

Ageless Grace® Renew, Refresh and Retreat Presenters

Ali Allen, Nottingham UK – How Did I Get Here? – My Journey

How I went from someone with not a lot of confidence, shy and scared to talk in groups, to the person I am today. Working on myself, with personal development, my life has changed and I have created so many more life choices for me. By sharing my process, I hope it will help you to lead a life that you have always imagined.

Ali Allen is an Ageless Grace Trainer and Educator from the UK. Ali has always been a keen fitness fanatic and after discovering Ageless Grace 6 years ago has now brought a passion and career together.

Casaundra Bennett, West Point GA & Hendersonville NC - Taking Your Seat: Tools for Transforming Loss, Grief and Invisibility into Empowerment, Self-determination and Authority

The story of Persephone and Demeter provides a rich understanding of the archetypal trajectory that we all face when confronted with loss. The story also provides insights that we can use in our modern lives that will help us move from unconscious responses to loss and grief, to a conscious stance of power, dignity and service in the world.

Casaundra Bennett is a writer and the publisher at Purple Iris Press. She leads retreats and writing workshops both online and in-person.

Doreen Blue, Hendersonville NC – Volunteerism with the “Volunteer Queen”

Doreen shares her volunteer experiences and gives others ideas on how they can “age gracefully” with volunteer opportunities. Includes a field trip to see the Carl Sandburg home at the very near-by park.

Doreen Blue is a retired special needs educator from Rhode Island. She is currently a water fitness instructor and Ageless Grace Educator. Her friends call her the "volunteer queen". She loves volunteering, ever since her high school days, and hopes everyone else does too. She works with MountainTrue as a biomonitor and water tester and on the recycling committee. She also volunteers with the school department and Special Olympics, at Bullington Garden Center, and at Carl Sandburg's Home with the goats to name a few.

Jo Brizland-Cullen, Salford UK – Dad, Dementia, Ageless Grace & Me

A daughter's journey as Dad succumbed to an aggressive form of dementia leaving a family devastated, an aborted suicide and subsequent recovery with hope for dementia sufferers through my Ageless Grace practice.

Jo Brizland-Cullen has worked 30 years with older people to improve health, life & wellbeing. She is a Qualified Healthy Hips & Hearts (including Fall prevention) teacher, Gym Instructor, Tai Chi for Arthritis Instructor, Level 3 Adapted Physical Activity for Disabled People & GP Referral Programme Consultant, a British Association of Cardiac Rehabilitation Level 4 Instructor, and Ageless Grace Educator/Trainer-in-Training. She is married and has 3 children and 2 grandchildren.

Fiona Furniss, Durban South Africa – Living a Life of Flow

What does living a life of Flow mean and how does one achieve it? How do we guard against overwhelm in this crazy, busy, hectic world and live as the best versions of ourselves? Learn about tools we can employ to live a “life of flow” and to find Joy in the challenges we face daily.

Fiona Furniss is an Ageless Grace Educator and Trainer, a Nia Brown belt, and holds a BA degree in languages and Speech & Drama. She is a mother, wife, friend, teacher and mentor who loves singing, dancing, reading, laughing and learning new things every day.

Karen Haseley, Greenbelt MD – Diabetes High and Low: The Continuing Challenge to be "Normal"

Learn from a personal perspective some background history of diabetes, the challenges it can create, and the best way to identify and assist those with diabetes challenges.

Karen Haseley, CTRS, is a Certified Ageless Grace Educator & Trainer, and Walk With Ease Instructor. Karen recently retired from the City of Greenbelt, MD as a Certified Therapeutic Recreation Supervisor. She was diagnosed with Type 1 diabetes when she was 6 and has seen and learned a lot about managing this autoimmune disease over the years.

Marghi McClearn, Tallahassee FL – The Magical Child Finds Their Wings

Explore the unfolding of your own wings and discover that we too can fly with our beautiful, magical selves. This workshop will include creative movement, a story, and an individualized creation to take home with you. **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.

