



THE ELDER'S WAY 2019

A retreat for men aged 50 and over to explore the remarkable world of Eldership - a place of Accomplishment, Grace, Wisdom and Blessings.

20 Nov - 27 Nov, 2019
Ubud, Bali Indonesia

The Elder's Way retreat is an opportunity for you to explore the potential of your last great journey in life. Far from being a place of placid 'retirement', The Elder's Way challenges you to claim and celebrate this magnificent period of your life as a precious gift and reward for your accomplishment and contribution to yourself and to others.

You will experience and share about letting go, detachment, wisdom, blessing, witnessing, creativity and the homecoming of spirit and the heart.

We will carefully and respectfully journey towards the great domains of your frailty and dying, knowing that even here there is much to be accomplished.

Pondok Saraswati, Ubud

Pondok means little house and Saraswati is the Goddess of Wisdom and Learning. Founded in 1991, this unique, family run retreat overlooking the rice fields in Silungun (near Ubud), provides a perfect tranquil space for group work.

Participants enjoy all of the services and comfort of a small private hotel, with lovingly-prepared beautiful food, a swimming pool, village walks and outstanding service from host Wayan Mandira and the friendly staff.



Elders are a much needed resource within our community. There is work to do!

The Elder's Way is a program developed and co-ordinated by the WA based community organisation Menswork Project Inc. **Man Unplugged** and **Complete Men** are delighted to be involved in the facilitation of the program.

What happens?

Lots of considerate, safe and respectful personal development group work, innovative workshop processes and sharing circles. **Nothing boring!** Some ritual work and plenty of reflection time. Great conversations and mateship. Plenty of village walks, meditation, bodywork, music and stunning local cultural events. We experience care, service, beautiful food, a few surprises and lots of fun! These unique group experiences offer men an authentic, safe opportunity to go to the essence of themselves, to share and explore as a potential springboard to the next part of your life's journey.

Why Bali?

Many rites of passage programs and mens work are based on deprivation, which certainly has it's place for our Warrior archetypes. In contrast, The Elder's Way is based upon gratitude and abundance, a grounded place from which to share our elder wisdom to bless, empower and encourage younger people as they go through their own transitions in life. Where else could you participate in an **8 days fully facilitated, all-inclusive program** with exceptional service and accommodation just sufficiently 'out of the way' to concentrate on just you! We offer a genuinely stunning adventure.

**To book call John Broadbent
+61 (0)417 645 536**

What's in it for you?

Previous participants have reported that they experienced:

- self validation rather than seeking it from others
- a willingness to let go of past issues
- an enriched sense of family and place
- self-respect and respect for others
- freedom to be with other men
- an appreciation of spirit
- the ongoing support and friendship of fellow elders
- an enriched and deeper insight into their life's purpose
- a clearer understanding of what they want to do in the future
- belonging and blessing vs competing with other men
- a defining moment in their life story
- ability to make time and space for themselves
- an understanding of their place in community
- a willingness to know and accept their life's journey

Testimonials:



Wes, Tim and John, the facilitators for May 2019, are truly inspirational guys.

These retreats have been running for around 30 years at Pondok Saraswati, so there is a sense of Spirit and Heart which has developed around this men's work in Ubud. You can trust these guys, be honest with them. Be courageous. You will see clearly and explore deeply - don't worry, they have big hearts and a lot of experience and will guide you to the place you want to be to begin true Eldership.



The Retreat experience went way beyond any of my expectations, delivering for me a space where I was able to be in true integrity with myself amongst good men, opening my heart to them and feeling safe and honoured throughout the week.



The 8 days of pure indulgence to focus on one's own journey free from distraction from the outside world, in the process, learning more about myself. A rare opportunity to go into another personal space where I could value myself.



I arrived in Bali thinking that I had explored so much about myself. I found through the peacefulness of the retreat, the feeling of again letting go, the wonderful expertise of the facilitation allowed me to open up to new ways of being still with myself. The result was I returned home with a real sense of my purpose again.



Who else is going?

You will be joined by six to eight other men who are ready to reward themselves and explore the next stage of their journey in a safe, supportive and abundant setting, with the wise facilitation of our three program guides:



Wes Carter OAM, Perth WA. Wes is a pioneer of the Men's movement in Australia, he has committed his life to exploring and contributing to the wellbeing of people. A recipient of the Order Of Australia Medal for his work in the field of men's health and wellbeing, his work has touched many hundreds of lives. From his deep source of life experience, he shares and facilitates with rich, resonate compassion. Wes is absolutely committed, he brings humour, challenge, support and life experience to this important work among men.



John Broadbent, Sydney NSW. John is an engaged father to 2 sons, has actively been involved in men's work for almost 30 years, published 'Man Unplugged – Exploring The Inner Man' and continues to explore his own eldership by helping other men take their own inward journey with purpose and support. He too has experienced the enhanced richness and fullness of life, resulting from men's work and how that has deeply supported his own unfoldment.



Tim Fisk, Gold Coast QLD. Tim is an accomplished men's work facilitator and has a magnetic passion for personal growth, group work, rites of passage and the profound lifelong changes they bring. Tim is the founder of Complete Men and is an active elder at their three weekly groups and other programs on the Gold Coast.

Price for the retreat is \$2,450* and includes:

- 8 days and nights full accommodation (twin-share)
- Breakfasts, lunches and Balinese evening feasts at venue
- Airport transfers to and from venue in Ubud
- All group work sessions (42++ Hours)
- Local transport to and from venue & Ubud Balinese village walks.
- Laundry at venue
- Staff gratuities
- Return transport across the island to sunrise breakfast at Padang Bai
- A special event in Ubud
- Kecak dance and fire dance ceremony

*An early-bird price of \$1,950 is available if deposits of \$500 are received before 30 September 2019.

The Elder's Way is a collaboration between The Menswork Project (WA), Man Unplugged (NSW) and Complete Men (QLD)



www.mensworkproject.org

Wes Carter

menswork@iinet.net.au
0448 895 429



www.completemen.org

Tim Fisk

tim.fisk@completemen.org
0422 508 533



www.manunplugged.com.au

John Broadbent

john@manunplugged.com.au
0417 645 536