

HOLY SPIRIT RETREAT CENTER | 4316 LANAI RD., ENCINO, CA 91436

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Saturday, March 7, 9:00 a.m. – 3:30 p.m.

CONSCIOUS AGING: MAKE A CHOICE!

Presenters: Sr. Deborah Lorentz, SSS M. Ed. And 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. There will be selected exercises chosen to expose those present to the material so that by the end of the day each person will be able to decide whether he or she would like to commit to all eight sessions. There is a **Conscious Aging Workbook** that each participant is expected to buy when committing to all eight sessions. This workbook will be used for the duration of the sessions. The times for those sessions will be agreed upon by those present on the day itself.



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

REGISTRATION FORM

(Conscious Aging, March 7)

NAME : _____

ADDRESS: _____

E-MAIL: _____ TEL. : _____

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

ENCLOSED IS MY FREE—WILL OFFERING : \$ _____.

SIGNATURE: _____ DATE: _____