

# ELDERSHIP

## Exploring the Joy and Fears of Ageing

PART ONE OF A FOUR PART SERIES



Join us in Italy

september 8th - 15th

### Eldership: Exploring the Joy and Fears of Ageing Part One of a Four Part Series

This workshop will teach concrete skills to address our anti-ageing and fear of aging attitude that devalues eldership.

It is not only a problem of society to fear ageing and misunderstand its meaning and purpose. We, ourselves, contribute to this put-down of mature and old age through our own inner attitudes, our internal ageism.

In a fun and creative atmosphere, you will play and create with clay as a way to reach feelings often hard to explain in words. You will also use art, yoga, poetry and literature, to reach undiscovered regions of your mind, body and soul – and you will explore how to continue to be an active participant and guide in our societies.

#### Who are we and how do we fit into this modern world today?

The idea and skill of “eldership” provides a guidepost for all yearning for consciousness in these turbulent times. In this six-day residential

workshop (Part One of a Four Part Series) we will explore Eldership as an attitude we can learn and practice at any age.

#### This workshop is meant for:

- 1 Youth, middle-aged adults, and mature ‘elders’ all coming together to share and delight in their experiences and shared wisdom, and hone their skills in eldership;
- 2 Providers and professionals in the field of eldercare, wanting to learn new ways to work with and be with elders;
- 3 People of any age desiring a life of meaning with a different, eldership informed awareness and understanding of life – a view of life backwards, through the lens of timeless virtues and values; and
- 4 Those who are searching for mysteries and wonderment that lie beyond everyday life.

#### Dates

8 - 15 September 2017

#### Venue: Farfa Abbey

Via del Monastero, 1, 02032 Farfa in Sabina RI, Italy

#### Cost

Register Before June 1	Register after May 31	Room Type
875€	950€	part of 4-bedroom
975€	1050€	part of double room
1075€	1150€	a single room

The fee includes full board & lodging, programme materials & tuition beginning with dinner September 8th until lunch September 15th.

We want to welcome everyone. We have a few work study positions open if you need financial assistance due to your life circumstances. Please send us a request.

#### Transport

Nearest airport is Rome Fiumicino.

#### Registration

Seating is very limited. Early registration pricing ends 31 May, regular registration ends August 1st.

For more information please email [info@eldershipacademy.org](mailto:info@eldershipacademy.org). A questionnaire will be sent at registration for further details about transport and special needs.

### Part One of a Four Part Series

#### Meet our team



##### Madeleine Cunningham

Professional Studio Potter. Facilitated workshops for many years in Greece and Wales. Practitioner in Swedish Massage and Aromatherapy.



##### Rosi Robertazzi

Trainer yoga & art; storytelling, theatre, singing, poetry. Active in Italy, Norway & India.



##### Nader R. Shabahangi, Ph.D.

Trainer, psychotherapist & coach. Manages and develops eldership communities in California.



##### Winston Waterton

Life coach, thai massage practitioner and social worker for children and families.



Join us in Farfa, a medieval Italian village in the heart of the Sabine hills close to Rome. A place full of peace, serenity and simplicity.