

Ageless Grace® Renew, Refresh and Retreat Schedule

I'm so excited to share the line-up of AMAZING and AWESOME women who are presenting at the **6th Annual Renew Refresh & Retreat** sponsored by Ageless Grace® -- showcasing very talented and passionate Certified AG Educators as speakers, facilitators and presenters on the subjects they LOVE!

xoxoxo **Let's PLAY!** *Denise Medved*

Thursday June 22

- 830am-12pm** ***Educator Recertification Workshop*** – for Educators who want to recertify - \$50 additional Fee for this event – register on the website 's ANNUAL RETREAT page
- 12-4pm** Check in/Strolling around the lake or waterfall/Strolling the Retreat Shopping Mall tables (displays downstairs of awesome offerings!)
- 4-430pm** ***Welcome Ceremony***
- 430-6pm** ***Casaundra Bennett, West Point GA & Hendersonville NC – EMPOWERD!***
- 6-730pm** ***Feast of Fellowship and Abundance*** - Each person brings a dish to share and we eat together in the Sanctuary. There is a commercial kitchen downstairs to refrigerate or heat food plus a deli and grocery just down the road.

Clothing Swap - bring gently worn clothing you want to trade in return for someone else's clothing treasures - throughout the Retreat!

Friday June 23

- 830-915am** ***Ageless Grace® Practice & Play with Ageless Grace Trainers***
- 915-1030am** ***Ageless Grace® Panel with Ageless Grace Trainers***
- 1030-11am** Break for journaling, walking, napping, snacking, shopping in the Downstairs Mall
- 11am-1230pm** ***Laura Olinger, Boulder CO – Social Media Content***
- 1230-230pm** Lunch Break on your own — a list of possibilities from staying onsite to within 1 mile will be provided, including vegetarian and gluten free options
- 230-4pm** ***Marghi McClearn, Tallahassee FL – Step On In with Your Magical Child***
Materials Fee - \$3.
- 4-430pm** Break for journaling, walking, napping, snacking, shopping in the Downstairs Mall
- 430-6pm** ***Kate Stockman, Saluda NC – Your Tree of Life***
Bring magazines, catalogs, calendar art, copies of family photos, scissors, glue stick
- 6pm** Dinner on your own — or you can make a reservation in advance to eat with a group at Thai Spice (delicious and not spicy) in Hendersonville

Saturday June 24

- 830-930am** *Ageless Grace® Practice & Play with Ageless Grace Trainers & Educators*
- 930-10am** Break for journaling, walking, napping, snacking, shopping in the Downstairs Mall
- 10-11am** *Gail Condrick, Long Boat Key, FL – Your Inner Goddess Revealed!*
Bring a photo or WEAR your favorite outfit/jewelry
- 11-1130am** Break for journaling, walking, napping, snacking, shopping in the Downstairs Mall
- 1130-1230pm** *Hedy Duggan, Libertyville/Chicago, IL – Tea Parties and Fundraisers*
- 1230-230pm** Lunch Break on your own — a list of possibilities from staying onsite to within 1 mile will be provided, including vegetarian and gluten free options
- 230-430pm** *Karen Haseley, Greenbelt, MD – Arm Knitting*
Bring 2 skeins of yarn (super bulky will work well)
- 430-5pm** *Nia Movement Break with Gail Condrick*
- 5-6pm** *Wise Women Give-away*
Each participant invited to bring one unwrapped item that has held personal value or meaning for you in your life -- and that you are ready to release and pass on!
- 600pm** Dinner on your own — or you can make a reservation in advance to eat with a group at El Paso (Mexican and many options and prices) in Hendersonville

Sunday June 25

- 830-9am** *Ageless Grace® Practice & Play with Ageless Grace Trainers & Educators*
- 9-1030am** *Mary Ann Wilkens, Chicago, IL – Energy & Movement: How Specific Movements Impact Energy Flow*
- 1030-11am** Break for journaling, walking, napping, snacking, shopping in the Downstairs Mall
- 11am-1230pm** *Guest Speaker – Katherine Dreyer, Asheville, NC – Chi Living*
- 1230-1pm** *Closing Ceremony*
- 1pm** Those who want to make a reservation with us in advance can join together for a Sumptuous Brunch at Seasons Restaurant at Highland Lake Resort (on-site)
Safe travels home!