

Seasoned

An Elder's Emerging Book & Practice Circle



Many of us read to gather insight. We underline passages and accumulate language. But what if a book is meant to work on us? In *Seasoned*, you'll read on your own between gatherings, and when we come together, we won't analyze as much as enter the material — allowing it to touch memory, body, grief, longing, and lived wisdom which may already be present within you waiting to reveal itself.

Each circle centers on one book exploring eldering, aging, death, meaning, and the deepening arc of life. We begin with **Come of Age: The Case for Elderhood in a Time of Trouble by Stephen Jenkinson**. Gatherings weave reflective dialogue with embodied practice, gentle somatic inquiry, mysticism, and Neoshamanic IFS explorations. Simple but depthful home practices help the teachings move from concept into lived experience, and the material often becomes creative catalyst — inspiring poetry, journaling, image, and personal myth.

Seasoned is held in a circle of women (all gender histories welcomed), where a particular kind of safety and resonance allows for unguarded voices and deeper listening. We meet every other week online (hybrid groups coming soon). Most books unfold across four gatherings, and each is a stand-alone experience. Eldering is not a role we suddenly arrive at, but a slow ripening — this circle is devoted to supporting that ripening with intention, creativity, and presence.



Sabrina Santa Clara is a somatic psychotherapist, licensed counselor, and psychedelic facilitator who most identifies as a spiritual doula — midwifing the soul's unfolding. Now in her early sixties, she has been consciously walking the path of eldering, devoted to the slow ripening of wisdom in community.

Her work is shaped by Authentic Relating, Neoshamanic IFS, embodied knowingness, and diverse spiritual and indigenous wisdom traditions. She creates spaces that are relational and reflective, where all states of being are welcome and nothing essential must be hidden. Her approach invites awakening not as performance or attainment, but as a deepening into one's own inner knowing — and into the lived truth that we are not meant to walk this path alone.



Link to
Register

SEASONED - Series 1: Come of Age
Alternate Fridays, April 10 & 24, May 8 & 22
1-3 pm Mountain USA ● **8-10 pm UK**