? Contact:

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Ron Pevny, M.A., is Founding Director of the Center for Conscious Eldering based in Durango, Colorado. He is author of *Conscious Living*, *Conscious Aging: embrace and savor your next chapter*, published in 2014 by Beyond Words/Atria Books. Ron is also a Certified Sage-ing® Leader, and served as the host/interviewer for the 2015, 2016 and 2017 Transforming Aging Summits presented by The Shift Network. Ron and Katie are authors of the soon-to-be-released *Yearlong Growth Book for Aging with Passion and Purpose*.



Dr. Katia Petersen is Co Chair of Sage-ing International and former Executive Director of Education at the Institute of Noetic Sciences (IONS), through which she provided telecourses and other support for facilitators in the IONS Conscious Aging Program. She is an author, motivational speaker and master trainer, whose work has long centered around creating safe and effective environments for individuals and groups to recognize their sense of purpose and meaning.



To Register

Find the **“How to Register”** box on any of the pages (*except the homepage*) at **www.centerforconsciouseldering.com**.

Download the **Registration form** for “Choosing Conscious Elderhood” and “Aiming High”, fill it out, and **send by U.S. mail or email** to the address indicated on the form.

Along with the form, send a **\$300 non-refundable deposit** made out to Center for Conscious Eldering.

Contact Ron Pevny for information on how to pay by credit card.

Registration deadline is July 25th.

Final payment due August 3.

