

## 11<sup>th</sup> Annual Ageless Grace® Renew, Refresh and Retreat Presenters

### ***Missy Atkinson, Ninety Six SC - Experience HU: The Sound of Soul, Sacred Sound, Ancient Mantra***

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. She has recently been studying The Root Cause Protocol and expects to put all of these into practice with her relocation to SC.*

### ***Casaundra Williams Bennett, West Point GA - Contemplative Photography: Making Pictures with Soul***

Using your mobile phone camera, experience the joy of making pictures that express your soul's sacred dance with the Divine. **Note:** Bring your cell phone for taking photos.

*Casaundra Williams Bennett is a writer and photographer who lives near the eastern bank of the Chattahoochee River in Georgia. She is the founder and spiritual director of Iris House, LLC. Surrounded by magnolias and dogwoods, irises, azaleas and camellias, she shares her home with Brigid, a feisty and spirited Texas heeler, along with several thousand books.*

### ***Doreen Blue, Hendersonville NC – The Gift of Volunteering + Evening Walk with the Goats and The Fairy Trail***

Doreen has a passion for volunteering. Her friends call her the “volunteer queen”. Learn about the gifts of volunteering followed by a short walking tour of the nearby Hamlet Goat Herd in the Highland Lake area. Come meet Freckles, Moose, Peetie and the gang including the yearling “kids” and say hi to the sheep family too. They all love apples, carrots and veggies. The following day Doreen will guide us along the Fairy Trail at Bullington Gardens.

*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 seven years. She also teaches water aerobics at the YMCA and several other villages in the community. She loves volunteering, ever since her high school days, and hopes everyone else does too. She loves playing in the creeks with MountainTrue. She is also an ambassador for the NC Senior Games and Special Olympics, Bullington Garden Center, and Carl Sandburg’s Home to name a few. Covid did put a little crimp in her crown but it is slowly straightening out its kinks!*

### ***Colleen Caron, IL – Beyond the Yellow Brick Road During Pandemic: Care of Mind, Body and Spirit***

This presentation focuses on care of self and your clients on this incredible journey in our lives during Covid. Attendees will experience group participation in relaxation, laughter, and spiritual exercises that focus on Mind, Body and Spirit. Additionally, there is a didactic session describing clinical research on the benefits of self-care in relationship with neuroplasticity.

*Colleen Caron is a registered RN with a MS degree from the University of St Francis. She has worked in healthcare for over 30 plus years, focusing on psychiatry and older adults. She has certifications in Meyers-Briggs, Ageless Grace, Geriatrics, & Laughter Therapy. Colleen has presented at National, professional, and community events, and she had appeared on cable TV, and radio.*

***Mary Collins, Ireland - Legacy Building: A Symphony of Strengths!***

This session will look at the importance of awareness & engagement of our signature strengths when considering our legacy projects in the world where we can make a real impact.

**Note:** To maximize participation in the session, please complete the online VIA strengths profile available to complete free of charge at [www.viacharacter.org](http://www.viacharacter.org)

*Mary is a Chartered Psychologist, Author and Executive Coach who has been working in the Leadership Development/Talent Management field for 20 years. Her current role as Senior Executive Development Specialist with RCSI Institute of Leadership involves working with senior leaders in the healthcare sector. Mary is passionate about leveraging the strengths of the Multigenerational Workplace. Her other research interests are Women in Leadership and Emotional Intelligence and Leadership. In December 2019, Mary was one of 15 people awarded a 'Coaching Hero Award' by Minister of State for Higher Education from Kingstown College to mark her contribution to the coaching field in Ireland.*

***Teresa D'Angelo, Mount Tabor NJ - Experience a Taste of Balkan Women's Circle Dance***

Learn a brief history of the Balkan Women's Ritual Dance through the research of Laura Shannon, pioneer of women's ritual dances for healing and transformation. Explore this simple way to support ourselves and each other in circle together. Wear clothing that reflects YOU.

