



Embracing Elderhood

Awakening the Sage Within

AGE-ING TO SAGE-ING

Today, most people approaching Elderhood can expect to live another 20 to 30 years. How do you want to live those years?

Sage-ing (also known as Spiritual Eldering or Conscious Aging) is a model for **engaging the elder years more deliberately, more joyfully and more compassionately**. Sage-ing can help us to develop a balanced plan for eldering that is personally fulfilling and also beneficial to others.

During this Zoom workshop, we will introduce Sage-ing concepts including **life review, forgiveness work and issues surrounding mortality**. We will explore images of aging and the role of spiritual development in the capstone chapter of life. Finally, we will **begin development of a personalized plan for our own eldering**, including service to others and leaving a legacy.

LED BY



Randy Morris, Ph.D., is Professor Emeritus at Antioch University Seattle where he supervised the Spiritual Studies and Psychology areas of concentration. He continues to teach classes in dreams, mythology, depth psychology...



Janey Talbot, M.A., is a graduate of the Certified Sage-ing Leader program and looks forward to empowering a new generation of elders. Her career has been in community education and development...

Join on Zoom
**January 13th, 14th & 21st,
2024**

1 pm - 4 pm PT
Zoom link sent upon enrollment

\$95 - \$150, Sliding Scale
Due at Registration



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additional Embracing
Elderhood trainings**

Register at RiteofPassageJourneys.org • 425.485.7396