

Creative Maturity: Ripening to Wisdom



Alan Heeks & Ineke Vollebregt

10-16 May 2014 – Findhorn Foundation, Scotland

Maturity is a call:

to your own truth, a new role and the collective wisdom of elders.

This will be an inner and outer exploration, drawing from the wisdom of Findhorn, whose community is a living experiment supporting elderhood. We aim to embody maturity, gather its wisdom, include its shadows, and renew our purpose, through ritual, story, song, dialogue and more. Relevant for anyone in their forties to those in their eighties.

Our week together will include group and solo time, sharing the rich community life of Findhorn elders (meditations, sacred dance, Taizé singing, etc), and dialogues with the groups who enrich and support elderhood here, especially the Community Care Circle, to see how to apply this in our own locality. We will also draw on the wisdom of our own group, Alan's recent book on elderhood, and other sources.

Income related price: £1010 / £770 / £630 (includes 7 nights' accommodation and all meals)

See more at: <http://www.findhorn.org/programmes/534/#.Ugg21NJdWI1>

Booking and workshop information: +44 (0)1309 691 653



Alan Heeks is 65 and is author of 'Out of the Woods: A Guide to Life for Men Beyond 50' and 'The Natural Advantage'. He has led many groups on vision finding, living sustainably and elderhood.



Ineke Vollebregt was a member of Findhorn Foundation in the 1980s and lived in the satellite community on Erraid. Since returning in 2006 she has served in many of the Foundation's service departments and is currently in the guest department.