

2023 - 2024

Art of Living & Dying

Online Workshop Series



Module One Workshop:

Understanding Spiritual Suffering

March 3-4, 2023

Module Two Workshop:

Recognizing Spiritual Suffering

May 19-20, 2023

Module Three Workshop:

Responding to Spiritual Suffering

September 29-30, 2023

Module Four Workshop:

Transforming Spiritual Suffering

January 19-20, 2024

The Art of Living & Dying Series is more about living than about the end of life. This series of four internationally acclaimed workshops draws from the wisdom of our ancestors that the quality of life is enhanced when we do not live in fear or denial of suffering or our mortality. The results of facing or “leaning into” existential-spiritual pain are profound for both caregivers and care receivers and include:

- Physical and emotional well-being
- Antidotes for compassion fatigue and burnout
- Enhanced capacity for healing
- Improved pain and symptom-control management
- Peace of mind and improved relationships

Each workshop is an interactive and inspirational learning experience appropriate for professional and lay caregivers alike, and are followed by a three-month study group process called Circles of Trust®. Participants explore universal patterns of spiritual and emotional suffering with time-tested ways to relieve them. All programs are a creative blend of best practices, instruction, personal reflection, hands-on experience, multimedia presentations, and creative rituals from the world’s great wisdom traditions.

For registration information email karin@sacredartofliving.org