



Invites you to consider a year long immersive course that offers deep peace and profound meaning. **Begins April 27, 2023.**

# A YEAR TO LIVE

## *A Sacred Journey into Life and Death*

### Creators and Facilitators

*Cera Reine Meintzer, Healthy Longevity Gerontologist and Mindfulness Instructor*

*Chris Lucerne, Master Certified Life & Executive Coach and Facilitator*

If you knew for certain that you only had one year to live, what would you do? What would suddenly become most important? It's a startling question! We all know that death will come to claim us someday, yet we have the uncanny ability to deny it and avoid the topic altogether... as if that will somehow keep it from happening. This mindset has great consequences to our health and vibrancy and to the quality of our lives... for when we truly make peace with our own death, we open much more widely to life!

Give yourself the gift of one year to take a deep dive into your life to re-energize it and realign it with what matters most. Give yourself the gift of knowing that your life has great meaning and that YOU profoundly matter!

With an open heart and clear vision, you are invited to embark upon a gradual completion of all that lies behind you and peacefully enter into whatever may lie ahead. With death being inevitable and the timing unpredictable, this year is devoted to completing the past and learning to live with tranquility in a world that is uncertain and often filled with negativity. It is a year to live with heightened awareness of your moment-by-moment experience as you brighten your path in life and ease the path to your own death. It is a year of clarity, insight, and closure as you claim your own essential wisdom and joy. It is a year to live as if that is all that remains, because it just might be!

## THREE COURSE OBJECTIVES

**(1) Life Completions:** Finish business and catch up with your life in three areas: **Relationships:** Nurture the relationships most important to you and let go of those that no longer serve you. Prepare to leave this earth at peace with all people (alive or dead) with no resentments or regrets, and nothing left unsaid.

**End-of-Life-Details:** Be mindful of the heavy (and likely emotional) task given to the person you designate to handle the details of your estate. Have everything in order and ensure that your wishes are honored. **Environment:** Put your house and belongings in order. **Documents:** Create your will, power of attorneys, trusts, etc. **Bucket List:** Make your dreams come true and experience what is most important to you.

**(2) Death and Dying:** "You know, death is something many of us are uncomfortable speaking about. But to die is to be human. And anything human is mentionable. And anything mentionable is manageable." ~Fred Rogers. Make peace with the law of impermanence ... the fact that everything changes and eventually vanishes, including all people and all living things. Address your conscious and unconscious fears related to death, dying, and the afterlife ... and any fears related to living completely true to yourself right now! Free yourself and fly!

**(3) Live from Essence:** Live more often from your True Nature, guided by love and the very best within you ... move away from being guided by fear and continually seeking control, safety, and approval. Your Essence, sometimes called Spiritual Self, Authentic Self, or Real Self includes your deepest character traits and virtues. It is your source of love, joy, wisdom, dignity and integrity.

## COURSE STRUCTURE AND TIME INVESTMENT

*A Year to Live, a Sacred Journey into Life and Death* is a "come as you are party"... bring your whole self and your unique ways of thinking and believing. All beliefs are welcome!

This course is held in a container of love, compassion, humor, flexibility, and challenge. It is highly interactive using a variety of activities to keep you engaged, growing, and completing what you set out to accomplish. The journey is enhanced with music, poetry, journaling, discussions, and more.

You will receive many tools and practices. This includes instructional videos, guided audio meditations, daily practice suggestions, touchtones, personal songs and other simple practices that build emotional and spiritual muscle and create transformation. We offer a buddy system to beautifully support your journey.