*Teresa D'Angelo is a Somatic Dance-Movement Educator and founder of Live Love Move Healing Arts. Known for her authentic, joyful approach, she supports people at every age in relieving pain and expressing themselves through movement. She is an Ageless Grace® Brain Health Fitness Trainer, Nia® Second Degree Black Belt Instructor, Polarity Therapy Bodyworker with three years of intensive training in Dance Movement Therapy. Learn more at [www.live-love.move.com](http://www.live-love.move.com).*

***Roxane Dinkin, Bradenton FL - Release of Trauma, Shaking, and Yoga***

Ageless Grace has a powerful tool called "Shake It Up Baby!" Join Roxane Dinkin in shaking it up, as well as learning the evidence for the role of shaking in the release of trauma. She will also lead you in a sequence of adaptations of yoga for trauma release and discuss what we need to be sensitive to in working with trauma survivors. **Note:** Wear comfortable clothing for yoga and bring a mat or towel.

*Roxane Dinkin, PhD, is a clinical psychologist, Ageless Grace Educator, and TriYoga instructor. Yoga and meditation have been an integral part of her practice as a clinical psychologist for the past 40 years. Dr. Dinkin lives in Bradenton, Florida, with her husband, author Robert J. Dinkin, and their cat, The Kingster.*

***Jenna Eisenberg, Wheaton IL – By the way, I'm just sayin'!***

This year Jenna plays talk show host to her three alter egos: Viva, Golda and Chef Josephine. Each character shares her own unique perspective about making choices that help you find the "oomph" needed to live the life you want. Through stories 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 - The ABCs of a Healthy Brain***

There are certain fundamental requirements for a brain to be optimally functional and healthy. Experience the essentials in a unique presentation to help your brain thrive!

*Lana Gelb MS. is the President of Good Vibes Consultants and the Creator of the Brain Wake-Up Method©. As an Exercise Physiologist and Registered International Somatic Movement Therapist, 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, and an International Ageless Grace Educator/Trainer. Lana is a Graduate of the Neuroscience Academy and presented with Denise Medved at Harvard Medical School for an International Conference on Movement and Cognition.*

***Tracey Gelb, Pembroke Pines FL – If I Can Do It ...***

You really can bounce back from every traumatic life experience, as long as you have faith, gratitude, and the will to thrive and help others. Living a life of service is the power in healing.

Tracey Gelb is a motivational speaker who mentors clients on becoming triumphant through their emotional trauma and life setbacks. She is also an Ageless Grace Educator and teaches 17 classes a week, live and virtual..... and loves it! Tracey also received an award from Silver Sneakers in 2019 as Instructor of the Year.

***Yvette Gorman-Holmes, Long Island NY – Sowing the Seeds!***

Wherever our life is in this moment is the product of what we've said, done or thought up until this point and the moment we take full ownership of that, we put ourselves back in the driver's seat of life. Be reminded of your power with the spiritual awakening practice of intenSati (in ten SAH tee). Join us as we combine powerful movement with positive spoken affirmations to elevate our energy vibration and embody the spirit of our highest being.

*Yvette Gorman-Holmes is a Certified Life Coach and Somatic Healer who supports moms to reclaim their happiness and vitality from the chaos of motherhood and work exhaustion. She lives on Long Island, New York with her husband and two daughters.*

***Karen Haseley, Greenbelt MD – The Tiny Seed***

Based on inspiration from the book The Tiny Seed by Eric Carle, join us as we explore similarities of our personal journeys. We will reflect on the awakening of the unique seeds within each of us allowing them to fly and blossom. This collaborative session will capture highlights from the story and participants will move to liberate their untapped potentials and create a piece of art.

