

The Center for Conscious Eldering

invites you to participate in a special, longer:

CHOOSING CONSCIOUS ELDERHOOD

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

**August 24 - 31 at the Hummingbird Community
near Taos, New Mexico**

(includes an additional day to experience their cutting edge Wellness Center and perma-culture gardens, and learn about Hummingbird's dynamic model of conscious co-creative community)



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.



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. He is author of the book *Conscious Living, Conscious Aging*, published by Beyond Words/Atria Books.



Anne Wennhold has for several years been Ron’s primary partner in offering *Choosing Conscious Elderhood*. She facilitates several Shamanic Drum groups and helps individuals access their creativity and inner guidance through guided journeys. She also offers *Conscious Aging* seminars and Mandala Drawing and Drum Making workshops, as well as facilitating “Transitions In Aging” discussion groups for seniors, in the New York City area.

ABOUT HUMMINGBIRD



Nestled in a valley among the Aspens, Cottonwoods, and Ponderosa Pines in the Sangre de Cristo Mountains of northern New Mexico, rests a 500 acre ranch that is home to Hummingbird Community. Founded in 1996 by a core group of social pioneers within Global Family, the community is dedicated to the practices and principles of co-creation in service to the evolution of consciousness.

During your stay at Hummingbird you will have the opportunity to experience the multiple and diverse aspects of this evolutionary community. Members of Hummingbird will be available to share the rich lessons gained from 18 years of living in an emerging co-creative culture. The community highly values the cultivation of harmonious loving relationships and offers practices for consciously creating a resonant field that embodies the values of trust, safety, compassion, respect, and love.



If desired, you may work in one of the organic gardens, learning more of either Permaculture Design or Bio-dynamic Principles. Various practitioners will be available to provide a deeply nurturing experience at Hummingbird WellNest. This unique healing sanctuary utilizes color, sound and light technologies to support optimal health. To learn more, visit www.hummingbirdcommunity.org and www.hummingbirdwellnest.com.

ACCOMMODATIONS: Your accommodations will be in one of the beautiful, ecologically sustainable guest facilities called Ease and Grace House. Both homes are run on solar energy and utilize green building materials. There are two beds to a room with shared bathrooms, use of a spacious kitchen, living room and internet services. A limited number of single rooms are available upon request for an additional fee.

RETREAT COST: **\$1645** covering tuition, healthful meals and shared lodging (two persons). Single lodging is an additional \$140. Use of the services of the **WellNest** wellness center is additional.

REGISTRATION DEADLINE: July 10. 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.**

QUESTIONS: Ron Pevny at 970-247-7943 or ron@centerforconsciouseldering.com