

Ageless Grace® Renew, Refresh and Retreat Presenters

Missy Atkinson, Ninety Six SC - Experience HU: The Sound of the Soul

Experience the sacred sound of HU, an ancient mantra that can be sung by people of any religion, culture, or walk of life. Some of the many benefits of HU include inner peace and calm, expanded awareness, spiritual self-discovery and growth, healing for the body/mind/spirit and much more.

Missy Atkinson is a long-time member of Eckankar, Ageless Grace Educator (2012) and massage therapist. In the past year she relocated to SC and is slowly finding her way in this new chapter of life!

Maribeth Bevis, Maineville OH - Transformational Language: Cueing That Creates an Inclusive Environment

Changing how we cue movements during class or connect in any group setting can make the group feel more cohesive and friendly. After a brief explanation of transformational language, we will break into small groups to give you the opportunity to try this technique with one of our Ageless Grace tools.

After leaving her position as a middle school teacher, Maribeth turned her teaching skills towards senior fitness. She has been teaching various formats of fitness for the past 12 years and has been an Ageless Grace Educator since 2016 and a Trainer since 2019.

Doreen Blue, Hendersonville NC - Evening Walk with the Goats

Doreen leads a short walking tour of the nearby Hamlet Goat Herd in the Highland Lake area. Come meet Freckles, Moose, Peetie and the gang including four new goats born in March: Joy B, Kamie, Phoebe Snow, and John Snow. We may even get a peek of the new baby sheep Ba Ba Black Sheep!

Doreen Blue is a retired special needs educator from Rhode Island and now lives in Flat Rock. Doreen is an Ageless Grace Educator and has been loving Ageless Grace for five years. She also teaches water aerobics at the YMCA. Her friends call her the "volunteer queen". She loves volunteering, ever since her high school days, and hopes everyone else does too. She has volunteered with MountainTrue, the NC Senior Games and Special Olympics, Bullington Garden Center, and at Carl Sandburg's Home to name a few, though Covid has put a little crimp in her crown.

Jeanne Carter, Edwardsville IL – The Plural of Octopus is Octopuses!! Who knew???

Remember the yarn octopus? Jeanne Carter woke one night during the pandemic thinking about her old-fashioned yarn octopus she had as a child. She figured out how to make one and was hooked! They are not complicated to make, even children have enjoyed making them, and it helps with hand dexterity and flexibility. In this session we will make one medium octopus. See if you get hooked! **Note: There will be a \$5.00 supply fee which includes the materials to make a medium octopus plus take-home instructions for three different sizes of Octopus.**

Jeanne Carter is a retired special education administrator. Retirement guided her down the fitness road. She is a Nia Black Belt First Degree, Ageless Grace Educator and former Trainer, Tai Chi Easy instructor, and Nia Moving to Heal Teacher. Jeanne and her husband Ron enjoy travel and sharing their lives with 5 grandchildren. She has made 165 octopuses and still counting!!

Gail Condrick, Longboat Key FL - Connecting with Nature: The Art of Observation

Are you ready to be inspired by the natural world? Learn how author Gail Condrick developed her own art of observation practice and turned her journal into a book. Get tips on how to connect and experience the world with new eyes. **Note: bring your own journal as we will venture outside to be inspired and return to write together.**

Gail Condrick is an author, teacher, Nia instructor, Ageless Grace Educator and Caroline Myss archetypal consultant. She frequently speaks on topics of creativity, spirituality and empowerment. For over 25 years, Gail led a creative staff in the development of award-winning cable TV programming. She is the author of Walking the Grove and creator of the on-line courses: Your Destiny is in Your Closet, Deepen Your Connection with Nature, The Art of Observation, Ancient Rhythms: New Connections, and Release Your Inner Artist. Gail and Denise Medved lead annual women's retreats, the next in October 2021.

Roxane Dinkin, Bradenton FL - The Life of Juliette Low, Founder of the Girl Scouts of America

Join Dr. Roxane Dinkin as she dramatizes the life of Juliette Low. You will join Juliette Low as members of her very first Girl Scout troop in Savannah, Georgia, learning the skills that were available to young women for the very first time. Based on her research about Juliette Low, Roxane will integrate the skills that Low taught to the original Girl Scouts with Ageless Grace skills.

