

CONSCIOUS DYING:

PLANNING FOR IMPERMANENCE



January 26 - 29, 2017

The Baltimore Shambhala Center

3501 St. Paul's St. Baltimore, Maryland 21218 \$150 Suggested Contribution

WORKSHOP

Planning for Impermanence: Join us for a second weekend of contemplating how preparing for our own death can bring greater meaning and peace into everyday life.

Open to All. No pre-requisites.

Saturday, January 28th and Sunday, January 29th 9 am - 5 pm

Exploring:

- ◆ In-Depth with Advance Directives, UMD professor Jack Schwartz
- ◆ Grief and Bereavement (including explorative art and writing)
- ◆ Companioning the Dying
- ◆ Home Funerals
- ◆ Earth Friendly Disposition Options
- ◆ Care for the Caregiver



JOIN US

For Thursday, Friday
or the full program.

REGISTER AT

Baltimore.shambhala.org

OPEN HOUSE TALK

Living with Death

Beth Strommen

Thursday, January 26th

7:30 pm Talk

6:30 Optional sitting and Tea

What is it like to live with a terminal illness? Beth reflects on her journey and how her knowledge and experience has profoundly changed her life.

FILM AND DISCUSSION

Mortal

Friday, January 27th, 7 pm

An award winning documentary by Sara and Bobby Sheehan about how beautiful it is to be mortal. Interviews include terminally ill individuals and family members, leading medical professionals, and religious leaders.

For further information about the film or workshop contact

Lee Hoyt, Threshold Support Circle:

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