

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 **7th 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 28

- 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!) Trainers will meet during this time in the Sanctuary.
- 4-430pm** ***Welcome Ceremony***
- 430-515pm** ***Sue Silcox, Brisbane Australia – What Have I Got Myself Into This Time?***
- 515-615pm** ***Kathy Woods, Fishers IN – My Music, My Memories.*** Materials Fee - \$1
- 615-730pm** ***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 29

- 830-900am** ***Ageless Grace® Practice & Play with Ageless Grace Trainers***
- 9-930am** ***Ageless Grace® Panel with Ageless Grace Trainers***
- 930-1030am** ***Fiona Furniss, Durban South Africa – Living a Life of Flow***
- 1030-11am** Break for journaling, walking, napping, snacking, shopping in the Downstairs Mall
- 11am-1200pm** ***Kate Stockman, Saluda NC – Exploring The Solar Feminine and Her Role Today***
- 12-1230pm** ***Jo Brizland-Cullen, Salford UK – Dad, Dementia, Ageless Grace & Me – A Personal Inspiration of Care-giving and Receiving***
- 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
- 230-345pm** ***Marghi McClearn, Tallahassee FL –The Magical Child Finds Their Wings***
This movement workshop includes creating a visual reminder that you TOO have wings. **Note:** Bring a childhood photo of you - about 3 inches high – and colored pencils or gel pens. Materials Fee - \$3.
- 345-415pm** Break for journaling, walking, napping, snacking, shopping in the Downstairs Mall
- 415-5pm** ***Karen Haseley, Greenbelt MD –Diabetes High and Low: The Continuing Challenge to be “Normal” – A Personal Inspiration for all Special Needs***
- 5-630pm** ***Doreen Blue, Hendersonville NC – Volunteerism with the “Volunteer Queen”***
Note: Bring walking shoes for a short walk to visit the Carl Sandburg home
- 630pm** Dinner on your own — see the Restaurant List for some of the delicious options in Hendersonville

Saturday June 30

- 830-915am** *Ageless Grace® Practice & Play with Ageless Grace Trainers & Educators*
- 915-1015am** *Amy Podolsky, Sudbury MA – Putting the PLAY in Playlist*
- 1015-1045am** Break for journaling, walking, napping, snacking, shopping in the Downstairs Mall
- 1045-1145am** *Jacki Rose, The Villages FL – Zentangle Mindful Drawing*
- 1145-1230pm** *Ali Allen, Nottingham UK – How Did I Get Here?*
- 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
- 230-315pm** *Barbara Vees, Chalfont PA – Ai Chi Movement*
- 315-4pm** *Peggy Kinst, Oak Brook/Chicago IL – Welcome to the World of AromaTherapy: Understand & Experience the Science of Essential Oils*
- 4-430pm** Break for journaling, walking, napping, snacking, shopping in the Downstairs Mall
- 430-515pm** *Marghi McClearn, Fiona Furniss, Beth Belton, Marty Broda and Denise Medved – Nia Jam*
Movement class for all ages, abilities and body types
- 530-630pm** *Wise Soul Give-away*
Each participant is 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!
- 630pm** Dinner on your own — see the Restaurant List for some of the delicious options in Hendersonville

Sunday July 1

- 830-930am** *Ageless Grace® Practice & Play with Ageless Grace Trainers & Educators*
- 945-1115am** *Casaundra Bennett, West Point GA & Hendersonville NC – Taking Your Seat: Tools for Transforming Loss, Grief and Invisibility into Empowerment, Self-Determination and Authority*
- 1115-1200pm** Break for journaling, walking, napping, snacking, shopping in the Downstairs Mall – *last opportunity to shop in the Shopping Mall!!*
- 1200-1230pm** *Closing Ceremony – Denise Medved*

There is a Sumptuous Brunch at Seasons Restaurant at Highland Lake Resort (on-site) if you would like to eat there following the Retreat.

Safe travels home!