Roxane Dinkin, PhD, is an Ageless Grace educator, retired clinical psychologist, and co-author of Infertility and the Creative Spirit. She lives in Bradenton, Florida, with her husband, historian Robert J. Dinkin, PhD, and their cat, The Kingster.

Jenna Eisenberg, Wheaton IL - The Ageless Grace Café

The Ageless Grace Cafe is a one-woman show about realizing your dreams. Jenna plays four characters, each with a different perspective about finding purpose, making choices, and taking action. Through story, song and humor you will want to laugh, maybe cry and for sure think!

Jenna Eisenberg was a chiropractor, motivational speaker and college teacher before she retired a little over a year ago. The love of her life, besides her husband Ed, is teaching 6 Zoom classes a week of Ageless Grace!

Lana Gelb, Pembroke Pines FL – You Can Lead a Horse to Water...

Look at why human beings resist the opportunity to change to become healthier and happier. Explore behavior modification and the letting go of habits that don't serve us, and developing new ones that do!

Lana Gelb MS. is the President Good Vibes Consultants. As a Registered International Somatic Movement Therapist and an Exercise Physiologist, Lana has worked for decades with individuals and groups to optimize their health by providing many modalities with an Alternative, Holistic approach. She is an ACE Continuing Education Provider, an International Ageless Grace Educator /Trainer. Lana is a Graduate of the Neuroscience Academy and recently presented with Denise Medved, at Harvard Medical School, at an International Conference on Movement and Cognition.

Karen Haseley, Greenbelt MD – Refresh and Reflect with Life Lessons from Little Golden Books

Many of us grew up with *Little Golden Books* that were full of adventures, challenges, and life lessons. They “reminded us that we’ve had the potential to be wise & content all along.” We invite you to join us as we explore some of these timeless gems through reflection, creativity and movement. **Note: There is a \$3 materials fee and bring a writing utensil.**

Karen Haseley, CTRS, is a Certified Ageless Grace® Educator & Trainer, and Walk With Ease Instructor. She retired after 30 years of service working in a recreation department and has been enjoying traveling and presenting Ageless Grace® at many conferences. Being open to the power of “Yes” and being willing to pursue your dreams can lead to a lifetime of rewards.

Marghi McClearn, Tallahassee FL – Refresh and Reflect with Life Lessons from Little Golden Books

Many of us grew up with *Little Golden Books* that were full of adventures, challenges, and life lessons. They “reminded us that we’ve had the potential to be wise & content all along.” We invite you to join us as we explore some of these timeless gems through reflection, creativity and movement. **Note: There is a \$3 materials fee, also bring something to write with.**

After 31 years of teaching music in the Elementary Schools, Marghi retired to pursue her passion for improving quality of life through music & movement. Throughout her teaching years she studied many methods & 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. She started her Nia journey in 2013 with the White belt and has continued on with the Green and Blue Belts. Marghi met Denise Medved in January 2014 and fell in love with Ageless Grace. Marghi enjoys speaking, teaching, and training - sharing her joy and inspiration wherever she goes.

Janie Peterson, North Chesterfield VA – Yin Yoga: What Is It and Why Is It Good For You?

Yin yoga is a slow-paced, grounding and therapeutic style of yoga. Poses are held for 2-5 minutes, targeting the connective tissue, fascia, that connects every part of our body, including, nerves, muscles, and organs. While fascia can become stiff and weak with aging and lifestyle choices, Yin Yoga takes a meditative approach shifting into the parasympathetic nervous system. Results are better sleep, increasing flexibility and range of motion, and increased circulation, to name a few. You will also learn how you can integrate Yin Yoga into your Ageless Grace classes.

Janie Peterson is an Ageless Grace Trainer and Educator. She is a 200 RYT Yoga instructor certified in Yin as well as a Nia Black Belt instructor. Janie teaches at The SoulShine Studio in Richmond, VA.

