

# Elders Emerging

## The Sacred Path of Living in Presence & Purpose



A journey into authentic, conscious, dynamic & embodied eldering

Alternate Fridays  
April 17 - June 26  
1-3 pm Mountain

### Your Journey Guide

Now just above sixty, Sabrina Santa Clara has been walking the path of conscious eldering for six years — a journey rooted in reverence and ripening wisdom. Though she is a somatic psychotherapist, licensed counselor, and psychedelic therapist, she calls herself first and foremost a spiritual doula — one who midwifes the soul's unfolding, helping others be born into the fullness of who they were called to be. Her path is devotional and communal, guided by the knowing that awakening blossoms most fully in connection, reflection, and the shared remembrance of our inherent wholeness.

Sabrina's work is deeply influenced by Authentic Relating, Internal Family Systems, Neoshamanic practices, embodied knowingness and many religious and indigenous wisdom traditions.



What does it mean to be an elder in a culture that has forgotten how to honor its elders? In a society where aging often brings invisibility — especially for women — many of us arrive at the later seasons of life wondering how to inhabit our wisdom and vitality. Though our bodies may be showing signs of decline, we are deeply seasoned and have so much wisdom to fully live into and to offer the world. Our elder years can be some of the richest and most vibrant years of our lives; Elders Emerging invites you into the sacred reclamation of this season — an exploration of what must be released, forgiven, reconciled, and reclaimed as we step into the fullness of who we are meant to be and the offerings that we have left to give. Within a community of fellow elders, we will explore what it means to live these years with grace, authenticity, and embodied wisdom. Through Authentic Relating, Neoshamanic Internal Family Systems, embodiment, mindfulness, nature practices, journaling, art, and ritual, we will deepen our connection to self, spirit, and community.

**This first of a three-part series, The Path of Invitation,** (followed by The Path of Initiation and The Path of Embodiment) offers a space to remember ourselves home. In these uncertain times, the world needs its elders: wise hearts who can hold compassion, truth, and perspective for the generations to come. Elders Emerging is not about growing old — it's about growing whole.



To register for this, or any events hosted by Sabrina scan the url to the left . The url for this event is [https://sabinasantaclara.com/event\\_registration/](https://sabinasantaclara.com/event_registration/) If you have any questions, please contact Sabrina's assistant by email [pa@SabrinaSantaClara.com](mailto:pa@SabrinaSantaClara.com)

### Program Cost and Registration

This offering is the fruit of many unseen hours — drawing from lived experience, deep eldering, and the artful weaving of curriculum, practices, and community connection. Each detail, from materials to communication, is created with mindful care. The financial contribution for this offering is \$750, though an early bird rate of \$695 is available through March 31st using coupon code OldIsGreat!

Participants must be about 50 years or older to join this gathering.