

Schedule

- **Friday afternoon March 22:**
 - Arrival.
- **Saturday March 23:**
 - Morning session: Workshop 1 “A time to accept and be grateful.”
 - Afternoon session: Workshop 2 “A time to open up to others.”
- **Saturday, March 24:**
 - Morning session: Workshop 3 “A time to forgive oneself and others.”
 - Afternoon session: Workshop 4 “A time for awareness and decision.”
- **Monday, March 25:**
 - Morning session: Workshop 5 “A time to rediscover our meaning of our lives.”
 - Afternoon session: Workshop 6 “A time to set the clock of our live.”
- **Tuesday morning March 26:**
 - Departure.

It is a tool to create vital spaces and to alleviate suffering for the people who are beginning to live “the sunset of their lives”.



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The Clock of Life



**A Workshop on Spirituality
for Seniors**

In the workshops we will deal with five situations triggered by the suffering of people who are experiencing the sunset of their lives.



The loss of abilities



Loneliness



The lack of forgiveness



Dreams and reality



The lack of meaning in life

It is a tool that offers both personal moments and moments to meet others.



1 A time to accept and be grateful

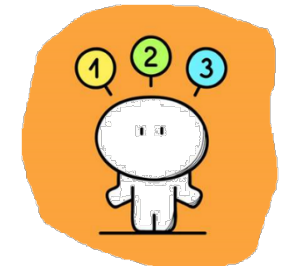


2 A time to open up to others



3 A time to forgive oneself and others

4 A time for awareness and decision



5 A time to rediscover the meaning of our lives



6 A time to set the clock of our life

