

Say Yes to Life: Changing the Paradigm from Aging to Sage-ing

Gary Carlson, PhD and Charlotte Carlson,
PhD, Jungian Analyst

A Two-Day Sage-ing® Intensive Workshop
March 31-April 1, 2012
Albuquerque, NM



This workshop fulfills the prerequisite requirement for entering into training with the Sage-ing Guild. CEUs for counselors have been applied for.

The Workshop: Today, most people approaching their elder years can expect to live another 20 or 30 years. But how do you want to live those years? Sage-ing (also known as Spiritual Eldering or Conscious Aging) is a model for living one's elder years more consciously, more joyfully, and more compassionately. Sage-ing can help us to develop a balanced plan for our elder years that is personally fulfilling and beneficial to others. In this highly interactive workshop, we will introduce the concepts of Sage-ing and see how these compare with other models of aging. We will work on life review (including forgiveness work and healing painful memories) and on issues surrounding our mortality. We will explore our inner wisdom and the role of spiritual development in our later years. Finally, we will use the wisdom from many sources (especially including the participants themselves) to begin the development of a personalized plan for each participant's elder years.

The Presenters: Charlotte M. Carlson, PhD, Jungian Analyst is in private practice in Albuquerque, New Mexico, and is a Clinical Assistant Professor in the Department of Psychiatry at the University Of New Mexico School Of Medicine. She is a Clinical Member of the American Group Psychotherapy Association. Gary A. Carlson, PhD, is a retired research scientist and technical manager whose work for the past 15 years has focused on issues related to conscious aging. Charlotte and Gary have been married for over 30 years, and have three children and six grandchildren. Both are trained Certified Sage-ing Leaders, Sage-ing Circle Facilitators, and Professional Members of the Sage-ing Guild. Gary recently received the first Reb Zalman Leadership Award from the Sage-ing Guild.

Workshop Location: Day's Inn Midtown-LeBaron Conference Center
(free shuttle from airport) 2120 Menaul Blvd. NE
Albuquerque, NM 87107
Phone 505 884-0250

Dates and Times: March 31-April 1, 2012, 9:00 a.m.-4:00 p.m.

Fees: \$225, which includes a Sage-ing Workbook, all materials, refreshments, lunches and CEUs for counselors. Discounts given to all Sage-ing Guild Members; partial scholarships are also available.

To register, see below. For more information, contact: Gary Carlson, (505) 897-1850
(cannmgary@aol.com)

Notes: Enrollment will be limited to 15 participants—register early!

Registration form for Albuquerque Intensive, March 31-April 1, 2012

Your Name _____

Address _____

City _____

State or Province _____

Zip _____

Phone _____

Email Address _____

To register, send this form with a check for \$225, made payable to Sage-ing Guild, to

Gary Carlson
413 La Comunidad NW
Albuquerque, NM 87114

Phone 505-897-1850

Email cannmgary@aol.com

Your registration will be acknowledged by email when received. Space is limited, so register early.

(Some partial scholarships are available and reduced rates are available for Sage-ing Guild members, trained Sage-ing Leaders or for participants who have previously attended an Intensive or Sage-ing Circle Facilitator training—contact Gary for details)

Rooms with breakfast included are available at the Day's Inn (505 884-0250) at attractive rates (\$40 single, \$46 double; mention the Sage-ing Guild Intensive when reserving a room)