



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*

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 1st, 2010 ,6:30:-9:00 PM

Saturday, October 2nd, 8:00 am - 5:00 pm

Sunday, October 3rd, 8:30 am - 4:00 pm

Location: *ElderHealth Northwest Ravenna site details later.(central Seattle)*

NOTE: If you don't have someone to stay with in the area, we can accommodate you in homes. (More details at a later date)

Course fee: \$250 (includes costs for facility use, lunches training, all materials, and snacks)

Please read *Age-ing to Sage-ing* and do the exercises at the end before you come to the workshop.

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
Elderhealth Northwest Ravenna site
October 1st - October 3rd, 2010

Name _____

Address _____

City/State _____ Zip _____

Telephone: Day _____ Evening _____ Cell _____

E-mail _____

I have a place I can stay _____

I need a place to stay _____

Conference Fees: \$250.00[Includes all materials lunches and snacks]

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 14th Ave E #303
Seattle, WA 98112

DEADLINE: September 1, 2010

Questions? Please contact:

Carol Scott-Kassner 253-945-0047 email carolkassner@comcast.net

Pat Lewis 206 322-9211 email psixtyone@msn.com