

The Center for Conscious Eldering

Invites you to participate in

CHOOSING CONSCIOUS ELDERHOOD

Discovering purpose, passion and the call to service in the elder third of life

July 23-29, 2017

Vista Outdoor Learning Centre, Whitehorse Yukon, Canada



Many individuals desiring to have their later years be a time of purpose, growth, and service have chosen to experience the *Choosing Conscious Elderhood* retreats over the past fourteen years. 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 to becoming a *conscious* elder. Such an elderhood is a role that is consciously chosen and grown into through preparation at all levels—physical, psychological and spiritual. We invite you to join us for an inspiring week at Vista Outdoor Learning Centre nestled in the boreal forest of the Yukon and surrounded by mountains.

The Yukon is one of the last remaining true wilderness areas on earth. Its pristine natural beauty, much of it untouched by modern human development, reveals strong earth energy and spiritual power—an ideal setting for supporting the inner work we will engage in.

THE FORMAT: Using reflective time in nature, life review and legacy work, ceremony, sharing councils, and an opportunity for a solo experience, we focus on the major themes of conscious eldering: belief, baggage, purpose, community, and spiritual deepening. Empowered by strong supportive community, skilled guidance, and the heart opening power of the natural world, you will have an opportunity to let go of old beliefs, attachments, and attitudes that no longer serve you, and to get in touch with an expanded vision for, and commitment to, your potential as a *conscious* elder.

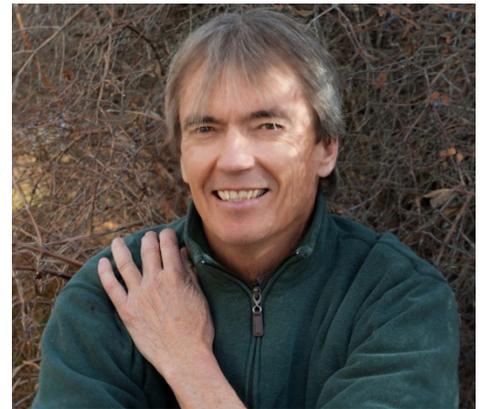
RETREAT GUIDES



Susan Manning is a Professor Emerita, Graduate School of Social Work, University of Denver. Dr. Manning's teaching and research interests included professional ethics, civic leadership and moral identity, and client empowerment in mental health systems. She has been inspired by the conscious aging movement since her retirement, and participated actively in conscious elder retreats and Sage-ing conferences. She values a strengths approach to life stage development and the power of our stories to help us move forward in our lives.

Larry Gray was a forester and wildlife biologist for many years and is an instructor in environmental studies at Yukon College in Whitehorse, Yukon. While experiencing and teaching others about the wonders of the natural world across Canada's arctic, he felt compelled to turn his attention to the study of the human animal and the field of ecopsychology. Larry facilitates Elder Wisdom Circles in Whitehorse and is expanding this work throughout the Yukon. He has also given a TEDx talk on conscious eldering:

<https://www.youtube.com/watch?v=gDrBtTYJ0G4>



ACCOMMODATIONS: Vista Outdoor Learning Centre, 25 kilometres from Whitehorse, is located in the Yukon River Valley midst a beautiful setting of boreal forest and mountain vistas. The Centre offers clean, rustic lodging in wall tents and provides filling, nutritious meals. Walking trails wander throughout the property, as well as to expansive views of the valley. If you are choosing to stay in a wall tent, you will need to bring your own sleeping bag.

Thermarests are provided.

RETREAT COST: \$ 1,455 (Can.) Covers tuition, meals and shared lodging in wall tents. Upgraded or more private lodging is also available for an increased fee. Participants may also choose to bring their own recreational vehicle, tent or stay off-site.

TO REGISTER or for MORE INFORMATION: Contact **Larry Gray (867) 336-0370** or lgray@yukoncollege.yk.ca

TO LEARN MORE ABOUT CONSCIOUS ELDERING: www.centerforconsciouseldering.com