



"The Healing Life and Healing Death weekend has helped me to be at peace with my own death, not something that was part of my previous professional education. With this peace I am able to be fully present with others in their dying, to help them at a time that is often frightening and always mysterious." — NURSE

"This workshop is a gift of life and renewal. It opened me up to more spirit in my life." — PARTICIPANT

HEALING LIFE—HEALING DEATH

Living fully, with the awareness of death, opens us to the preciousness of life and offers conditions for healing and spiritual awakening.

This profound and powerful experiential workshop is designed to help you better understand the process of death, become aware of belief systems around dying, face unconscious fears, and transform your relationship to simply being alive!

For whom: Beneficial for health-care professionals, caregivers, persons with life-challenging illness, people in grief, or anyone who wishes to explore their own life and death.

WHAT WE WILL DO?

- practical tools
- educational talks
- small group sharing
- expressive arts
- yoga
- ritual

CONTENTS COVERED:

- physical dying, the facts
- fears of death and dying
- unfinished business
- what is important in life
- life-review and forgiveness
- exploration of spirit

FACILITATION:

Carole Lindroos, MA, LPC, is a licensed professional counselor with over 20 years experience working with cancer patients and their families. She is currently in private practice. She was the Program Director at QualLife Wellness Community and one of the original developers of the Healing Life/Healing Death weekend over 11 years ago. Carole has completed training with the Zen Hospice of San Francisco in End-Of-Life Counseling, and she brings her personal experience of losing her daughter to cancer 7 years ago.

Laura Scott, MA, is a psychotherapist and professional art therapist with 8 years experience providing counseling support for cancer patients and their families, those who are grieving, and health care professionals. She works with various organizations including Y-ME National Breast Cancer Organization, Shambhala Mountain Center and Exempla Lutheran Hospital. Laura was Director of Cancer Services at QualLife Wellness Community and has facilitated Healing Life Healing Death Weekends since 2001.

Carole and Laura will be joined by a staff of qualified professionals and volunteers who have been serving in the end-of-life arena for many years.

WHEN: Saturday, October 13 and Sunday, October 14, 2007, 9:00a - 5:30p, lunch provided on both days

WHERE: Boulder Waldorf Kindergarten, 4072 19th St. (North of Iris), Boulder

COST: \$295 for the weekend includes food and materials. Some partial scholarships are available, please see back.

REGISTER NOW — LIMITED ENROLLMENT — REGISTRATION DEADLINE IS OCTOBER 1, 2007

FOR MORE INFORMATION: Call 303.931.9506 or 303.875.0229, or email HealingLifeHealingDeath@Q.com

REGISTRATION FORM: Healing Life — Healing Death

Saturday, October 13 and Sunday, October 14 - 9:00a to 5:30p

Sign me up, enclosed is my deposit of \$100.

(You will receive a registration packet in the mail reserving your place in the workshop. Your full tuition is due by October 1.)

Name _____

Address _____

Phone _____ Email _____

Current health status/special needs _____

Reason for your participation (optional) _____

Are you in need of financial assistance? _____ If so, why? _____

How much do you need? _____

Please detach this form and mail with your payment to:

Natural Transitions, PO Box 17848, Boulder, CO 80308

Or fax registration form to 1.480.308.1849.

PLEASE MAKE CHECK PAYABLE TO Natural Transitions
