



Animated Goddesses by [Nina Paley](#)

The Dharma of Aging for Us Golden Goddesses

Live Online with Joan Borysenko & Gilah Rosner

1-3 pm ET / noon-2pm CT / 11 am-1 pm MT / 10 am-noon PT

Aging gracefully is a delicate dance involving mindful acceptance, loving self-reflection and effective tools to grow resilience and optimism... along with a **whole** lot of humor. Come experience the dharma (truth) of aging through a shared journey of spiritual, heartfelt, and practical wisdom for us savvy, sassy, and simply splendid women of a certain age.

And what age is that? While there is no precise number—we think of the Golden Age as the time of life for focusing your work (paid or volunteer) on what has real meaning for you. Perhaps you will move in a new direction that truly excites you or you'll continue what you love to do at a more relaxing pace. It's a time for deepening what blesses you, and ditching what stresses you, for being with family and friends, and for learning new things. It's a time for finding meaning, purpose and pleasure.

Most of all, the Golden Age is a time for embracing your inner Goddess, for returning to your authentic self, and for appreciating all that makes you so lovely both inside and out... and that's precisely what we will explore together!

During 3-part program, as we explore **Mind Body Marvels**, **Emotional Alchemy** and **Spiritual Ripening**, you'll be nurtured in a community of like-hearted women through a delicious mix of presentations, contemplation, laughter, and intimate conversation in small breakout groups. Together, we'll co-create a ~~day~~ community of deepening that nourishes, inspires, and reveals what a gorgeous, Golden Goddess you truly are!

Aging brings the opportunity to begin focusing more on the inner life, and creating more space for personal growth, spiritual development and perhaps, a more graceful way of being in the world.

Together, let's write a new story of how glorious aging can be!