

Conscious Aging – Conscious Living



*Form blossoms into Essence
Essence transcends into Formlessness
Formlessness holds the seeds of ALL*

A Workshop on Conscious Aging – Conscious Living

An invitation to explore, to embrace, and to celebrate the darkness and the light in the transcendent dance of being spirit on a human journey of Awakening.

- ~ A time to connect with your Soul's work
- ~ A supportive space for reframing societal messages of aging
- ~ A sacred space to name the gifts of your life experience.
- ~ A place to connect with kindred Awakened spirits

Drawing on the work of such spiritual teachers as Ram Dass, Barbara Marx Hubbard, Joanna Macy, and others this workshop will involve a blend of reflective exercises, guided meditation, sacred dance, and sharing circles.

Facilitated by: Joy Emmanuel
Register with Joy at: Joye@telus.net

Cost: \$80.00

Saturday, February 27, 2016
9:30 am to 4:00 pm

111 Superior St., James Bay
Community of Conscious Living



Joy Emmanuel is a Transformational Coach, Adult Educator, Organizational and Community Animator who has been leading retreats on Vancouver Island over the last decade.