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

May 23-29, 2027
At Hope Springs Institute Retreat Center
in the verdant Appalachian foothills of Southern Ohio

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 twenty-four 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 (55+), 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, growth promoting week at beautiful Hope Springs as the season of new life is emerging in this verdant land of forest and meadow.

This retreat will help you address questions such as:

- *How can I transform fear of aging into anticipation of the rich possibilities of elderhood?*
- *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, to strengthen my resilience, and to 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 day-long solo, we focus on the major themes of conscious eldering: belief; review and release of the past; living with purpose and meaning; 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

Dennis Stamper is a retired Clinical Social Worker and Commissioned Presbyterian Pastor. He is a Certified Sage-ing Leader as well as a Conscious Eldering guide. He has directed multidisciplinary chronic pain treatment programs and has worked as a hospital chaplain for over 20 years. He is also a musician and singer/songwriter. Hear his excellent TedTalk on aging: https://youtu.be/8RA1ZGQledM

Martina Breen Martina Breen is a Gestalt psychotherapist, spiritual companion, wisdom teacher and Certified Sage-ing Leader (CSL) based in her native Ireland. She accompanies individuals and groups through the unfolding experiences of ageing, loss, forgiveness and spiritual deepening. As one of our core team of guides, Martina brings a love of reflective inquiry, life writing, and teachings drawn from Celtic spirituality and other wisdom traditions. Her work is grounded in compassionate presence, a trust in the wisdom of lived experience, and her own continuing journey as a woman, mother and grandmother.

ACCOMMODATIONS: Hope Springs Institute Retreat is located in the verdant Appalachian Mountains of Southern Ohio, about a 90-minute drive from Columbus and Cincinnati. Hope Springs provides comfortable lodging, with single rooms for all participants, although sharing with another person is an option and reduces the tuition by $100. Some rooms have their own bath facilities, others share. Wholesome, home cooked vegetarian meals are provided, with some fish and poultry available

RETREAT COST: **$2,395** covering tuition, meals and **single lodging.**

TO REGISTER: Fill out the Choosing Conscious Elderhood registration form found on our website (with a link on all pages except the homepage), and send it, along with a $300 non-refundable (unless the retreat is cancelled) deposit to the U.S. Mail or email address at the bottom of the registration form. Make checks out to the Center for Conscious Eldering. To pay using Venmo or Paypal, please call Ron Pevny. **The registration deadline is March 31st, with full payment due at that time also.**

QUESTIONS about this retreat: Contact retreat co-leader Dennis Stamper at 828-443-1087 or d.stamper@sage-ing.org **OUR WEBSITE: www.centerforconsciouseldering.com**