

## ***The Soul of Aging***

*Ten 2 ½ hour weekly sessions beginning  
Tuesday, September 26, 2017*



### **Facilitated by:**

**Germaine Watts**, MIR, is an adult educator, organizational development consultant, mindfulness coach, and a Courage & Renewal® facilitator with Parker J. Palmer's Center for Courage & Renewal.

This program offers a community experience, where participants learn together to understand, surrender to, and be transformed by the aging process. In ten safe, quiet, nurturing, and confidential sessions, expert facilitators present a variety of tools to promote reflection and discernment including poetry, prose, music, and videos.

***The Soul of Aging*** is framed on the knowledge that this phase of life, possibly more than any other, demands cultivation of inner resources and the natural deepening of the spiritual dimension of our selves. *The Soul of Aging* will give you an opportunity to explore questions such as:

- "How can I come to peace with the regrets in my life?"
- "How can I let go of old ways and seize these moments to live my uniqueness now?"

### **Program Fees:**

Fee, including materials and snacks, is \$35/session (total \$350). A non-refundable fee of \$35 is due at time of registration. Half of the remaining program fee (\$155.00) is due at the start of the program, and the balance (\$160.00) is due at the 5<sup>th</sup> session.

### **To Register or for more information:**

Contact Germaine by email at [germaine.watts@gmail.com](mailto:germaine.watts@gmail.com) or call 333-7093

A limited number of participants will be accepted.