



Marvin Isrealow

*Moving into Mindfulness:
Navigating the
Challenges of Aging with
Presence*

Ten years ago, encountering the book "From Ageing to Sageing" inspired Marvin Isrealow to re-vision his life and, at the age of 50, leave a successful business career to study the practices of meditation and mindfulness. Marvin now teaches these skills at Wise Aging workshops around the country where he shares these powerful pathways to greater physical, emotional and spiritual health. Marvin will show us the many ways in which practicing mindfulness and meditation can help us face the inevitable challenges of aging with a sense of acceptance and peace.