

The Center for Conscious Eldering and the Sage-ing Guild

Invite You to Participate in:

CHOOSING CONSCIOUS ELDERHOOD

A Retreat Center-based Rite of Passage

discovering purpose, meaning, and the call to service in the elder third of life

May 6 (4:00 pm) through May 12 (12:00 noon), 2012

At Magnificent Ghost Ranch, New Mexico



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 ten years.

This is an opportunity to learn and experience powerful practices that support your ongoing journey toward a conscious elderhood. And since this retreat reflects the three-stage process common to all rites of passage and to periods of inner transformation, those who feel called and ready to do so can use this retreat as a rite of passage to mark and affirm your passage into, and claiming of, your status as elder.

This retreat will help you address questions such as:

- *What distinguishes an "elder" from someone who is "older"?*
- *What does it mean to become an elder at this time of profound cultural transition?*
- *How can the elder third of our lives be the pinnacle of our emotional and spiritual development?*

- *How are you called to serve the greater good as an elder?*
- *What inner work do you need to do to age consciously and prepare to fully claim and embody your elderhood?*

THE FORMAT Using reflective time in nature, deep imagery, drumming, ceremony, sharing councils, and a 24-hour solo/fast, we move through a three-phase process: **severance** from old beliefs, attachments and self-identifications that no longer serve; a **threshold** period of solitude and optional fasting in nature; **return/reincorporation** with an expanded vision for, and commitment to, your *conscious* aging.

ACCOMMODATIONS Ghost Ranch, about two hours from Albuquerque, is located in one of the most spectacular settings in the United States. It is the awe-inspiring former home of artist Georgia O’Keeffe. We will be staying in Casa del Sol, a charming, hacienda-style retreat center in a remote corner of Ghost Ranch. There will be shared accommodations, with two people per room. Ghost Ranch provides good meals, with various health-conscious options available. This retreat will not be physically demanding.

THE 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 Eldering as well as becoming a Certified Sage-ing Leader. His life coaching practice is focused on individuals over 50 who are committed to aging consciously. Additionally, he developed and co-leads “Meeting Ancient Wisdom” pilgrimages to experience indigenous wisdom in Copper Canyon, Mexico and Hawaii’s Big Island. Contact Ron at ron@centerforconsciouseldering.com or **970-247-7943**.

Anne Wennhold offers Conscious Aging seminars and Mandala Drawing and Drum Making workshops in the New York area. She facilitates several Shamanic Drum groups and helps individuals access their creativity and inner guidance through guided journeys. She also facilitates “Transitions In Aging” discussion groups for seniors. With Ron, she has co-led several *Choosing Conscious Elderhood* retreats at Ghost Ranch and other locales. Contact Anne at wennhold@aol.com or **201-266-8473**

COST: \$1,295 covering tuition, meals, and lodging at Casa del Sol retreat center in a spectacular remote corner of Ghost Ranch.

TO REGISTER: Fill out the *Choosing Conscious Elderhood* registration form and send it, along with a \$250 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 Paypal, please call Ron Pevny. The registration deadline is March 1st. We have filled several of these retreats at Ghost Ranch; participants are limited to 11, and will be registered on a first come, first served basis. You are encouraged to register early. Sage-ing Guild members who register and pay in full by February 1st will receive a \$150 tuition reduction.

TO LEARN MORE: check out www.centerforconsciouseldering.com. and especially the section under “Services and Programs” on *Choosing Conscious Elderhood*.

QUESTIONS: Contact Ron Pevny at 970-247-7943 or ron@centerforconsciouseldering.com.