



Conscious Elders In Service to Community

March 30 - April 2, 2023

**Buckhorn Springs
Ashland, Oregon**

*We do not inherit the earth from our
ancestors; we borrow it from our
children.*

– Marian Wright Edleman

This workshop, for women and men over 50, is a dynamic exploration of the inner work that prepares people to fully embrace elderhood and become the elders whose wisdom and gifts are so urgently needed in today's world. Participants will take steps on the dynamic, experiential path to conscious eldering. We will also focus on the vital role elders can serve in their communities, especially in supporting the growth, aspirations and gifts of youngers in a partnership of generations.

Conscious Elders In Service To Community will focus on these themes:

- Growing whole vs growing old
- The potential for the elder third of life to be a time of growth, fulfillment, passion, and service.
- The inner work of conscious eldering that helps one fully claim and embody their potential as they age: Transforming disempowering Beliefs; Reviewing and Releasing the Past; finding Purpose and Meaning; the importance of Community; and nurturing one's Spiritual Connection.
- How a deepened connection with the natural world can support one's growth as an elder.
- What it can mean to be an elder in this time of momentous cultural transformation.
- How we can translate elder passion into tangible ways of being of service to community and especially young people.

Our goal is to have participants leave the retreat inspired, motivated, and committed to entering or moving further along the path toward their conscious elderhood.



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For information about our four-tiered pricing system and the lodging options, and to register, go to: cascadiaquest.org/conscious-eldering

If you have questions about the content of this retreat, contact Ron Pevny at (970) 223-0857 or ron@centerforconsciouseldering.com



Ron Pevny is founding Director of the Center for Conscious Eldering based in Colorado. He is author of the book *Conscious Living, Conscious Aging*, published in 2014 by Beyond Words/ Atria Books. Ron is also Certified Sage-ing Leader with Sage-ing International, and served as host/interviewer for three Transforming Aging Summits presented by the Shift Network. He has been presenting Conscious Eldering retreats and workshops across North America for 20 years.

Ron will be assisted by Rob Miller, Director of Cascadia Quest and Randy Morris, President Emeritus of Rite of Passage Journeys. For Rob and Randy's bios, see cascadiaquest.org/guides



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Retreat begins at 3:00 pm
on Thursday, March 30 and
ends at 1:00 pm Sunday, April 2

Buckhorn Springs is located in a lush, forested valley less than an hour from Ashland, Oregon.

Retreat Fees:

For tuition and three organic meals per day, Cascadia Quest uses a four-tiered pricing system, with participant tuition based upon one's financial situation.

Lodging for the retreat is available for **\$265** to **\$425**, depending upon lodging option chosen.

Registration deadline is March 1, 2023.
Full payment is also due by March 1.

