

# An Aleph Sage-ing® Training

## MAY 28 – JUNE 1<sup>2007</sup>

Monday evening through Friday lunch  
Isabella Freedman Retreat Center, Falls Village, CT 06031  
Co-sponsored by The Elat Chayyim Center for Jewish Spirituality

## *The Heart's Wisdom & Legacy*

Rabbi Shaya Isenberg, Lynne Iser and Bahira Sugarman

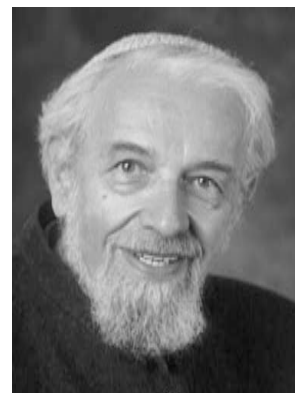
Featuring Rabbi Zalman Schachter-Shalomi



Bahira Sugarman & Rabbi Shaya Isenberg



Lynne Iser



Rabbi Zalman Schachter-Shalomi

Many traditional cultures teach that "acquiring a heart of wisdom," as the psalm says, is the skill that is specific to eldering. Now is the time to learn how to transform our life's experience into wisdom so that

we may consciously live our days with meaning, joy, and connection to the source of what is best within us. We can pass through a gateway of transformation to move from "age-ing" to "sage-ing," looking forward to our elder years with anticipation and a sense of wholeness rather than backing into old age with fear and avoidance.

**This work evolves from Rabbi Zalman Shachter-Shalomi's vision of shifting the cultural paradigm about growing older. This new vision empowers us to:**

- Enrich the present moment
- Face our mortality and learn from it
- Mature in our relationships
- Develop a regenerative spirit
- Take active leadership roles in our communities
- Formulate a spiritual legacy for the generations following.

**This 5-day 24 hours of training workshop** will focus on relating in wise ways by exploring the quality of relationships and the vitality of the

social web. Presentations will be intertwined with journal writing exercises, text study, interactive and individual meditations, movement, and group sharing. The workshop will feature the participation of Rabbi Zalman Schachter-Shalomi, who will share his current thinking about Sage-ing® work and answer questions via teleconferencing. This is an unparalleled opportunity.

While learning transformative "Sage-ing Tools" based in Jewish practices, we will also draw on the wisdom of other traditions, psychotherapy and current integral teachers. We view this as a deeply ecumenical process and invite all participants to connect their aging to their spiritual life.

**Appropriate for:**

Elders and their families  
Professionals working with elders

**Program Fee:**

\$375 (includes materials fee)

**Reservation Information:**

<http://elatchayyim.org>  
or email [registrar@elatchayyim.org](mailto:registrar@elatchayyim.org)  
800 -398-2630 x307

**Program Information:**

[BahiraS@aol.com](mailto:BahiraS@aol.com) or [sri@religion.ufl.edu](mailto:sri@religion.ufl.edu)  
Course credit for ALEPH smicha students may be available for this class.

This may serve as a prerequisite course for the Sage-ing® Guild leadership certification.



Rabbi Shaya Isenberg, Ph.D, Lynne Iser, M.P.H. and Bahira Sugarman, MSSW, DCSW, co-direct the ALEPH Sage-ing® Program. They are senior students of Rabbi Zalman Schachter-Shalomi, founder of the Spiritual Eldering Institute, (SEI). Lynne Iser was the Co-Founder and first Executive Director of the SEI where Bahira and Rabbi Shaya were senior faculty.

*Rabbi Shaya Isenberg* teaches Jewish studies and comparative mysticism at the University of Florida where he is past Chair of the Religion Department. He is co-founder and co-director of UF's Center for Spirituality and Health, an affiliate member of UF's Center for Gerontological Studies and he serves as Rabbi for P'nai Or Gainesville. He also is a faculty member and serves as a director of studies for the Aleph Rabbinical Ordination Program.

*Lynne Iser's* professional passion is to create elder communities designed to add value to our world and culture. She brings over 30 years experience and a wealth of information to community non-profit organizations. She currently facilitates vision councils for "Second Journey;" is the board chair for Elat Chayyim Center for Jewish Spirituality, and is currently facilitating the formation of a co-housing community in Philadelphia.

*Bahira Sugarman*, a traditional Reiki Master Teacher, is ordained as a spiritual guide by Rabbi Zalman Schachter-Shalomi and has been celebrated as an Eyshet Hazon (Woman of Vision). She combines psychotherapy with transpersonal and healing work in private practice. Licensed as a clinical social worker, as a marriage and family therapist, and as a massage therapist, Bahira teaches T'ai Chi Chuan and Reiki and has taught workshops on the relationship as a spiritual path with Rabbi Shaya.

*Rabbi Zalman Schachter-Shalomi*, the spiritual leader of the Jewish Renewal movement, is known as the "Zaydeh," the "grandfather," of the Conscious Aging Movement and creator of the Spiritual Eldering Process. He is Professor Emeritus from Temple University and has just retired from several years as the World Chair in Spirituality at Naropa Institute, Boulder, Colorado.