

Welcome! Congratulations on taking this step for yourself to embody your deep wisdom as a midlife woman and learn ways to find more purpose and fulfillment.

I truly look forward to our journey together through the Eight Gates of Wisdom. My intention is to provide a safe and nurturing place for you to explore the challenges that may be holding you back at each gate and to guide you to a plan of action to move forward.

You will be provided a copy of the book, *The Second Half of Life: Opening the Eight Gates of Wisdom* by Angeles Arrien at the orientation class on April 24th and given a reading assignment to complete before the next class meeting the following Saturday (April 27th). You will need to bring the book each week.

We will work with two of the gates each Saturday class meeting. Through written observations, discussions, light movement or rituals we will explore and reflect the meaning of each gate in our lives.

Here are some guidelines to get the most of your experience:

- Bring your favorite journal and pens
- Wear comfortable loose-fitting clothing that's appropriate for meditation and light movement.
- There is limited food service on campus so bring any snacks you'd like and a water bottle
- Please commit to attending all 5 meetings of the course and let me know if you need to miss a week prior to the session

My hope is that you will come away from this course with a deeper sense of freedom and the courage to claim your true value as a midlife woman.

In Peace,

Beth