Amy Podolsky, Sudbury/Boston MA – Putting the PLAY in Playlist

This workshop is designed to help you e-x-p-a-n-d your music library, spark your creativity, and gain confidence in putting together exciting new playlists. Group participation highly encouraged, as we get the best ideas from our friends and fellow Educators. If you're tired of the same old song(s), this workshop is for you!

Amy Podolsky is an Ageless Grace Trainer/Educator and a Black Belt Nia Instructor. A self-proclaimed "people person," Amy loves creating a sense of community with those around her, and her classes are known to be upbeat, fun, and deeply soulful. She is at her best when sharing the Joy of Movement with others.

Jacki Rose, The Villages FL – Zentangle Mindful Drawing

Let go, relax and have fun drawing structured patterns that create beautiful images. No artistic skill or experience needed. Anyone can do it. We focus on being in the present moment while letting go of the outcome. Leave feeling completely relaxed and rejuvenated!

Jacki Rose is a Certified Zentangle Teacher and Ageless Grace Educator. She conducts Zentangle classes, one day workshops and weekend retreats. She also teaches Ageless Grace at an Independent Living Center at The Villages Florida and has been a public speaking skills coach for over 20 years. She is the author of "Take Your Life & Love It!" and "11 Steps to Powerful Public Speaking".

Sue Silcox, Brisbane Australia – What have I got myself into this time!

Not only do I get myself into difficult situations, I also persuade others to dive in with me too! We're going to talk about some challenging (and often hilarious) situations I've gotten into since bringing Ageless Grace to Australia, how we manage to keep going, and then see what is on the horizon for me to take myself and others into!

As a lifelong educator, Sue Silcox is passionate about the importance of bringing simple, practical solutions into people's everyday lives. In recent years she brings her enthusiasm, love and joy when

working with our older population. It is her wish that we enrich our lives with compassion, sharing the memories and experience between the generations. Sue was instrumental in bringing AGEucate® and Ageless Grace® to Australia.

Kate Stockman, Saluda NC – Exploring The Solar Feminine and Her Role Today

The Feminine is typically connected to the Moon, La Luna. Today, we are witnessing the rise of the Solar Feminine, an archetype that combines the Masculine aspects of Yang (action and assertion) with the Feminine qualities of Love, Nurturing, Patience and Endurance. Who is the Solar Feminine? Does she relate to The Sacred Warrior? How can we become more aware of these archetypes and embody them as we wish?

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

Barbara Vees, Chalfont NJ - Ai Chi

Ai Chi can be characterized as a series of continuous slow and broad movements, accomplished without force. Movement patterns of the arms, arms and trunk, and arms, legs and trunk, are done with gradual narrowing of the base of support combined with deep breathing. Ai Chi is performed in a warm-water pool. In this presentation, we will explore the movement patterns on land and discuss connections to Ageless Grace. For everyone!

Barbara Vees, owner of Aqua Zen Wellness, is a licensed PTA. She has a Certificate in Aquatic Physical Therapy Clinical Competency from the American Physical Therapy Association (APTA) and is certified in aquatics through Aquatic Therapy and Rehab Institute (ATRI). Other certifications include Aqua Stretch, Ai Chi, Bio Exercise Coach and Ageless Grace Educator.

Kathy Woods, Fishers/Indianapolis IN – My Music, My Memories

I am Into Something Good – a new program called My Music, My Memories. It uses a Step by Step guide with questions, thoughts and suggestions to help you rediscover the music that was Precious to you All Those Years Ago. Music triggers memories (Could it Be Magic) and Chances Are many of those memories contain stories that you Cherish. Noting those Magic Moments so they can be shared with others is part of the Good Times that we will have.

As a dance teacher Kathy Woods always worked with and loved music and enjoyed choosing just the right piece for a certain routine or dance combination. When she became an Ageless Grace Educator and Trainer she rediscovered many of the “old” songs that were used when she studied tap & jazz. Last year Kathy started volunteering at the Great American Songbook Foundation where she continues to learn about all things music. She also continues to learn about Music & Memory, The Alive Inside Foundation and others. “They all have amazing music programs for people with Dementia and Alzheimer’s but what about those people with healthy brains?” The answer? She developed a music program called My Music, My Memories.