

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 **11th 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 14

- 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 Setting of Intentions***
- 430-6pm** ***Karen Haseley and Marghi McClearn – The Tiny Seed***
- 630-830pm** ***Feast of Fellowship and Abundance*** - Each person brings a dish to share and we eat together. 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 15

- 830-9am** ***Ageless Grace® Practice & Play with Ageless Grace Trainers***
- 9-930am** ***Ageless Grace® Panel with Ageless Grace Trainers***
- 930-1030am** ***Roxane Dinkin – Release of Trauma, Shaking, and Yoga***
- 1030-11am** Break for journaling, walking, napping, snacking, shopping, chair massage & Healing Touch in the Downstairs Mall
- 11am-12pm** ***Colleen Caron – Beyond the Yellow Brick Road During Pandemic: Care of Mind, Body and Spirit***
- 12-1245pm** ***Teresa D'Angelo – Experience a Taste of Balkan Women's Circle Dance***
- 1245-215pm** Lunch Break on your own and shopping, chair massage & Healing Touch in the Downstairs Mall — a list of lunch possibilities will be provided, including vegetarian and gluten-free options
- 215-300pm** ***Lana Gelb – The ABCs of a Healthy Brain***
- 300-315pm** Mini-Break
- 315-445pm** ***Casaundra Bennett – Contemplative Photography: Making Pictures with Soul***
- 445-5pm** Mini-Break
- 5-615pm** ***Doreen Blue –The Gift of Volunteering + Evening Walk with the Goats***
- 615pm** Dinner on your own — see the Restaurant List for some of the delicious options in Hendersonville

Saturday July 16

- 830-9am** *Ageless Grace® Practice & Play with Ageless Grace Trainers & Educators*
- 9-945am** *Debra Reis – How Supportive Therapies Shift Sick Care Into True Healthcare*
- 945-1015am** Break for journaling, walking, napping, snacking, shopping and chair massage & Healing Touch in the Downstairs Mall
- 1015-1045am** *Tracey Gelb – If I Can Do It ...*
- 1045-12pm** *Dianne Lancaster – Stone Medicine Restorative Yoga with Healing Touch*
Note: There will be a small fee for the stone. Participants are encouraged to bring their own yoga mat, blankets, pillows or yoga bolster.
- 12-230pm** **Fairy Trail at Bullington Gardens and Picnic Lunch**
Note: Bring walking shoes for a visit to the Fairy Trail
- 230-330pm** *Jenna Eisenberg – By the way, I'm just sayin'!*
- 330-345pm** Mini-break
- 345-430pm** *Marisa Payne - Redefining Aging: A Model of Wellness*
- 430-5pm** *Yvette Gorman-Holmes – Sowing the Seeds!*
- 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 17

- 830-945am** *Maria Skinner – Ageless Grace Zodiac Class with Guided Meditation*
Note: Wear comfortable clothing for movement
- 945-10am** Mini-Break
- 10-1030am** *Dr. Mary Collins – Legacy Building: A Symphony of Strengths!*
Note: To maximize participation in the session, please complete the online VIA strengths profile available to complete free of charge at www.viacharacter.org
- 1030-11am** *Missy Atkinson – Experience HU: The Sound of the Soul, Sacred Sound, Ancient Mantra*
- 11-11:15am** *Closing Ceremony – Denise Medved*
- 1115am-12pm** *Make your final purchases in the Shopping Mall!!*

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!