



ONE YEAR TO LIVE:

Practice for a Courageous and Grateful Life

presented by Kim Mooney & John Davis

March, 2017 – February, 2018

BOULDER, CO

“You can’t die well unless you have fully taken birth.”

- Stephen Levine

Fear of death arises from ignorance and misunderstanding. Fear of your own death comes from having not fully pursued the life you were meant to have. Preparing for death practically, emotionally and spiritually will help you to live your own unique and precious life with gratitude and fearlessness.

Meeting monthly, **One Year to Live** will take participants through an awakening process to tenderly and boldly discover, through the study of one’s own death, what it means to come fully into being. Through group activities and reflections, meditations, and personal practice, it will become possible to recognize death as a significant and acceptable part of life.

Kim Mooney (www.practically-dying.com), is a certified Thanatologist who has worked for more than 25 years in the field of dying, death and grief; John Davis, LCSW, (www.breakinn.com), has had a private therapy practice in Boulder for 20 years.

CLASS LOGISTICS: Group will meet monthly in Boulder on the third Thursday of each month (March 23, 2017 through February 15, 2018) from 6:30 - 9 p.m. There will be options to participate in additional excursions throughout the year.

COURSE COST: \$450 per person, with a discounted rate of \$375 for second family members.

Please contact **Kim** 720-434-5942 / practicallydying@gmail.com
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for more information or to register.