

## **“Yes To Life! How To Live This Year As If It Were Your Last”**

*“The fear of death follows from the fear of life. One who lives fully is prepared to die at any time.” ~Mark Twain*

This course is about living fully until the last breath.

Knowing that we are going to die, that we have only a relatively short time in this body of ours, can sharpen our focus and help us remember what is truly important, how transitory and precious the unique gift of our life really is.

In this course, we use the healing and mindfulness practices of Ondrea and Stephen Levine (bestselling author of “A Year To Live”). Through guided visualizations, meditations, journal writing and practical exercises, we take time to catch up with ourselves, to address unfinished business, and to uncover what in us remains un-lived and still yearns for recognition and expression.

For some, this may mean, heeding a new call for adventure. For others, this may mean simplifying your life, creating more spaciousness to understand, accept and appreciate the journey you have been on, opening to greater awareness, compassion for yourself and others. Still others may be in an active process of coping with acute or chronic illness that urgently calls for completion of tasks and conversations that have been postponed.

As we move beyond our denial of death, things like pride, embarrassment, fear of failure and exaggerated concerns about self image can fall by the wayside. You will learn skills for living with greater mindfulness, courage, whole heartedness and loving kindness with the intention of living your “best” life. And you will discover what it means to be truly responsible for your life and its direction, to live fully.

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**Alidra Solday, LCSW** is a psychotherapist in private practice with offices in Manhattan. At the age of 58, she produced and directed her first film, an award winning documentary about an 89 year old woman who, in this last stage of her life, single-mindedly pursued her purpose with a passion. Alidra is profiled in Bruce Frankel’s book: “What Should I Do With The Rest of My Life?” and conducts “Yes To Life!” groups on the west coast and in Manhattan. For more information, visit [AlidraSolday.com](http://AlidraSolday.com).