

Legacy of Wisdom "Power Centering for Seniors™" -Program

15 years of scientific research – applied in Switzerland
and internationally



"Mindfulness is the art of living and aging consciously, independently, and curiously."

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www.centeringforseniors.org



A Vision Realized – from Project to Program

How can we age mindfully and consciously while maintaining our life's potential into old age? This basic question led to the "Conscious Aging Conferences" in the USA in 1992. As part of this seminar series, the founders of "Legacy of Wisdom" brought together leading experts from various fields to identify the central factors for self-determined aging.

About 20 years later, the "Legacy of Wisdom Switzerland Association" was founded in Basel. Since 2010, it has been researching offers and interventions that help our society to approach the aging process with mindfulness and dignity. The qualitative research is international in scope and is conducted in collaboration with the Basel Mobility Center at the Felix Platter University of Geriatric Medicine, the Brigham and Women's Hospital at Harvard Medical School, the Zhejiang Traditional Chinese Medical University, and the Health Department of Brazil.

Our research suggests that centeredness and mindfulness provide stability and self-confidence and prepare us to better meet life's challenges at any age. To strengthen these factors, we use the ancient forms of Western and Eastern movement and meditation arts (Silent Qi Gong, Tai Ji), relaxation methods of eutony, rhythm and dance, and weight resistance training. Combined, they create an effective program that can be integrated into anyone's daily life. Our courses teach strategies to live more fully – conscious practice and increased mindfulness are the foundation for effective results.

“Legacy of Wisdom”-Association

Experience, Knowledge, Insight & Wisdom

Every year, millions of people enter the last third of their lives. We know that today’s society underestimates the dangers of loss of mobility, increased isolation, loneliness, and catastrophic falls among older people. Through our interdisciplinary commitment, we are making an important contribution to a future in which aging is embraced as an integral issue in society. Our work promotes the holistic well-being of our fellow human beings. “Legacy of Wisdom” addresses the five main themes of aging (see figure) in three ways:

Applied Program:

Our multimodal program “Power Centering for Seniors™” (PCS) was scientifically tested at the Felix Platter University of Geriatric Medicine in Basel and achieved promising results. It is now being offered to professionals and individuals in Switzerland on a tailor-made basis. “Power Centering for Seniors™” combines Eastern and Western methods, including Silent Qi Gong, Tai Ji, and weight resistance. We teach the practice of physical, cognitive, and spiritual mindfulness. At the same time, we share strategies to strengthen one’s body awareness, relaxation, self-exploration, and centeredness individually or in community.

Digital Cultural Archive:

We have captured the most important insights and wisdom in an extensive archive. It consists of over 100 video interviews with important personalities from the sciences and different wisdom traditions.

Community Support:

In annual conferences, seminars, and lectures, the international community meets to exchange ideas and present new findings.

The professionally trained “Legacy of Wisdom” team has been teaching at the Tao Arts Institute in Basel for 15 years. In addition, courses are also offered in Bern, Thun, Spiez, at Deltapark Gwatt, and at the Klubschule Migros, among others.

Project Contents

20 %



Mission & Fulfillment

Integrative cognitive training, relaxation, memory, multitasking
Integration into everyday life

20 %



Aging Lifestyles & Relationships

Social gathering places (“Lunch and Learn” event), integration into everyday life
Practice – same same, but different

25 %



Health & Healthcare

Weight resistance, Silent medical Qi Gong and Tai Ji ritual
Practice and experience

10 %



Legal & Financial Advice

Clarification and assistance by expert third parties

25 %



End of Life Preparation

Mindfulness meditation, exercises for conscious dying, dealing with pain and fear

Current Opportunities

Applied Courses

The four scientifically tested and internationally applied learning modules of "Power Centering for Seniors™" can be tailored to all ages and individual needs. Regular practice strengthens vitality and independence into old age through the innovative combination of Eastern and Western techniques. Regular courses are held at the Tao Arts Institute (EMR- and EMFIT-recognized) in Basel.

Digital Archive

In our digital cultural archive, we capture important insights and wisdom about dignified, mindful aging. Since 2010, we have conducted over 100 video interviews with eminent figures in the sciences and wisdom traditions – including Ram Dass, Jane Fonda, Father Thomas Keating, Roshi Joan Halifax, and Anna Halprin. In addition, we are developing educational films to make the course material accessible to more people.

Partner Networks & Community Building

We are building communities and networks to encourage sharing with each other. In addition to seminars, lectures, and annual conferences, we organize a "Lunch and Learn" event at the Tao Arts Institute each Tuesday. In addition, our website enables the exchange of educational DVDs, videos, ideas, stories, and experiences.

Training & Continuing Education

Together with the Felix Platter University of Geriatric Medicine, we are developing a tailor-made module (QI MED – Anatomy of Centering) to train and further educate specialized personnel. The courses are aimed at healthcare facilities, retirement homes, public, social and cultural institutions, universities, and private institutions.

Collaborations & Future Projects

"Legacy of Wisdom" maintains a diverse network of experts in various fields (healthcare, legal and financial advice, etc.) and helps to connect individuals with the appropriate specialist. In addition, the association cooperates with the Felix Platter University of Geriatric Medicine and works with the SNE and the EGK health insurance for the program "Power Centering for Seniors™". Cooperation talks are underway with other institutions, associations, and companies. We invite you to contact us to discuss new ideas or partnerships.

Course location and activities: www.taoarts.net