

# Conscious Living Workshop

Come with an Open Mind. Leave with an Open Heart.

## Exit Plan: For People Who Love Life

with

Jane Hughes Gignoux & Regina Lewis

March 16—18, 2012



Experience with Jane and Regina an active journeying process that engages both conscious and subconscious awareness of life, death, and beyond.

The workshop includes:

- Story—Life as Adventure from personal experience and folk literature
- Deep Inquiry—individually and within the group
- Dreaming—with imagery of past events, reframing stories, visioning possible futures
- Awakening the six senses and revealing sources of early patterning
- Exploring experiences with death
- Journeying within Nature—quiet reflection and journaling
- Letting go with forgiveness and ritual
- Crafting the Plan
- Celebrating Life and Legacy
- Moving on

EXIT PLAN is designed to gently break through fears and help participants engage with creating a plan that includes celebration, adventure, and gratitude. For human beings of all stripes, whether or not they plan to EXIT any time soon.

**Jane Hughes Gignoux** is a native New Yorker with a background in theater and a penchant for whitewater canoeing and sailing. She is a storyteller and author of *Some Folk Say: Stories of Life, Death, and Beyond*. Jane is also a member of the IONS Member Council, cofounder of *Coalition for One Voice*, and founder of *Tree Friends*.  
[www.lifedeathbeyond.com](http://www.lifedeathbeyond.com)

**Regina L. Lewis** integrates an East/West approach to end-of-life issues. Described as a “death doula,” she is a Master Practitioner of NLP/ Ericksonian Hypnosis, a commissioned lay chaplain and certified Celebrant.

### EarthRise at IONS

is located on 194 acres of scenic rolling hills 26 miles north of San Francisco, easily reached from both the Oakland and San Francisco International Airports.

#### Workshop fees:

\$295 EarlyBird Fee thru February 20, 2012  
\$325 Regular Fee thereafter  
Fee includes freshly prepared meals Friday evening thru Sunday lunch.  
Lodging is extra.



## EarthRise at IONS

For more information and to register visit [EarthRiseIONS.org](http://EarthRiseIONS.org)  
email [workshops@noetic.org](mailto:workshops@noetic.org) or call 707-779-8202

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