



GraceFull Aging

Creating the Life You Want

ONE DAY WORKSHOP
SATURDAY, MARCH 28th
9:30 am to 4:30 pm

When you begin to sense that you are reaching an ending, it creates new conditions of thoughtfulness, reflection, memory, and desire that are inaccessible to those oblivious to the passage of time. This new sensitivity can add an enriching dimension to the meaning of one's life.

Do you look at the cup half full or the cup half empty?

This workshop is an opportunity to:

- ◆ Explore Conscious Eldering and how to step into aging with wisdom, creativity, passion and purpose
- ◆ Understand the transitioning process of aging to find a sense of GRACE on your journey
▶▶▶▶ Generosity, Resilience, Acceptance, Compassion and Engagement
- ◆ Discover your unique gifts that can be offered in a new way to move from striving to aliving
- ◆ Uncover where you may have limitations on creating greater levels of pleasure and joy in your life
- ◆ Learn practices for Livin Life Well and maintaining an attitude of optimism on the aging journey
- ◆ Experience the nurturance of spiritual, meditative and contemplative practices for aging with grace
- ◆ Learn the power of the breath to maintain health and enhance well being, living in the present

LOCATION: BEST WESTERN INN, 2404 Hwy 97, Kelowna

DATE AND TIME: SATURDAY, MARCH 28: 9:30 am to 4:30 pm

COST: \$89 + GST per person/ \$160 + GST per couple



**Marjorie Horne is a Conscious Aging Facilitator,
Certified Professional Consultant on Aging and
Master Breathwork Practitioner**

**Marjorie can be reached at 250-863-9577 or
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