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

October 3-9, 2027
Near Santa Fe in the Land of Enchantment

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 week at Bishops Ridge Retreat Center near Santa Fe, New Mexico, situated in a pinyon/ponderosa pine forest in the foothills of the Sangre de Cristo mountain range.

We discovered Bishop's Ridge in late 2026, and immediately knew it will be an ideal new setting for supporting the inner work we have been offering in the Land of Enchantment for nearly 20 years.

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 crisis and 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 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. To hear his excellent TedTalk on conscious aging, go to https://youtu.be/8RA1ZGQledM

Barbara Anne Roth switched her focus, after a 45-year career in child and youth development, to the growth and development that happens is the elder, generativity stage of life. After retiring seven years ago and experientially delving into Conscious Eldering and Sage-ing, Barbara has become passionate about using her extensive experiences as a leader, trainer and facilitator to support others in their journeys of conscious eldering.

ACCOMMODATIONS: Bishop's Ridge, about one hour from Albuquerque and thirty minutes from Santa Fe, provides clean, single-room lodging and healthful meals, with vegetarian and gluten-free options available. Sharing a room with another person reduces the tuition by $100. This retreat is not physically demanding but does require the ability to walk 1/4 mile on uneven ground.

RETREAT COST: **$ 2,395** covers tuition, meals and single lodging in a six-bedroom house and four A-Frame cabins, with bath facilities a short walk from each room. Some partial scholarship assistance is available. Call Ron Pevny to inquire about this. 970-223-0857

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 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 at 970-223-0857. **The registration deadline is August 1st, 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 is www.centerforconsciouseldering.com**