



# *Aging with Wisdom: A Sage-ing Intensive*

*Presented by: The Sage-ing® Guild  
Changing the Paradigm from Age-ing to Sage-ing®  
[www.sage-ingguild.org](http://www.sage-ingguild.org)*

## **Participants will learn how to:**

- ✚ Harvest their wisdom and transmit it as a legacy to future generations**
- ✚ Examine the myths of aging and affirm the elder years**
- ✚ Connect with one's inner wisdom through growth techniques of psychology and spirituality**
- ✚ Nourish ourselves physically, emotionally, mentally, socially and spiritually**
- ✚ Look at the past as a 'life review' and 'life repair' with the wisdom of what we know now**
- ✚ Understand that forgiveness is a gift we give ourselves**
- ✚ Create peace of mind by doing the legal, medical, fiscal and spiritual preparation as a way of facing one's mortality**
- ✚ Identify ways for Elders to serve as mentors and healers in society**
- ✚ Develop one's own vision of self as an Elder**

## **Who will benefit:**

- ✚ Older adults and Elders and their families**
- ✚ 50-something adults who wish to design their second half of life**
- ✚ Anyone interested in 'conscious aging'**
- ✚ Professionals and care-givers who work with Elders**
- ✚ Clergy, spiritual directors, social workers, and hospice workers**
- ✚ All people who are interested in exploring a new paradigm of the life cycle as described in Rabbi Zalman Schachter-Shalomi's book, *From Age-ing to Sage-ing*© 1995**
- ✚ Participation in this workshop also serves as a pre-requisite for the Certified Sage-ing® Leadership training program.**

*Imagine your life and aging as a gift - not a burden,  
an opportunity - not a problem!*

# *Aging with Wisdom*

*"We must all pass through a gate of transformation to move from age-ing to sage-ing. This enables us to use our life experience to enrich our elder years, face mortality, repair relationships, develop a regenerative spirit and transmit wisdom to future generations. This process not only seeds the future, but crowns an Elder's life with worth and nobility."*

*Rabbi Zalman Schachter-Shalomi*

*From Age-ing to Sage-ing©*

## **Workshop Dates:**

Friday, October 1<sup>st</sup>, 2010, 6:00-9:00 pm starting with dinner

Saturday, October 2<sup>nd</sup>, 8:00 am - 5:00 pm

Sunday, October 3<sup>rd</sup>, 8:30 am - 4:00 pm

## **Location: Dumas Bay Centre**

3200 S.W. Dash Point Road

Federal Way, WA 98023

(253)835-2000, (253)835-2010 - fax

[www.dumasbaycentre.com](http://www.dumasbaycentre.com)

**Course fee:** \$250 (includes costs for facility use, training, all materials, and snacks)  
**Lodging at Dumas Bay Centre; Two Nights @ \$155, Includes 6 meals**

**Certified Faculty:** *Pat Lewis* and Carol Scott-Kassner



*Pat Lewis* has been a certified Sage-ing leader since 2000 and has led many workshops and retreats for a variety of groups including another intensive. She is also a mentor for interns. An educator by background, Pat has worked with elders in a variety of ways for over 20 years, particularly in the area of spirituality. Pat is also a hospice volunteer and she and Carol team in their work called "Aging with Wisdom®"



*Carol Scott-Kassner* has been a certified Sage-ing leader since 2005. She leads workshops throughout the Northwest on the spirituality of aging and has presented materials at the national Sage-ing Conference. She also trains people at the national level to become certified Sage-ing leaders. Carol is a retired university professor of music education and renowned author of many books in that field. She also works as a spiritual director.

# Registration Form Aging with Wisdom

Dumas Bay Centre  
October 1<sup>st</sup> - October 3<sup>rd</sup>, 2010

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone: Day \_\_\_\_\_ Evening \_\_\_\_\_ Cell \_\_\_\_\_

E-mail \_\_\_\_\_

Conference Fees:	Amount:
Workshop @ \$250.00 [Includes all materials]	_____
Two Nights* @ Dumas Bay: \$155.00	_____
This includes 6 meals and snacks	
Total Enclosed	_____

Please make check payable to **Sage-ing® Guild**  
(registration confirmation and receipt will be mailed)

Send completed registration form and payment to:

Pat Lewis  
215 14<sup>th</sup> Ave E #303  
Seattle, WA 98112

**DEADLINE: July 1, 2010**

Questions? Please contact:

Carol Scott-Kassner 253-945-0047 email [carolkassner@comcast.net](mailto:carolkassner@comcast.net)

Pat Lewis 206 322-9211 email [psixtyone@msn.com](mailto:psixtyone@msn.com)