

Join this retreat meant for awareness seekers eager to embrace the richness and difficulties of life and learn how we can continue to contribute to our societies with Eldership!

# Eldership Retreat Farfa, Italy

Using clay, poetry, literature, story-telling, self-reflection, and yoga to tap undiscovered regions of the mind, body & soul.



**SEPT 10-17, 2018 · FARFA, ITALY**

Who are we and how do we fit into this modern world today? The practice of “eldership” provides a guidepost for all who yearn for positive engagement in our communities and more enrichment in everyday living. In this seven-day residential retreat we will explore eldership skills we can learn and practice at any age.

[www.eldershipacademy.org/eldership-residential-italy](http://www.eldershipacademy.org/eldership-residential-italy)

# The Eldership Workshop Retreat

At this residential retreat, we will explore the role of elders and eldership in our our lives, communities and society. Using a Process Work and deep democracy approach we will learn methods to address some of the anxieties and worries we face in our ever-changing world. We will engage with creativity, dynamic group interactions, short theoretical presentations, and inner work to discover renewed growth on our personal learning path. The retreat's learning style is participative. In an open-minded space participants guide the path of our process with questions, experiences, and in bringing deepest inspirations into the group and into the world

For awareness seekers of all ages; coming together to share and hone their skills in eldership.

For people of any age desiring a life of meaning with an eldership-informed awareness.

For providers and professionals engaging in the field of human services.

For those who are searching for mysteries and wonder that lie within & beyond everyday life.

## Venue

**Farfa Abbey- Via del Monastero, 1, 02032 Farfa, in Sabina RI, Italy.**

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

## Meet our Team



### **Madeleine Cunningham**

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



### **Nader Shabahangi, PhD, PW Dipl.**

Trainer, author, psychotherapist, yoga instructor & coach. Specializes in revisioning aging and new ways to understand forgetfulness (dementia) and eldercare.



### **Julia Wolfson, PhD, PW Dipl.**

Facilitator, author, coach. Works internationally with people, organisations and communities in the midst of dynamic development. Specializes in human services.

Madeleine, Nader and Julia are students of Arnold Mindell's Process Work. Nader and Julia are part of the Deep Democracy Institute team, a global training and research organisation teaching and supporting grass roots leadership and conflict resolution in hotspots around the world.

## Residential Cost

Residential Cost The fee includes full board & lodging, programme materials & tuition beginning with dinner September 10th until lunch September 17th, 2018.

Register After June 1	Room Type
975€	Part of 4-bed room
1075€	Part of double room
1175€	A single room

For inquiries, please email us at: [info@eldershipacademy.org](mailto:info@eldershipacademy.org).