

The Center for Conscious Eldering

CONSCIOUS ELDERING

Aging with Intention and Passion

April 26 – 28, 2019

Saint Benedict's Monastery
Spirituality Center
St. Joseph, Minnesota
(1.5 hours from Minneapolis-St. Paul)



Presented by Ron Pevny
of the Center for Conscious Eldering



Ron Pevny is founder and director of the Colorado-based Center for Conscious Eldering. He is a long-time rite of passage guide, certified Sage-ing® leader, and host of the Shift Network's "Transforming Aging" Summits. He is author of the book *Conscious Living, Conscious Aging: Embrace and Savor Your Next Chapter*. Ron is dedicated to assisting people in negotiating life transitions and creating lives of purpose and passion. To learn more about Ron's work, go to: www.centerforconsciouseldering.com

There is a profound difference between becoming old and aging consciously. This retreat is for people over 50 who anticipate their later years as a deepening life stage of growth, purpose and service. It will provide a dynamic experiential introduction to conscious aging and the inner work vital to the emotional and spiritual growth and development of an engaged elder.

Conscious Eldering: Aging with Intention and Passion weaves together a powerful set of processes – including life review, exploration of legacy, work with purpose and intentionality, ceremony and reflective time outdoors.

This retreat will help you identify and release old patterns and identifications that no longer serve you and open you to new possibilities for your life.



TO REGISTER

Your non-refundable deposit of **\$100** reserves your place.

Final payment due **March 28, 2019**
(non-refundable after this date)

Send check to
(made out to "Sisters of the Order of Saint Benedict" along with name, address, phone #, e-mail and housing preference)

Mary Catherine Holicky, OSB
Saint Benedict's Monastery
104 Chapel Lane
St. Joseph, MN 56374

SCHEDULE

Friday, April 26, 4:00-8:30 pm
Sat, April 27, 9:00 am-8:30 pm
Sun, April 28, 9:00 am-3:00 pm

LOCATION

Spirituality Center
Saint Benedict's Monastery
104 Chapel Lane
St. Joseph, MN 56374
www.sbm.osb.org

COST

\$380 commuter (no lodging) with all meals
\$490 single occupancy lodging with shared bath and all meals
\$470 double occupancy lodging with shared bath and all meals

Questions? Contact Mary Catherine Holicky, OSB at
(320) 363-7112 or mholicky@cbsju.edu