

Death as a Spiritual Teacher: A Workshop with David Chernikoff

Facing death with open eyes and an open heart teaches us to live life with courage, grace, and joy. This workshop will combine short talks by the teacher, partner and small group exercises, guided meditations, and heart-felt discussions in a caring, supportive learning environment. This course is an invitation to truly wake up and celebrate the “laughter of the wise.”

Saturday, Nov. 3, 2018
8:30 - 9:00 a.m. check-in
9:00 a.m. to 4:00 p.m. workshop

East Boulder Senior Center
5660 Sioux Drive
Boulder, CO 80303

Presenter: David Chernikoff, M.Div., L.C.S.W., taught psychology and meditation at Naropa University for many years and has taught workshops on spiritual and psychological aspects of aging throughout the U.S. as well as in Canada and Ireland. Currently, he is one of the guiding teachers of the Insight Meditation Community of Colorado. www.davidchernikoff.com

Workshop (includes lunch and materials):

Resident: \$60 / Non-Resident \$70

Limited scholarships, call 303-441-4388.

To register: Call 303-441-4150

Online: boulderseniorservices.com, click “register online”

Course Code #12538