

# To Touch Those Who Are Dying

with Cynthia Bologna

*"I have often seen that people who are very sick long to be touched, long to be treated as living people and not diseases. A great deal of consolation can be given to the very ill simply by touching their hands, looking into their eyes, or gently massaging them."*

-- Sogyal Rinpoche, *The Tibetan Book of Living and Dying*

Through discussion, meditation, and hands-on practices, this one-day intensive will teach you how to:



- ◆ provide a present and centered touch to help support some of the physical, emotional, and spiritual changes that occur during the dying process;
- ◆ listen deeply and attentively to verbal and non-verbal communications; and
- ◆ patiently witness the end-of-life process of another human being.

**Friday, October 24, 2008**  
**9 a.m. to 5 p.m. Cost -- \$175**  
(\$140 for Sky Hill students/alumni)

Sky Hill Institute  
127 4<sup>th</sup> Street, Petaluma, CA 94952 (at 4<sup>th</sup> & D)

**To register call: (707) 778-9445**



Cynthia Bologna, MA, CMT, is a certified massage therapist and instructor who works exclusively with older adults and those in hospice care. Her related articles have appeared in *Massage & Bodywork* magazine. She may be contacted at [cynthia@eldermassage.net](mailto:cynthia@eldermassage.net).

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