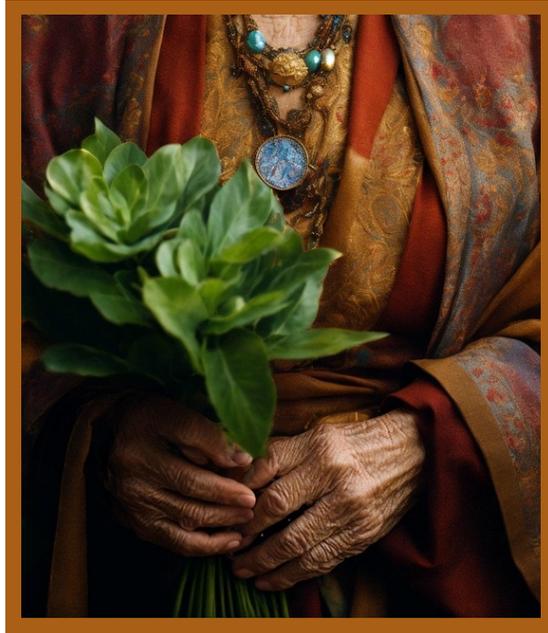


# The Alchemy of Aging

*A Transformative Journey for Women Over 65*



Join an intimate circle of eight women as we discover the art of transmuting lived experiences into a luminous tapestry of wisdom and grace.

*The Alchemy of Aging* is designed exclusively for wisdom-seeking women over 65 who are ready to embrace their role as honored elders.

Over twelve carefully crafted sessions,  
you'll be expertly guided to:

- **Examine your unique essence** and the gifts that define you
- **Celebrate the wisdom** you've gathered during your remarkable life journey, and the contributions you have made
- **Create thoughtful goals and intentions** for this life chapter
- **Build community** with other wise women

*Through the transformative power of exploration, art, storytelling, writing, and reverent dialogue, you'll experience the profound gift of being truly witnessed, supported, and celebrated within the company of kindred spirits.*

**Begins:** September 9, 2026  
Wednesdays, 10 am - 12 pm  
In-person, Mt. Tabor area, SE Portland  
*12 transformative weeks together*  
**Cost \$850**



**Elsbeth Martindale, PsyD**, is a psychologist in private practice in Portland, OR for over 25 years. She is creative and engaging in her approach to helping people examine and move in the direction of their values and goals. She has offered numerous trainings and retreats and has a passion for transformative group work. She can be found at [elsbethmartindale.com](http://elsbethmartindale.com).

This is your invitation to weave the golden threads of your life into a masterpiece of beauty—honoring not just where you've been, but illuminating the radiant path ahead.

**DON'T MISS THIS RARE OPPORTUNITY TO ALCHEMIZE YOUR YEARS INTO WISDOM, YOUR STORIES INTO STRENGTH, AND YOUR PRESENCE INTO LEGACY.**

**SIGN UP NOW!**

Email notice of your interest to Elsbeth at [elsbeth@elsbethmartindale.com](mailto:elsbeth@elsbethmartindale.com).

Early bird discount of \$40 for registrations until November 15, 2026

More information and testimonials of past participants go to:  
<https://elsbethmartindale.com/alchemy-of-aging/>