

The Tao of Aging: Becoming Whole in Life's Second Half

Aging is not for sissies. It is filled with losses and challenges. Yet, these can form a pathway to great spiritual fulfillment, if we know how to dance with the changes. Join us as we explore lessons from various wisdom traditions, and examine the archetypes of Elder as Contemplative, Trickster, Wounded Healer and Guide.

Saturday, May 12, 2012
8:30 a.m. to 4:00 p.m.

East Boulder Senior Center
5660 Sioux Drive
Boulder, CO 80303

Presenter: David Chernikoff, M.Div., L.C.S.W., CSL, is a meditation teacher, psychotherapist and life coach. He served as the Director of Education and Training for the Spiritual Eldering Institute, and has taught workshops on spirituality and aging throughout the U.S., Canada and Ireland.

Workshop (includes lunch):

Persons 55+ and Sage-ing Guild members: \$40

Persons under 55 - \$55

Some scholarships are available for City of Boulder residents who are 55+.
Call 303-441-4388.

Registration opens February 14. Registration closes May 8.

To register: Course code #157282

1. West Senior Center 303-441-3148
2. East Senior Center 303-441-4150
3. Online: boulderseniorservices.com Click on "online registration."

With special thanks to our co-sponsors: City of Boulder Senior Services, Boulder Seniors Foundation, the Sage-ing Guild and WisdomWork.