

## **Ageless Grace® Renew, Refresh and Retreat Presenters**

### ***Casaundra Bennett, West Point GA & Hendersonville NC – Creative Writing As an Act of Shamanic Power***

Creative writing is often viewed as a mere mental exercise. But when undertaken as an act of shamanic power, the stories you write become rich with meaning and resonate with healing power, because you call them forth from the depths of universal consciousness. In this session you will learn how to deepen your writing practice, and how to journey to find stories that are meaningful and transformative. No previous writing experience is required.

*Casaundra Bennett is the director of the Ageless Grace Online Academy, the publisher at Purple Iris Press, a Buddhist minister, and a retreat facilitator and writer. She has taught writing as well as personal and spiritual development courses for more than 30 years. She is the author of the forthcoming novel Dreaming of Elysium: An Archaeology of Longing. She began her formal study of shamanism with Lynn Andrews, author and shaman, in 2008.*

### ***Karen Haseley, Greenbelt MD – Walk with Ease (WWE)***

WWE is an Arthritis Foundation evidence based program that teaches individuals with arthritis to walk safely, comfortably and with less pain. It is designed for anyone who can stand on their feet for at least 10 minutes without discomfort. This presentation will give an overview of the program, explain how to become an instructor and go over the 5-step walking plan that has shown to improve physical fitness and reduce arthritis pain.

*Karen Haseley, CTRS, is a Certified Ageless Grace Educator & Trainer, and Walk With Ease Instructor. Karen works for the City of Greenbelt, MD as a Certified Therapeutic Recreation Supervisor. In 2015 the city received a grant to run four Walk With Ease classes. She became an instructor and has seen the differences it has made in some of her students' health and abilities to walk more comfortably. Let's go walk!*

### ***Barbara Kunz, London, Ontario Canada - Coloring Your Brain & Nervous System***

The act of coloring is a terrific way to de-stress, unclutter and to be blissfully submerged. It is also a great way to learn! To enhance your professional growth, this workshop will take us through coloring and learning about the human brain and nervous system. Each participant will leave with a package that can be used in your Ageless Grace training or classes to help students understand how our brain and nervous system work – colored by YOU! **Note: Please bring your open "mind" and your pencil crayons to the workshop.**

*Barbara Kunz is a Canadian Ageless Grace Trainer and Educator. She brings an open heart, creativity and curiosity to her classes, always aiming to inspire students to experience their own joy and personal growth through their movement.*

### ***Marghi McClearn, Tallahassee FL – Explore the Magic – The Journey***

Tap into your inner childlike awe and wonder and re-adjust how you experience the world. Join us as we play with scarves and other movement props and allow your inner child a time of uninhibited self expression. **Note: \$3 participation fee for the "make and take project" that accompanies this movement session . Please bring a picture of you at or around age 5.**

*After 31 years of teaching Music to children in the Elementary School, Marghi retired to pursue her personal passions. Throughout her teaching years she studied many pedagogies and modalities that support teaching and Learning. These include: Orff Schulwerk 3 levels,*

*Brain Gym 101, Optimal Brain Organization, Drum Circle Facilitation, West African Drum and Dance, Green Belt Nia Instructor and Ageless Grace Educator.*

***Christine Murphy, Pembroke Pines FL - A Balanced Mind, Body & Spirit is a Body Perfect!***  
Enlighten your mind, regenerate your body, and connect it all with your spirit. Mind talk and retraining, sensory awakening and physical rejuvenation movements, and waking up our inner spirits will connect all three elements for a perfectly balanced body experience. Music, props, movement, postures, alignment, and an outdoor adventure are all part of this experience.

