



“Becoming A Sage” A Colorado Intensive!

*Presented by: The Sage-ing® Guild and
The City of Longmont Senior Services*

*Changing the Paradigm from Age-ing to Sage-ing®
www.sage-ingguild.org*

Participants will learn how to:

- + Harvest their wisdom and transmit it as a legacy to future generations*
- + 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 will benefit:

- + Older adults and elders and their families*
- + 50-something adults who wish to design their second half of life*
- + Anyone interested in ‘conscious aging’*
- + Professionals and caregivers who work with elders*
- + Clergy, social workers and hospice workers*
- + All people who are interested in exploring a new paradigm of the life cycle as described in Rabbi Zalman Schachter-Shalomi’s book, **From Age-ing to Sage-ing 1995***
- + Participation in this workshop also serves as a pre-requisite for the Certified Sage-ing® Leadership training program*
www.sage-ingguild.org

Workshop Dates and Location:

Longmont Senior Center, 910 Longs Peak Avenue, Longmont, Colorado 80501
Friday, April 9, 5:00 p.m. - 8:30 p.m.; Saturday, April 10, 8:30 a.m. - 5:30 p.m.; and Sunday, April 11, 8:30 a.m. - 3:30 p.m.

Lodging and Transportation:

Radisson Hotel, 1900 Ken Pratt Blvd, Lgmt, CO 80501	303-776-2000
Courtyard by Marriott, 1410 Dry Creek Dr., Lgmt, CO 80501	303-682-1166
Hampton Inn, 850 Main St., Lgmt, CO 80501	303-772-2554

Northern Colorado Super Shuttle 303-772-5466
Serves all 3 hotels to/from Denver International Airport with reservations.

Certified Faculty:



Judith Helburn, MS and Certified Sage-ing Leader, has been a CSL since 1997 and was blessed with having Reb Zalman Schachter-Shalomi, Bahira Sugarman and Shaya Isenberg, founding faculty, as her teachers. She has mentored interns since the Mentoring program began and is currently Training Coordinator for the Sage-ing Guild. Judith works with seniors in several other programs in Austin, Texas, including the Older Women's Legacy Circle memoir program of Story Circle Network.



Maureen Dobson, MSW, and Certified Sage-ing Leader, has worked with older adults and caregiving families in Colorado since 1985. Maureen is a previous senior housing administrator and is currently the SW Regional Coordinator and member of the Guild's Education Committee. She enjoys sharing her lifelong passion of "conscious living" as both a learner and a teacher.

Sage-ing Intern: **Rosemary Williams, MSW**, is completing her Certified Sage-ing Leader Internship in June 2010. She has worked with elders and caregiving families for thirty-eight years. As the director of the Area Agency on Aging in Boulder, Colorado she introduced strengths-based aging services and oversaw the development of the countywide strategic plan for aging well in Boulder County.

Special Guest on Sunday: **David Chernikoff**, M.Div., LCSW, spiritual counselor, life coach, and psychotherapist in private practice, and the former Director of Education and Training for the Spiritual Eldering Institute. David currently teaches at Naropa University and is also one of the guiding teachers of the Insight Meditation Community of Colorado. He leads a weekly meditation group in Boulder and teaches in the U.S. and internationally.

*Registration Form
"Becoming a Sage"*

*Longmont Senior Center
Friday eve April 9 - Sunday, April 11, 2010*

Name _____

Address _____

City/State _____ Zip _____

Telephone: Day _____ Evening _____ Cell _____

E-mail _____

Conference Fees: _____ **Amount:** _____

Workshop @ \$250 [Includes materials, lunches, snacks] _____
(limited scholarships available)

Or Reduced price @ \$125 [for 'repeaters' only] _____

Dinner Friday night @ \$15 [optional] 5:00 pm - 6:00 pm _____

Total Enclosed _____

Sunday's "Fireside Chat" and lunch with David Chernikoff
11:00 a.m. - 1:00 p.m. is open to local Sage-ing Circle participants who are
not participating in the weekend Intensive

\$15.00 fee for discussion and lunch only 11:00 a.m. - 1:00 p.m.
Total Enclosed (\$15.00) _____

Please make check payable to "City of Longmont"
(registration confirmation and receipt will be mailed)

Send completed registration form and payment to:

Maureen Dobson
8050 Niwot Road #13
Longmont, CO 80503

For more information, please contact:
Maureen Dobson: 303.819.2588 MST, maureen@wisdomwork.org
Judith Helburn: 512.454.7229 CST, thehelburns@sbcglobal.net