

# ART OF LIVING & DYING SERIES



**Sacred Art of Living**  
Center for Spiritual Integration

## Module 1: Understanding Spiritual Suffering

- Learn about the rich cultural history and clinically effective practices for detecting and alleviating emotional and spiritual distress in times of transition, illness, loss and at the end of life.
- Discover a Total Pain Management model with results that include reduced anxiety, improved quality of living and more effective pain management.
- Encounter valuable tools and insights in order to examine life's priorities, address death anxiety and re-connect one's 'soul and role.'

### What To Expect

Training in practical and clinically-sound practices to alleviate spiritual and emotional distress at the end of life.

Strong grounding in the rich monastic history of spiritual caregiving and practice.

Proven results to relieve physical and spiritual pain and the voluntary reduction of analgesics at the end of life.

Experience with valuable tools for addressing death anxiety, which affects not only the dying person but also family, friends and other caregivers.

Essential education about bereavement care and caring for the caregiver, helping to avoid costly burnout for staff and volunteers.

**For more information:**  
[info@sacredartofliving.org](mailto:info@sacredartofliving.org)  
or call 1-888-383-4171

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## MODULE 1

All times: Pacific Time

23-24 January 2026

Friday 9am-1pm

Saturday 7am-2pm

**Earlybird \$175.00 Expires 12/1/25**

**Tuition \$ 250.00**

### Art of Living & Dying Modules

consist of an online 1.5 day workshop  
followed by three monthly small group sessions  
using the acclaimed  
Circles of Trust© process  
with study guides and best practices