*Christine is the USTA FL Masters Tennis Coordinator, fitness expert, modified sports conditioning consultant, personal life coach and preventative health speaker. She has over 30+ years in fitness education, creating programs in sports, fine arts, personal training, outpatient and work rehabilitation, outdoor competitive events, water sports and body healing techniques. Christine has a B.S. and post graduate work in wellness, fitness, and spirituality, incorporating kinesiology and physiology principals and adaptations in philosophy movement physiology into her educational components on and off the tennis court.*

***Laura Olinger, Boulder CO – Belly Fat! - and What To Do About It!!***

How to get rid of unwanted belly fat? Women who did NOT have a belly prior to perimenopause and/or menopause may find that they have do have one now. There are many components and it is actually a complex question - or at least a complex answer! Interviews with several experts - Nutritional Therapist, Egoscue (alignment), Medical doctor and others – will be shared to give a more comprehensive understanding, along with possible avenues for individuals to pursue, whether on their own or with the support of other "experts."

*Laura Olinger is an Ageless Grace Trainer and Educator in Boulder, Colorado, who is also a Nia Black Belt, teaches SilverSneakers & SilverSneakers FLEX programs, and Warm Water Fitness for 55+. Her strong science background keeps her researching and learning to support the needs of class participants. She enjoys a very active retired life with her husband, dog and cat, and visiting her kids wherever in the world they happen to be. Always game to "travel to teach," Laura's goal is for fitness to be fun, and noticeably beneficial for her class participants.*

***Jo-Ann Pinel, Sarnia, Ontario Canada - Nia Move to Heal: Body Awareness, Pain and Pleasure***

Your body is a precious gift that deserves respect and nurturing. Become aware of the “voice” of your body through attention to sensation and you will begin to track its signals of pleasure and pain. You are then able to adapt movement, in dance and in life, in a way that is healing for the body.

*Jo-Ann was an operating room nurse for 43 years, now blissfully retired. In her youth, figure skating, ballet and horseback riding indulged her passion to be in movement. Since retirement her focus has now turned to sharing her passion, by promoting movement for “well being”, through her practice and teaching of Ageless Grace, The Nia Technique, and more recently, Move to Heal.*

***Linda Reihs, Hendersonville NC - Weigh-Less with Grace***

This interactive workshop will compare and contrast various food plans available for losing weight. Participants will have the opportunity to create a personal food plan. As a result of healthy nutrition and physical movement, the “Holistic” approach creates a balance and our bodies are fit, stable, younger and we think more clearly. Self-love, action and creativity help us live a rich, svelte and productive life. Not only do we Age with Grace, we live, love and laugh with Grace.

*As a certified Addictions Counselor, Linda has been integrating weight-loss techniques and affirming self-love, via Ageless Grace workouts. Many of her songs for the workouts focus on this theme.*

***Jane Rosen, Pittsfield MA - Let's Get Away From It All***

“Let's Get Away From It All” is an hour of song celebrating the joys and challenges of traveling. The show explores the many reasons why people travel, moving toward what they seek, or escaping from something they want to avoid. You'll hear jazz standards, blues, pop, even a couple of country songs.

*Jane Rosen retired in 2001 after 36 years as an elementary school teacher and administrator. She created a second career of fitness instruction, including yoga, Nia, Qi Gong, meditation, and Ageless Grace. A lifelong classically trained pianist, Jane started singing cabaret four years ago, and this year, created a show where she accompanies herself on the keyboard. Jane lives in the Berkshire Mountains of western Massachusetts.*

***Kate Stockman, Saluda NC – The Year 'Round: How We Spend the Seasons of Our Life***

Mother Nature leads us through the four seasons each year. How do these seasons affect you? How do you approach each season? Is it different, or the same? How do you feel (emotionally, physically, mentally, and spiritually) each season? How do you feel about each season? Join us as we pause and consider how we spend the seasons of our lives.

*Kate Stockman cherishes being with circles of women, swimming and playing together in the warm currents of creativity.*

***Kathy Woods, Fishers IN – Create Your Journal: Connect, Create and Celebrate Your Awesomeness***

We are all awesome women. Let's put that in WORDS! When the workshop is over you'll be holding your unique, one-of-a-kind, handmade journal and be wearing a smile knowing that you expressed your empowering words. **Note: \$5.00 participation fee and bring your own scissors and paint smock/old shirt to protect your clothes.**

*Kathy has created, co-created and produced Seminars, Workshops and Camps using dance, Vision Boards and PLAY. She had created costumes for dance, taught crafts and worked alongside an artist to create and produce various projects in art.*