



# Finding the Gold in Your Golden Years

## Discovering Meaning in Aging

Do you believe that, despite having been alive many years, you still have important things to do, more to learn? Maybe you even feel that your best years are still ahead. You're not done yet!

Various schools of thought, including western psychology and eastern spirituality, view human life as being divided into phases (infancy, early childhood, adolescence, etc.) that are defined by different primary tasks and developmental focus. In modern times with longer life spans, people might spend as much as several decades in the phase of known as older adulthood.

In this class, we will look at older adulthood as a distinct phase of life with its own meaning and purpose. Questions we will address in this class series include: What is the purpose of your later years? What are the primary developmental tasks of this phase of life? How can you become your full, unique self? We'll explore these questions with Process Work, an awareness-based system developed by Arnold Mindell that combines elements of Jungian Psychology, Taoism, and indigenous wisdom. In Process Work, each individual is seen as having his/her own unique life myth or path; by discovering and following one's life myth, our lives gain meaning and fulfillment, and the world is better for that. Examining our nighttime dreams, exploring health issues and symptoms, and unfolding unusual life events can bring understanding to one's unique myth.

Together we will create community as we engage in deep, playful self-exploration to discover how to best utilize the rest of our lives. The classes will contain experiential exercises, theory, and offer tools for personal growth.

*Because each class builds on the previous, registration for the full series is required.*



Herb McDonald has had a lifelong fascination with the human body and mind: how they work, ways of enhancing performance, and maximizing a creative and enjoyable human experience. For over 30 years, he has been self-employed as a yoga teacher and clinical herbalist. Over the past decade, his interests have included an emphasis on the relationship

between consciousness and the body and health. Herb has recently completed a Masters Degree in Processwork Facilitation.

**6 Thursdays**  
**March 7–April 11, 2019**  
**2:00–4:00 PM**

**\$100** (plus tax) pre-registered by February 21  
**\$120** (plus tax) after February 21

Questions: contact Herb at [herbyog@gmail.com](mailto:herbyog@gmail.com) or (505) 999-0361

High Desert Yoga 4600 Copper Ave NE Albuquerque NM 87108  
[www.highdesertyoga.com](http://www.highdesertyoga.com) • (505) 232-9642