

Welcome



Celebrating Women: Flourishing within Aging

with Susan Weber and Lynn Motley

G24100302

October 13-18, 2024

Dear participants of Celebrate Women: Flourishing within Aging (October 13-18)

We are excited you have joined this offering as we explore the challenges and joys that aging presents.

Each day will begin with a reading that will be the theme for the day, a gentle yoga practice, and some creativity and collage that will enhance our experience -then lively discussions!

Bring along a journal that is at least 5x7, some images of older women you admire, as well as photos of yourself at different stages of life! Any art supplies you might like to use would be helpful & we will also have some you can borrow as well as magazines for images to choose from. Suggested reading is Women Rowing North by Mary Pipher.

If you have a special small rock or crystal to pack and bring, that would be useful for an exercise we will be doing. And don't forget a colorful dress or top for our journey dance (maybe a flowing scarf if you have one too).

Pack comfortable layers for cool mornings and evenings, stretchy ones for yoga (mats & blankets/blocks provided). Sturdy walking shoes, sunscreen and a hat also good. There will be time for walks/hikes, horseback rides and relaxation as well. While masks are not required Covid is still real so do whatever you choose to stay safe. Hand sanitizer and antibacterial wipes can be beneficial.

Again, thanks for joining us. We are looking forward to delving into this timely topic through sharing, learning, and expanding our view of what aging means, then exploring ways to not only cope but embrace, flourish, and hopefully welcome this phase of life's journey.

If you have questions feel free to reach out to me or Lynn.

Cheers, and safe travels,

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