



You are invited to learn more about **CONSCIOUS AGING**

In 3 afternoon workshops, we will:

- Explore unexamined, self-limiting beliefs, stereotypes and assumptions about aging;
- Discover and reflect on what has given heart and meaning to your life and how to apply those insights to your aging process;
- Enhance connection and reduce isolation from others and the web of life by understanding our shared humanity in the aging process;
- Develop skills to cope more effectively with change, worry, and stresses associated with aging;
- Reduce fear and increase acceptance in the presence of death and dying for ourselves and for our loved ones.
- Create a new vision of aging to accompany and inform you in the years ahead.

These workshops will provide a safe and nurturing space, inviting you to listen to your inner wisdom for guidance. We will integrate best practices, poetry, and the work of leading researchers as we explore the collective wisdom of the group and society. Join us in intimate and meaningful conversation circles.

Session Topics

Introduction to Conscious Aging

Life Review

Transformative Practices

Death Makes Life Possible

Surrender – Letting Go

Creating a New Vision of Aging

Location: St. Francis in the Foothills, 4625 East River Road, (River and Swan)

Dates & Times:

Saturday, Nov 21, 2015, 1-4 PM

- Introduction to Conscious Aging
- Life Review

Saturday, December 12, 2015, 1-4 PM

- Transformative Practices
- Death Makes Life Possible

Sunday, January 3, 2016, 2-4 PM

- Surrender – Letting Go
- Creating a New Vision of Aging

Workshop Facilitators

Devorah Morris Coryell authored *Good Grief: Healing through the Shadow of Loss* and many articles. She is a founding director of The Shiva Foundation and founded the original wellness education program at Canyon Ranch Resorts. She has been on the visiting faculty of the Arizona Center for Integrative Medicine since 1997. Devorah field tested IONS' Conscious Aging curriculum and is currently developing a curriculum with Dr. Andrew Weil on integrative practices in death and dying. Devorah lives in Tucson, where she is a consultant to individuals and health and wellness resorts helping to develop resources for living well and aging well.

Dr. David Sadker is professor emeritus at The American University (Washington DC), and the author of eight books and more than seventy-five articles. David has completed the IONS facilitator preparation program for "Conscious Aging," and offers both Conscious Aging and Courage & Renewal retreats in and beyond Tucson. David has appeared on *The Today Show*, *All Things Considered*, *The Oprah Winfrey Show*, *Talk of the Nation* and *Dateline: NBC*. His workshops help people walk a path of conscious aging and conscious living, as well as close the role and soul divide and rediscover their hidden wholeness. For more information: www.courageaz.com, and <http://www.sadker.org/DavidSadker.html>

For More Information:

David at 520-297-2319, dsadker@gmail.com

Or

Devorah at 805-234-1913, devcor@gmail.com

Conscious Aging Registration Form

Name _____

Phone _____ Email_____

Registration fee

\$50 Single session

\$100 Any two sessions

\$120 All three sessions

Fee includes registration, materials, and light refreshments. Space is limited to the first 30 participants – early registration is recommended.

Please include this registration form and your check (made out to David Sadker) to:

David Sadker
6988 N. Chula Vista Reserve PI
Tucson, AZ 85704

For more information, call or write David at 520-297-2319, dsadker@gmail.com

We look forward to seeing you!