



AGING GRACIOUSLY

Women's Initiation into Elderhood

This is a weekend for women 60 years of age and older who want to honor their elderhood in a ceremonial way and consciously take on the role of community elder. We will live together, explore the cultural stereotypes of old people, confront our own beliefs about aging and re-create ourselves into the crones we want to be. You will learn about nutrition and healthcare, participate in restorative movement and dance and have the chance to share with your peers about this stage of life. We are also offering a sweat lodge, sacred ceremony and initiation day that guests may attend.

Dates: September 4-7, 2025

Location: Felton, California

Price: \$500- \$700 includes lodging, meals, ceremonies

Sign up: Pre-registration and \$550 deposit required.

For more information & registration go to
EmbodyingWomanhood.com/AgingGraciously or
contact Luzia at 831-335-7977