

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 **10th 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! See below for events and presentations that will ask you to bring items with you. Your item for the Wise Soul Give-away can be placed on the alter anytime prior to the event.

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

Thursday July 15

- 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. Vendors set up their tables in the Shopping Mall.
- 4-430pm** ***Welcome Ceremony and Releasing Meditation***
- 430-6pm** ***Karen Haseley and Marghi McClearn – Refresh and Reflect with Life Lessons from Little Golden Books***
- Note:** There is a \$3 materials fee and bring a writing utensil
- 630-830pm** ***Feast of Fellowship and Abundance*** - Each person brings a dish to share and we eat together at Denise & Roger's home – 2314 Kanuga Rd, Hendersonville, NC 28739. There is a commercial kitchen on the ground floor of the Sanctuary to refrigerate or heat food plus a deli/grocery store is close by.

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

Friday July 16

- 830-9am** ***Ageless Grace® Practice & Play with Ageless Grace Trainers***
- 9-930am** ***Ageless Grace® Panel with Ageless Grace Trainers***
- 930-1030am** ***Janie Peterson – Yin Yoga: What Is It and Why Is It Good For You?***
- 1030-11am** Break for journaling, walking, napping, snacking, shopping & chair massage in the Downstairs Mall
- 11am-12pm** ***Gail Condrick – Connecting with Nature: The Art of Observation***
- Note:** Bring your journal and a writing utensil
- 12-1245pm** ***Dianne Presti – The Positive Power of Humor***
- 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** ***Jeanne Carter – The Plural of Octopus is Octopuses!! Who knew?!?***
- Note:** There is \$5 materials fee
- 4-430pm** Break for journaling, walking, napping, snacking, shopping & chair massage in the Downstairs Mall
- 430-5pm** ***Roxane Dinkin – The Life of Juliette Low, Founder of the Girl Scouts of America***
- 5-6pm** ***Doreen Blue – Evening Walk with the Goats***
- Note:** Bring walking shoes for a short walk to visit the Highland Lake goat herd
- 6pm** Dinner on your own — see the Restaurant List for some of the delicious options in Hendersonville

Saturday July 17

- 830-9am** *Ageless Grace® Practice & Play with Ageless Grace Trainers & Educators*
- 9-10am** *Margie Roos – Measuring Cognitive and Functional Changes through Ageless Grace*
- 10-1030am** Break for journaling, walking, napping, snacking, shopping & chair massage in the Downstairs Mall
- 1030-1130am** *Maribeth Bevis – Transformational Language*
- 1130am-1230pm** *Missy Atkinson – Experience HU: The Sound of the Soul*
- 1230-2pm** 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
- 2-3pm** *Lana Gelb – You Can Lead a Horse to Water...*
- 3-4pm** *Jenna Eisenberg - The Ageless Grace Café*
- 4-430pm** Break for journaling, walking, napping, snacking, shopping & chair massage in the Downstairs Mall
- 430-5pm** *LIVE Video Message from a surprise presenter!*
- 5-515pm** Mini-Break
- 515-630pm** *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 18

- 830-9am** *Ageless Grace® Practice & Play with Ageless Grace Trainers & Educators*
- 9-945am** *Maria Skinner – An Astrological Primer*
Note: Bring your journal and a writing utensil; wear comfortable clothing for movement
- 945-10am** Mini-Break and *last opportunity to shop in the Shopping Mall!!*
- 10-1130am** *Annie Sparks Poteat – Dancing with the Elements and the Cosmos*
Note: Wear comfortable clothing for movement
- 1130am-12pm** *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!