

HOLY SPIRIT RETREAT CENTER | 4316 LANAI RD., ENCINO, CA 91436
818-784-4515 | FAX: 818-784-0409 | hsrcenter@earthlink.net | www.hsrcenter.com

Saturday, November 21st 9:00 a.m. – 3:30 p.m.

CONSCIOUS AGING: MAKE A CHOICE!

Presenters: Sr. Deborah Lorentz, SSS M.Ed. & Lala Rukh Khan, Wellness Educator



Conscious Aging is a program that has been developed by the *Institute of Noetic Sciences*. Sister Deborah and Lala have “signed on” as facilitators for this program. There are eight sessions in all.

**Introduction to Conscious Aging, Self-Compassion, Forgiveness,
Life Review, Transformative Practices, Death Makes Life Possible,
Surrender-Letting God, Creating a New Vision of Aging.**

On this retreat day, the program will be introduced to participants. During this first day, those present will engage with Self-compassion and forgiveness. The following two sessions will cover the remaining topics.

**Fee: \$45.00 per person with lunch; \$35.00 without lunch
\$10.00 non-refundable deposit with registration**

REGISTRATION FORM

(CONSCIOUS AGING, 11-21-15)

NAME : _____

ADDRESS: _____

E-MAIL: _____ TEL : _____

ENCLOSED IS MY NON-REFUNDABLE DEPOSIT: \$ _____ ENCLOSED IS MY FULL PAYMENT: \$ _____

ENCLOSED IS MY FREE—WILL OFFERING : \$ _____

SIGNATURE: _____ DATE: _____