Annie Sparks Poteat, Asheville NC – Dancing with the Elements and the Cosmos

The intent is to connect to the energy of the elements of water, earth, air, fire, the stars and planetary beings as wise and loving sentient beings dancing with us and through us, as us; and to experience our dance as an inter-dimensional doorway through which to experience our own multi-dimensional selves.

Annie Sparks Poteat is a Black Belt Nia teacher since 1997, and an Active Dreaming teacher since 2009. Annie discovered Nia as the result of a spiritual quest to find work that was her passion, and subsequently met Denise Medved, who became her very first Nia Trainer. Annie co-owned Asheville's first Nia studio, and established Nia Carolina, a collective of WNC Nia teachers and students who come together to create Nia fundraising events to support many worthy causes. Annie currently offers Nia movement classes and Active Dreaming workshops online, as well as outdoor movement classes at the beautiful Asheville Botanical Gardens!

Dianne Presti, Catskill NY - The Positive Power of Humor

This presentation will answer the questions “What’s so powerful about humor?” and “How do you find humor in the midst of stress?”. We’ll have fun sharing humorous stories and doing Laughter Yoga exercises.

Dianne Presti is a retired school social worker who learned the power of humor from her family and former students. She is an Ageless Grace Educator and Certified Laughter Yoga Leader. She enjoys laughing a lot.

Margie Roos, Wilmington DE - Measuring Cognitive and Functional Changes through Ageless Grace

In this presentation, participants will be introduced to some efficient and fun ways to measure changes in cognition and movement. Come prepared to put your thinking cap on and wear your fitbit as Margie Roos will talk you through some measures used to quantify changes. Margie will also present some recent findings from research studies for people who have participated in Ageless Grace Brain Health Fitness.

Margie Roos is a physical therapist, a professor and a researcher investigating how to improve lives of people with stroke. Margie has been working to improve movement and cognition in her patients for over 30 years and is thrilled to be an Ageless Grace Educator and Trainer. She is incorporating Ageless Grace classes into Pro Bono therapy clinics and educating clinicians on the impact of Ageless Grace into the lives of patients throughout the lifespan.

Maria Skinner, Groton MA – An Astrological Primer

Astrological symbolism is rich in imagery around celebrating our uniqueness and diversity. Come explore the 12 energies of the Zodiac as aspects of the whole within ourselves and in those we love. Bring a journal to take notes and clothes you feel comfortable moving in to explore the elements via postural alignment.

Maria Skinner is a BeSoul™ Dance and Dance Spells™ Founder, Nia Black Belt, former Nia White Belt Trainer, and an Ageless Grace Trainer & Educator. She is the founder of Embodied Astrology, bringing somatic awareness to the astrological map and has been in practice for over 30 years. Maria is the author of Living High Like a Tree and co-authored the Spanish translation of Our Bodies, Ourselves - Nuestros Cuerpos, Nuestras Vidas - and contributed to My Hungry Head by Marybeth Sherrin. You can find her at www.mariaskinner.com. See Maria's handout in your Retreat folder to schedule a ½-hour astrological reading with her at the special discounted Retreat price.

Kate Stockman, Saluda NC – Releasing Meditation

Kate cherishes spending time with other women, exploring the depths of stories, possibilities, and potential! Kate is a multi-media artist whose direct connection to Spirit is through creativity. Let's share some stories!

Surprise Presenter

Our Surprise Presenter is a neuroscientist, speaker, author, media personality and founder of Think Brain and the Neuroscience Academy suite of training programs, which offers professional development training in applied neuroscience and brain health. Her most recent book, The Women's Brain Book: The Neuroscience of Health, Hormones and Happiness, explores the female lifespan through the lens of neurobiology.

Karen Benson, Hendersonville NC – Healing Touch Sessions in the Shopping Mall

Healing Touch is an "energy therapy" that uses gentle hand techniques to help re-pattern energy fields and accelerate healing of the body, mind, and spirit. Karen will be doing a Healing Touch technique called mind clearing to balance the chakras.

Karen has certifications as a health coach, Healing Touch practitioner, Ageless Grace Educator, and Colon Hydrotherapist. She is dedicated to the concepts of multi-level holistic healing.

