

Ageless Grace® Renew, Refresh and Retreat Presenters

Casaundra Bennett, West Point GA & Hendersonville NC – Empoword!

Write your life story as an act of empowerment that will provide you with clarity about your past, while at the same time lighting up your future. Using a variety of writing techniques and memory aids, you'll leave this session with the beginnings of your memoir.

Casaundra Bennett is the director of the Ageless Grace Online Academy, the publisher at Purple Iris Press, a Buddhist minister, and a writer. She has taught writing as well as personal and spiritual development courses for more than 30 years. She is preparing for the launch of The IRIS School for Shamanic Writing later this year, as well as a certification program in therapeutic writing.

Gail Condrick, Longboat Key FL – Your Inner Goddess Revealed!

Discover your personal Goddess and how she influences your life, business, even your clothes. We start with a short quiz to determine YOUR personal goddess....then we will explore her favorite clothes that signal to the world that she has ARRIVED! Learn tips to be your best feminine – whoever you are. The last half hour we will dance your inner goddess with Nia-based moves to bring your inner goddess to life! **Note: Bring a photo or WEAR your favorite outfit /jewelry and see which goddess you present to others.**

Gail Condrick is a Nia White Belt trainer/First Degree Black Belt instructor, soul coach, Reiki master and award-winning television producer and writer offering classes, workshops, and retreats for women. Twice a year she partners with Denise Medved for a Fabulous Women's retreat - Anna Maria island in winter and Hendersonville in late July.

Katherine Dreyer, Asheville, NC – Chi Living

Sharing the Chi Living principles and taking them into your life

Katherine Dreyer is a nationally recognized speaker and co-author of Chi Running and Chi Walking

Hedy Duggan, Libertyville/Chicago IL – Tea Parties and Fundraisers

Learn the benefits of tea, the fun of tea parties, and the joy of fundraising.

Hedy Duggan studied business in college and most of her working years were spent in the Finance or Sales Department of Fortune 500 companies. Always having an interest in good health practices, she was a member of the International Health & Fitness Board of Directors for 6 years. She is currently a certified Ageless Grace Trainer, a certified Dementia Practitioner and a certified AromaTechniques Trainer in the Midwest. Her website is www.innerhealthgreatlakes.com.

Karen Haseley, Greenbelt MD – Arm Knitting

Use your arms as the knitting needles and make a fabulous scarf! Bring 2 skeins of your favorite yarn (more than one color is good). Any weight yarn will work though super bulky works really well and knits up quickly. **Note: Bring 2 skeins of yarn.**

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. She has been needle crafting for as long as she can remember and loves sharing these skills with others. She rarely travels without her knitting bag!

Marghi McClearn, Tallahassee FL – Step On In With Your Magical Child

In this whimsical playshop we will ponder, celebrate and DANCE our HAPPY FEET☺ We will engage our senses through explorative movement, sound exploration, a mini writing activity, and individually tailored hands-on art activity. You will create your own tribute to your soulful self and explore the many movement options your feet provide for you! All in the name of play and self-love. Step on in ... Dance on out. **Note: \$3 fee to cover materials.**

After 31 years of teaching music in the Elementary Schools, Marghi retired to pursue her passion for improving quality of life through music and movement. Throughout her teaching years she studied many methods 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. In 2013 she took the Nia White belt training and soon after that, the Green Belt. During that time, Marghi also met Denise Medved and fell in love with Ageless Grace.

Laura Olinger, Boulder CO – Social Media Content

Bring: Your imagination, smile, stage presence and willingness to playfully create social media content that can be used on websites, Facebook, Twitter and email blasts. Stay with me here - there are a lot of roles to play in this process, and I promise a fun time! Laughter is the best magnet and we are planning for lots of it while we learn and create - and post - and generate TONS of interesting (fun!) content to publicize you, your work and passions.

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.

Kate Stockman, Saluda NC – Your Tree of Life

Trees have held physical and spiritual significance across cultures and throughout history. We all have memories of special trees. What is yours? We'll share our stories as well as create our own collage "family tree", and perhaps branch out into poetry! **Note: bring magazines, catalogs, calendar art, etc to share for images; copies of family photos if you choose; scissors, and glue sticks.**

Kate Stockman cherishes being with circles of women, swimming and playing together in the warm currents of creativity. Dive in, the water's fine!

Mary Ann Wilkens, Chicago IL – Energy & Movement: How Specific Movements Impact Energy Flow

Learn Donna Eden's Daily Energy Routine (DER) and how it integrates with the tools of Ageless Grace. The Daily Energy Routine stimulates each of the vital energy systems and brings them into harmony and balance. By overlaying the techniques of the DER with the tools of Ageless Grace, you can strengthen and balance your own energies.

Mary Ann Wilkens is a Certified Clinical Practitioner of Donna Eden Energy Medicine (EEM) as well as an authorized teacher of EEM 101 / 102. She will be teaching EEM Foundations certification (year 1) in Chicago in 2018. Additionally, Mary Ann holds certifications in Tellington TTouch® for Companion Animals, Feldenkrais Method®, Anat Baniel Method® and Ageless Grace®. Mary Ann will complete her certification in Clinical Aromatherapy Oct 2017. She has been using and educating individuals and teams on essential oils for over 16 years. She moved from a full-time career as a Fortune 10 IT global executive to a wellness practice in 2015.