

Aging Like a Guru:

Conversations + creative exploration

A new women's group encouraging sharing, wising-up, and honoring our aging process

AGING
LIKE A GURU



6-week online creativity group

With facilitators Rosie Kuhn, Ph.D, and Margaret Lindsey, MFA

“Explore who you are in the midst of this human experience... access the inner wisdom that is already there.”

Beginning in January 2021...

Who me, you say? In this 6-week zoom class, Margaret Lindsey & Dr. Rosie Kuhn will provide a healing “container” for you to be seen & heard and connect to your playful self as you engage with creative practices that empower you to live consciously with the extraordinary realities of aging.

The intention of this group is to provide encouragement, perspective, and a safe, trusting space to examine and explore who *you* are in the midst of this human experience—regardless of where you are in the aging process. This isn't a how-to group, it is more of a how-it-is and how-it-can-be group: women being curious together, supporting and witnessing each other in the process of wising-up.

“Aging like a guru requires us to get acquainted with who is inside these beautiful vehicles of life - our bodies. It requires that we experience the humor and delight that travels along with us. And, to age like a guru requires the practice of seeing that... it just gets better every day!”

“Aging like a guru allows us to look closely at our beliefs and the conditions within which we built those beliefs.”

“Aging like a guru means that you give yourself credit for being in the skin you are in. Love the one you are with – yourself.”

“Aging like a guru means maturing, wising-up, expanding one's orientation to the world, discovering a personal way of looking at life that allows grace and dignity to exist within everyone.”

**This workshop is inspired by “Aging Like a Guru – Who Me?” Dr. Rosie Kuhn's book on the aging process, available now on Amazon. All quotes are from “Aging Like a Guru - Who Me?” by Dr. Rosie Kuhn, published by The Paradigm Shifts Publishing Co. © 2018*

Details:

**6 zoom sessions: 1-2:30pm PST, Tuesdays, Jan. 12, 19, 26, Feb. 2, 9, 23, 2021
\$300 for all 6 sessions.**

For more info and specifics, or to reserve your spot:

Please contact Rosie Kuhn, at rosie@theparadigmshifts.com

or

Margaret Lindsey at m.lindsey.art@gmail.com

Online Registration available at: <https://www.artransforms.com/classes>

About the facilitators:



Rosie Kuhn, Ph.D.

Dr. Rosie focused her studies in Marriage, Family and Child Therapy in the 80's. In the 90's she specialized in Spiritual Guidance and Creative Expression, earning her PhD in Transpersonal Psychology. In 2000, she began integrating human/family transpersonal spiritual dynamics, and created and began facilitating the Transformational Coaching Training Program through ITP in Palo Alto, CA (now Sofia University). Rosie is considered to be a preeminent thought-leader in Transformational Coaching. Her interests and passions have taken her from boardrooms to ashrams, in service of supporting every individual to come into

fulfillment of their human-spirit. She is the author of many books, including AGING LIKE A GURU—Who Me? And, her most recent book, I'VE ARRIVED! WELL, SORT OF!

Connect with Rosie and her work:

Email: rosie@theparadigmshifts.com

Website: <https://www.theparadigmshifts.com>,

Instagram: @Rosie.Kuhn

Facebook: <https://www.facebook.com/DrRosieKuhnAsTheParadigmShifts>

Margaret Lindsey, MFA

Margaret is a dynamic creativity mentor, artist, educator and facilitator who guides conscious art practices and expressive art programs in many settings, from graduate seminars to zoom workshops. She also offers one-on-one mentoring. She defines ART as a creative method of inquiry, an *action* taken rather than an object. Her personal art-making practice and facilitating have led her around the world, showing her work and guiding groups. She now lives in Nevada City, CA, and shows her paintings locally at Art Works Gallery, and in other galleries & community spaces locally and worldwide.



Connect with Margaret and her work:

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