



THE ELDER'S WAY 2024

A retreat for men aged 50 and over that explores the remarkable world of Eldership - a place of Accomplishment, Grace, Wisdom and Blessings!

2 Aug – 9 Aug, 2024 | 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 of accomplishment and contribution to yourself and others.

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

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

Vision Villa Resort

This unique venue offers participants all of the comfort of a private retreat space, where we will be the only residents!

Each airconditioned room is beautifully furnished and designed for your privacy and comfort with bathroom, indoor and outdoor garden seating.

A pool, restaurant, and spa complete the setting. You will be cared for by gracious and attentive staff.



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

The Elder's Way was developed in Western Australia by **The Menswork Project Inc** in 2005. **Man Unplugged** is delighted to be involved with the presentation and facilitation of the long-established and exceptional 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 its 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.

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:

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The facilitators for May 2019, are truly inspirational guys.

These retreats have been running for around 30 years, 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.

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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.

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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.

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What a fantastic team in an amazing setting delivering the ultimate rite of passage program! The Care, Reverence, Authenticity, Respect of your program delivery sets the standard for anyone involved in important work like this. I can sincerely recommend any man ready to step into true Eldership to make contact and sign up for the program. Thank you from the bottom of my heart!

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Who else is going?

You will be joined by 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 program guides:



Peter Efford

Peter co-founded The Menswork Project (MWP) in 2001 with Wes Carter, after 5 previous years of partnering countless workshops, retreats and events related to men's health and wellbeing. In 2005, The Elder's Way was born, running twice yearly in Ubud, and has become a flagship program of MWP.

In 2017 Peter published The Momentum Concept, a source document designed to create an overview and the origins of unhealthy masculine behaviour, patriarchy and power, its impact on Planet Earth, and our need for a gender-equal and cooperative future with an emphasis on educating boys.

Peter is a recognised Elder in the Australian men's community and brings a wealth of practical and experiential wisdom to The Elder's Way.



John Broadbent

John is an engaged father to 2 sons, a husband and a business owner. He 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 inward journey with clarity of 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. John offers this retreat as part of his own eldering journey, paying forward the support and encouragement he's received from those elders whose shoulders on which he consciously stands.

Price for this all-inclusive retreat is \$3,500* and covers:

- Airport transfers to and from Denpasar airport
- 8 days and nights full accommodation, in private rooms
- All breakfasts, lunches and evening meals
- All group work sessions (42++ hours)
- Laundry at the venue
- Staff gratuities
- Multiple surprise special events!

*An early-bird price of \$3,000 is available if deposits of \$1,000 are received before 30 June 2024.

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



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