

## 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 **8th Annual Renew Refresh & Retreat** sponsored by Ageless Grace® -- showcasing very talented and passionate certified Ageless Grace Educators as speakers, facilitators and presenters on the subjects they LOVE!

xoxoxo Let's PLAY! *Denise Medved*

### Thursday June 27

- 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 on the trails/around the lake or waterfall. Trainers will meet during this time in the Sanctuary.
- 4-430pm** *Welcome Ceremony*
- 430-6pm** *Kate Stockman, Saluda NC – The Solar Feminine Archetype: The Warrior/Queen Stage of Life*  
*Note:* Bring a scissors for cutting paper
- 6-7pm** *Feast of Fellowship and Abundance* - Each person brings a dish to share and we eat together in the dining area downstairs. There is also a commercial kitchen to refrigerate or heat food plus a deli/grocery store is close by.
- 715-830pm** Vendors set-up their tables in the downstairs Shopping Mall

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

### Friday June 28

- 830-9am** *Ageless Grace® Practice & Play with Ageless Grace Trainers*
- 9-930am** *Ageless Grace® Panel with Ageless Grace Trainers*
- 930-1030am** *Denise Medved, Hendersonville NC – Feng Shui for Fashion & Style*
- 1030-11am** Break for journaling, walking, napping, snacking, shopping & chair massage in the Downstairs Mall
- 11am-12pm** *Barbara Bowman, Ann Arbor MI – Brain Fit After 50*
- 12-1245pm** *Karen Carrier, Roseville MN – T'ai Chi Chih: Joy Through Movement*
- 1245-245pm** Lunch Break on your own and shopping & chair massage in the Downstairs Mall — a list of lunch possibilities will be provided, including vegetarian and gluten-free options
- 245-4pm** *Maria Skinner, Groton MA – Dance Spells: Using Intention & Dance, We Create Our Reality from the Inside Out*
- 4-430pm** Break for journaling, walking, napping, snacking, shopping & chair massage in the Downstairs Mall
- 430-6pm** *Doreen Blue, Hendersonville NC – Volunteerism with the "Volunteer Queen"*  
*Note:* Bring walking shoes for a short walk to visit the Bullington Garden Center's Fairy Garden
- 6pm** Dinner on your own — see the Restaurant List for some of the delicious options in Hendersonville

## Saturday June 29

- 830-930am **Ageless Grace® Practice & Play with Ageless Grace Trainers & Educators**
- 930-1015am **Sarah Lucas, Brookfield IL – Working With Seniors Changed My Life For The Better**
- 1015-1045am Break for journaling, walking, napping, snacking, shopping & chair massage in the Downstairs Mall
- 1045-1145am **Sarah Olson, Burlington NC – GROOVE Dance Party!**
- 1145-1230pm **Dottie Whitlow, Tallahassee FL – Z-Health**
- 1230-230pm Lunch Break on your own and shopping & chair massage in the Downstairs Mall — a list of lunch possibilities will be provided, including vegetarian and gluten-free options
- 230-330pm **Colleen Caron, WoodDale IL – Follow the Yellow Brick Road: Mind, Body & Spirit Care**
- 330-5pm **Marghi McClearn, Tallahassee FL – Magical Child Open Heart – Open Hands**  
**Note:** Bring sharpie markers (including fine point) and/or colored pencils, glue stick, scissors and large brown paper grocery bag (or cut out your handprints using the bag and bring those with you)
- 5-530pm Break for journaling, walking, napping, snacking, shopping & chair massage in the Downstairs Mall
- 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 June 30

- 830-930am **Ageless Grace® Practice & Play with Ageless Grace Trainers & Educators**
- 930-11am **Karen Haseley, Greenbelt MD – An Ageless Grace STAR is Born!**  
**Note:** Bring scissors for cutting paper. Materials Fee - \$4
- 11-1130am Break for journaling, walking, snacking, shopping & chair massage in the Downstairs Mall – *last opportunity to shop in the Shopping Mall!!*
- 1130am - 1215pm **Terri Lee, The Villages FL – The Dance of Yoga**
- 1215pm **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!**