

Women of a Certain Age: The Ripening Years

As the seed ripens inside the fruit, so we too, "Women of a Certain Age", women in our maturity, ripen. We begin to plumb new depths of wisdom and have many gifts to offer a culture whose values, which appear to be morally empty, celebrate youth, the acquisition of wealth and skin deep beauty. We know better.

A Residential Workshop for Women Minimum age 50, there is no upper limit

More women than ever before are living well into their third age. Those women who are now passing the threshold of the menopause have experienced much more freedom from the restrictive boundaries which constrained women of previous generations. What can we older women, the female elders of our society, make of the opportunities which these freedoms offer?

This workshop is for women who want to tap into the potential for their elder years to be the most fulfilling and soulful stage of their life.

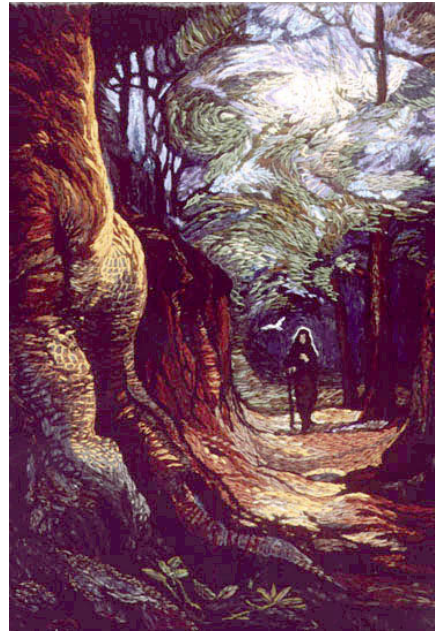
This workshop offers a creative place in which we can:

- ❖ Challenge the stereotypes around what society deems "aging women" to be.
- ❖ Take stock of our fears around ageing, addressing our concerns around our changing bodies, and changing roles,
- ❖ Dare to look deeply into the gifts we have to offer.

We will track the archetypes of The Crone and the Wild Woman, finding spaces to laugh, cry, and be both serious and outrageous. We will bask in the joyousness of our Wise Womanhood.

Come, dance, track the river of your lives, commiserate with other women over your losses and failures and celebrate all that you are.

If you think you are too old for this workshop then it is definitely for you!



Course Leaders:

Liz Bolt

Liz was born in 1940. Liz is a wife, mother and grandmother. She has an MSc in Education, a PG Dip in Humanistic Psychology and facilitator styles as well as a PGCEA. Liz worked for many years as a registered nurse mostly in Oncology. A mid-life change led to her working as a lecturer in Education at Surrey University for 15 years. Liz has facilitated personal development workshops including assertiveness, death and dying and journal work. Since training at the Psychosynthesis and Education Trust, Liz has worked as a counsellor/psychotherapist in private practice, and now facilitates the centre's *Afterglow* series. Liz feels that the older she has become the more passionately she believes that the menopause is an important rite

of passage. She knows it as a change that brings with it the opportunity to explore ways of living a more creative, meaningful and embodied life and she is excited by the prospect of sharing this exploration with other ageing women.

Rosie Manton

Rosie Manton BA trained at the Psychosynthesis and Education Trust London in 1984 under the direction of Lady Diana Whitmore, and has been Senior Trainer at the Psykosyntes Akademin from its inception. She has a background in movement and dance (Laban based), and trained in 5 Rhythms creative dance with Gabrielle Roth. She also trained in Holotropic Breathwork with Stanislaw Grof. She brings a body-based bias into her teachings at the Akademin, and works at the

Psykosyntes Institutet in Gothenberg, and at the Trust in London. For several years she collaborated with two trainers to provide week long residential courses in Women's Work under the auspices of The Tavistock Institute, London. She has a strong leaning towards the transpersonal, to help reveal the full potential of all those with whom she works.

Venue: Earth Spirit, Dundon, Somerton, Somerset

Dates: Tue 8th May 2007 5.00pm – Thu 10th May 2007 5.00pm

Costs:

Course and administration fees are £180 (£20 reduction on the course fee for bookings received before January 31st 2007)

Accommodation is available for 2 night's full board as follows:
Twin room with en-suite: £95 (£15 supplement for single occupancy)

Dormitory accommodation with a shared bathroom: £85

Camping / campervan: £71

Booking: To reserve a place send a deposit (non-refundable) of £60 with a short statement of why you want to do this course.

Applications to: Lyn Jones, 257 St Andrews Road, Bridport, Dorset DT6 3DU, UK

Make cheques payable to: the centre for *gender* psychology

further details from: www.genderpsychology.com

e-mail: info@genderpsychology.com