**Note:** There is a \$3 materials fee, and bring a pencil with an eraser and glue/glue stick.

*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.*

***Dianne Lancaster, Asheville NC – Stone Medicine Restorative Yoga with Healing Touch***

In this class, participants will be given the opportunity to rest in a few restorative yoga poses while being supported on the floor or seated in a chair. Floor participants are encouraged to bring their own yoga mat. Everyone is encouraged to bring their own blankets, pillows or a yoga bolster. Each student will receive a crystal to use as a personal touchstone. You will learn the healing properties of your stone, and if you wish, set an intension for your class. Dianne will guide you in self-healing touch techniques, gentle movement, and some simple restorative yoga poses. She will give you Healing Touch while you are in the poses. We will end the class with a meditation. The intent of this class is for you to leave with a sense of feeling rested, renewed, and with some Healing Touch techniques you can do at home.

**Note:** There will be a small fee for the stone. Participants are encouraged to bring their own yoga mat, blankets, pillows or yoga bolster.

*Dianne Lancaster retired in 2021 after 35 years of nursing. Her specialty was in Oncology. She now devotes her time to her passions of movement medicine (Yoga, Nia, Ageless Grace) and Energy Medicine (Crystals, Healing Touch). And of course, her grandchildren, family, and friends. A seeker of Certifications and Knowledge, she completed a nine-week training in Daoist Stone Medicine, 200-hour Yoga Teacher Training, Level 4 Healing Touch training, Nia Black Belt teacher, Ageless Grace Educator, and most recently, Ayurvedic Marma Point Healing Touch.*

***Marghi McClearn, Tallahassee FL – The Tiny Seed***

Based on inspiration from the book The Tiny Seed by Eric Carle, join us as we explore similarities of our personal journeys. We will reflect on the awakening of the unique seeds within each of us allowing them to fly and blossom. This collaborative session will capture highlights from the story and participants will move to liberate their untapped potentials and create a piece of art.

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*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.*

***Marisa Payne, Citrus Heights CA – Redefining Aging: A Model of Wellness***

If you were born in the mid-1940's-60's, you are part of the second-largest age group in the country. If you are 65 or older, you are one of just over 54 million in the U.S. You represent 16% of the population; that's more than one in every seven Americans. You and your generation have changed the face of the U.S. population for more than 70 years – and now as you age through your 60s, 70s, 80s and increasingly beyond – you are also beginning to redefine the standards of aging from a model of care to a model of wellness.

*Marisa is a demonstrated, high-performance change agent and the founder of In Pursuit of Wellness (<https://www.inpursuitofwellness.com>), offering pro-aging education and resources for real-world application of evidence-based, neuroscience-informed strategies in positive aging, whole-person wellness, and brain health.*

***Debra Reis, Ottawa Lake MI - How Supportive Therapies Shift Sick Care Into True Healthcare***

Our desire is for our organizations deliver healthcare vs. just managing sick care. In this presentation discover how supportive therapies (like relaxation techniques, aromatherapy, and gentle movement) are transforming wellness. Debra will share how these proven strategies can be used by healthcare providers, educators, and clients alike to achieve decreased stress and greater well-being.

*Debra Reis is certified in the movement therapies of Ageless Grace and Nia, which she incorporates in her practice as a holistic Clinical Nurse Specialist. She is the Coordinator of the Healing Care Program at the ProMedica Cancer Institute, sharing complementary therapies of relaxation techniques such as Healing Touch, clinical aromatherapy, and gentle movement. Debra is the founder of the Supportive Therapy Engagement Program, or S.T.E.P., which shares strategies with nurses and other healthcare providers to calm stress for themselves and others quickly.*

***Maria Skinner, Groton MA – Trip Around the Sun: A BeSoul Experience***

In this class, we will explore the energies of the astrological signs sequentially in a carefully curated routine. Sensing and feeling the energies of each sign of the zodiac allows for appreciation of diversity and permission to be wholly ourselves. This is a cardio class and an initiation tool. We will end in a guided meditation to integrate the experience.

*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](http://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.*

***Michelle Mulvey & Linda Rose Nall, Asheville NC – Chair Massage & Healing Touch Sessions in the Shopping Mall***