



# SACRED AGING RETREAT

KISSAMOS, CRETE

OCTOBER 2 – 8, 2016

*healing - transformative - contemplative – nourishing  
for body, heart, and soul!*

Sacred Aging Retreat is based on the recognition that life's phase for those 50 years of age on up can be an empowering and inspiring opportunity for emotional, creative and spiritual growth.

It aims to help elders move beyond fear and stress so that they may continue to discover and celebrate the sacredness, wisdom and beauty of their lives.

Come and join us to explore this on the beautiful and unspoiled island of western Crete!

This retreat is facilitated by Saki Lee, a licensed acupuncturist, facilitator for conscious aging, and Sufi retreat guide with many years experience in guiding individuals and groups internationally.

FOR MORE INFO CONTACT:

[www.sacredaging.org](http://www.sacredaging.org) , e-mail: [saki@sacredaging.org](mailto:saki@sacredaging.org)  
[www.lightsong.info](http://www.lightsong.info), e-mail: [lightsong@gmail.com](mailto:lightsong@gmail.com)