- **Kick-Off Session: (3-hours):** Meet your fellow journeyers for an introduction of the course. In this highly interactive session you will gain a clear understanding of what the year will look like, learn the important Sacred Practice of *Allowing... life to be as it is!*, and know what activities to complete prior to the first retreat.
- **Four Weekend Retreats:** Take a deep dive into the course material and set the stage for upcoming months. Retreats conveniently take place on Zoom with multiple well-timed breaks. The sessions are highly interactive, engaging and exciting. *Retreat #1, #2, and #3* - Friday evening and Saturday; *Retreat #4* - Friday evening through Sunday afternoon.
- **Juicy Join-Ups!** (15, 2.5-hour zoom sessions, held approximately every three weeks): Connect with your fellow journeyers, share your experiences and get support. Fresh content and new practices will be delivered to deepen your experience. Next steps are offered. In between sessions you'll receive weekly encouragement: Quotes, poems, songs, challenges to deepen your journey and keep you on track.
- **Social Support and Resources:** Meet with your buddy via texts, emails and phone calls as desired. A private learning platform contains all of your resources. A group chat board is available to connect with your entire group.
- **Optional Private Coaching Sessions:** The facilitators are experienced professional life coaches equipped to support your journey. Private coaching is available for an extra fee, A Year to Live discounted rate.

## SUPPORTING PRACTICES

Practices are woven into the course to beautifully help shape your experience and guide your journey, e.g., *Allowing... life to be as it is; Wonder Like a Child; Flow with Your Feelings, and more.*

## UPCOMING DATES

Begins April 27, 2023. See all dates on page three.

*Note:* All sessions are recorded in case you need to miss a few.

## FINANCIAL INVESTMENT

**\$2,445.00**

*(Payment Plan Available)*

Make your \$200 deposit\* by April 10th to reserve your place. Class size is intentionally kept small for best experience.

### **Two payment Options:**

- *Pay in Full:* \$200 deposit\* upon registration. Pay in full by April 26th, **SAVE \$125** using the coupon code: ATYL23

OR

- *Payment plan:* \$200 deposit\* upon registration. Payments of \$187.00 begin on April 27, 2023 for 12 consecutive months.

*\*Deposit is non-refundable but is transferable.*

## REGISTER/MORE INFO

- 1) On the website or
- 2) Use the QR Code or
- 3) Contact Cera (858) 204-7827 or [connect@LifeWorksAcademyLLC.com](mailto:connect@LifeWorksAcademyLLC.com)  
**[www.lifeworksacademyllc.com](http://www.lifeworksacademyllc.com)**



# A YEAR TO LIVE... A SACRED JOURNEY INTO LIFE AND DEATH

## MEETING DATES

May 2023 - May 2024

MEETING	DATES	TIME (Central Time Zone)
Kickoff	Thursday, April 27, 2023	6-9pm
Retreat #1	Friday, May 19, 2023 Saturday, May 20, 2023	6-9pm 10am-5pm
Retreat #2	Friday, September 15, 2023 Saturday, September 16, 2023	6-9pm 10am-5pm
Retreat #3	Friday, January 19, 2024 Saturday, January 20, 2024	6-9pm 10am-5pm
Retreat #4	Friday, May 17, 2024 Saturday, May 18, 2024 Sunday, May 19, 2024	6-9pm 10am-5pm 10am-4pm
Juicy Join Up #1	Thursday, June 8, 2023	6-8:30pm
Juicy Join Up #2	Thursday, June 29, 2023	6-8:30pm
Juicy Join Up #3	Thursday, July 20, 2023	6-8:30pm
Juicy Join Up #4	Thursday, August 10, 2023	6-8:30pm
Juicy Join Up #5	Thursday, August 31, 2023	6-8:30pm
Juicy Join Up #6	Thursday, October 5, 2023	6-8:30pm
Juicy Join Up #7	Thursday, October 26, 2023	6-8:30pm
Juicy Join Up #8	Thursday, November 16, 2023	6-8:30pm
Juicy Join Up #9	Thursday, December 7, 2023	6-8:30pm
Juicy Join Up #10	Thursday, January 4, 2024 (4 wks)	6-8:30pm
Juicy Join Up #11	Thursday, February 8, 2024	6-8:30pm
Juicy Join Up #12	Thursday, February 29, 2024	6-8:30pm
Juicy Join Up #13	Thursday, March 21, 2024	6-8:30pm
Juicy Join Up #14	Thursday, April 11, 2024	6-8:30pm
Juicy Join Up #15	Thursday, May 2, 2024	6-8:30pm