



Certified Faculty

SAGE-ING GUILD®

## REGISTRATION FORM

Workshop Fee: \$250 includes light breakfast, lunch, and materials

Send completed registration form and check made payable to "Sage-ing Guild"

By MONDAY, November 16, 2009 to:

Julia Riley, PO Box 438

Ellenton, FL 34222

941-776-8024 [Julia@constantsource.com](mailto:Julia@constantsource.com)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State \_\_\_\_\_

Zip \_\_\_\_\_ Phone \_\_\_\_\_

Email: \_\_\_\_\_

Participation in this workshop may serve as a prerequisite for Sage-ing Leader Certification.

Workshop Minimum is 10, Maximum is 16

We have daytime use of this beautiful retreat center complete with labyrinth and stay at local hotels. Info provided upon request.



**Julia Riley, RN, MN, AHN-BC, REACE** has been a nurse for 40 years. Keynote speaker and author, Julia began her Sage-ing journey at the death of her parents when she began life review. Her background in mental health is a foundation for her commitment to helping people begin as early as midlife to approach aging with a sense of wonder and awe and excitement. Her Sage-ing journey led her to facilitate expressive arts in healing for hospice patients and to create an undergraduate course, Expressive Arts in Healing, at the University of Tampa.

**Ann Rinaldi, RN, MS**, retired after a nursing career that spanned 50 years. As nurse, mentor, and teacher, her main focus has been to enable others in the process of better health care. As an elder, she now is focusing not only on her own conscious aging, but on working with others to achieve positive aging. Her Sage-ing journey led her to return to nursing part-time as well as to become a professional artist in Atlanta.

Contact Julia at 941-776-8024 or [Julia@constantsource.com](mailto:Julia@constantsource.com)

Visit our website at [www.constantsource.com/elder.htm](http://www.constantsource.com/elder.htm)

Visit the Sage-ing Guild's website at: [www.sage-ingguild.org](http://www.sage-ingguild.org)



*...to empower a community of Sage-ing® Leaders whose culture reflects the values of care, respect and responsibility among the elders in our world*

Presents *The Art of Age-ing... The Gift of Sage-ing®*

*January 23 and 24, 2010*

*At Dayspring Retreat Center*

*8411 25<sup>th</sup> ST E, Parrish, FL 34219*

[www.dayspringfla.org](http://www.dayspringfla.org)

## ***Workshop Benefits***

- Examine the myths of aging and affirm the elder years
- Connect with one's inner wisdom through growth techniques of psychology and spirituality
- Nourish ourselves physically, emotionally, mentally, socially, and spiritually
- Look at the past as a "life review" and "life repair" with the wisdom of what we know now
- Understand that forgiveness is a gift we give ourselves
- Create peace of mind by doing the legal, medical, fiscal and spiritual preparation as a way of facing one's mortality
- Identify ways for Elders to serve as mentors and healers in society
- Develop one's own vision of self as an Elder

### **Who should attend?**

Elders, near elders, clergy, caregivers, social workers, nurses, educators and anyone who is interested in conscious aging

## ***Agenda***

**Saturday, Jan 23** Registration at 8:30AM

Workshop 9AM -4PM

Approaching Elderhood

Essentials of the Sage-ing Process

Life Review and Repair

Forgiveness

My life as a Work of Art

**Sunday, Jan 24** Gathering, 8:30AM

Workshop 9-4PM

Journey to my Inner Elder

Contemplative Tools

Facing my Mortality

What does Death mean to me?

Philosophical Homework

Facing My Mortality

Legal and Ethical Issues

Roles as Elders and.....

Where do I go from here?

Elder Circle



**“Elders are the jewels of humanity that have been mined from the earth, cut in the rough, then buffed and polished by the stonecutter’s art into precious gems that we recognize for their enduring value and beauty. We sense their radiance in our youth, but we cannot contain it. It requires a lifetime’s effort to carve out the multifaceted structure that can display our hidden splendor in all its glory.” Rabbi Zalman Schachter-Shalomi**

