

The Center for Conscious Eldering

invites you to participate in

CHOOSING CONSCIOUS ELDERHOOD

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

**April 21-27, 2014 in eastern Pennsylvania near Bangor
at Kirkridge Retreat Center**



There is a big difference between simply becoming old and aging consciously--aging with intent. This retreat, for people in or approaching their senior years (50+), provides a dynamic experiential introduction to conscious aging and the types of inner work that are important on the path toward becoming a **conscious** elder. The elder third of life, with its own dynamic of losses and gains, can be the pinnacle of one's personal development and an opportunity for important service to the larger community. Such an elderhood is a role that is consciously chosen and requires preparation at all levels--physical, psychological and spiritual.

This retreat will help you address questions such as:

- *What distinguishes an "elder" from someone who is "older"?*
- *How can I transform fear of aging into anticipation of the rich possibilities of the elder third of my life?*
- *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 you age?*
- *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, life review and legacy work, dreamwork, ceremony, sharing councils, and a 24-hour solo/fast, we move through a three-phase process common to all rites of passage and periods of inner transformation: **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.

[Continued on other side >>>>>>>>](#)

RETREAT 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 (R) Leader. His life coaching practice is focused on individuals over 50 who are committed to aging consciously. He is author of a forthcoming book based upon the Choosing Conscious Elderhood retreats, to be published in October, 2014 by Beyond Words/Atria Books.



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. She is Ron's primary partner in offering Choosing Conscious Elderhood.

WHAT PARTICIPANTS SAY



Ron and Anne brought so much experience, sensitivity and humanity to this retreat! They were well organized, with enough structure to provide a wonderful foundation and enough flexibility to support individual needs and the ever-dynamic group process. Most importantly their kindness, love and compassion set a tone of safe and inter-connected discovery. I left this Elder circle inspired, empowered, and filled with joy. The beautiful spirit of my new friends and fellow travelers along the path of Conscious Aging, is still with me, sustaining and encouraging me along the way. Thank you, Circle of Illumination, Courage and Friendship! I treasure our time together.

Ellie Kincade, 2013 Choosing Conscious Elderhood participant



ACCOMMODATIONS: Kirkridge Retreat and Study Center has a long history of providing a place for rest and renewal to pilgrims along life's journey. It is located on the beautiful Kittatinny Ridge of eastern Pennsylvania near the Delaware Water Gap and the Pocono Mountains region, only 75 minutes from New York City. It is a sacred place with gracious hospitality, lush fields, beautiful woods and inspiring vistas -- an ideal setting for the nature-based conscious eldering work we will be doing together.

RETREAT COST: \$1545 covering tuition, healthful meals, shared lodging (two persons) and a private mentoring session after the retreat. For a private room add \$50.

REGISTRATION DEADLINE: March 10th. To Register, fill out the *Choosing Conscious Elderhood* registration form, available on the Center for Conscious Eldering website, and send it, along with a \$300 non-refundable (unless the retreat is cancelled) deposit to the address at the bottom of the registration form. Make money orders or checks payable to the Center for Conscious Eldering. To pay by credit card using Paypal (there is a 3% Paypal service fee) please call or e-mail Ron Pevny for directions on how to do so. Participants are limited to 12. You are encouraged to register early. **There is a \$100 fee reduction for full payment 90 days before the retreat.**

TO LEARN MORE: www.centerforconsciouseldering.com. **QUESTIONS:** Ron Pevny at 970-247-7943 or ron@centerforconsciouseldering.com