

## **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.*

### ***Doreen Blue, Hendersonville NC – The Gift of Volunteering + 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, 95 Upper Red Oak Trail, Hendersonville.

*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 locations 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!*

### ***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. She is also an author in the recent Amazon #1 international seller Soul Biz! Learn more at [www.live-love.move.com](http://www.live-love.move.com).*

***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 2-1/2 years ago. The love of her life, besides her husband Ed, is teaching 6 Zoom classes a week of Ageless Grace!*

***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 and Walk With Ease***

**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.

**Walk With Ease:** WWE is an Arthritis Foundation evidence-based program that teaches individuals with arthritis to walk safely, comfortably and with less pain. It is designed for anyone who can stand on their feet for at least 10 minutes without discomfort. This presentation will give an overview of the program, and go over the 5-step walking plan that has shown to improve physical fitness and reduce arthritis pain.

*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. 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 intention 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 is a \$5 materials fee. Participants are encouraged to bring their yoga mat (or towel), blanket, and pillow or yoga bolster. Chairs will also be available if needed.

*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.*

***Denise Medved, Hendersonville NC – Feng Shui Style Play: Wearing the 5 Elements – Water, Wood, Fire, Earth, Metal***

Feng shui means wind and water - the catalysts of change! Feng shui is the art of arrangement of space, using the inspiration and balance from the five elements of wood, water, fire, earth, metal - and the unseen element of wind. Feng shui is commonly used for interiors and landscape - yet we will apply this creative tool to fashion, and show you how you can combine pieces for a new creative look. **Note:** This presentation will take place at Elite Repeats Boutique, 178 Four Seasons Blvd, Hendersonville.

*Denise Medved is the founder and creator of Ageless Grace® and her two passions are movement and the ancient art of feng shui. She studied at the Western School of Feng Shui with famed master and author Terah Kathryn Collins and has since been a consultant to individuals, corporations and communities for more than 20 years.*

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

Isn't it time that our organizations deliver true healthcare vs. just managing sick care? In this presentation discover how supportive therapies (like powerful relaxation techniques, effective aromatherapy, and simple 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 Ageless Grace and Nia movement therapies, which she incorporates into her practice as a holistic Clinical Nurse Specialist. She is the Coordinator of the Healing Care Program at the ProMedica Cancer Institute, integrating complementary modalities into a healing plan for patients going through the cancer experience. Debra is the founder of the Supportive Therapy Engagement Program (S.T.E.P.), which gives nurses and other healthcare providers strategies to calm the chaos fast — bringing peace and balance to all.*

***Melinda Q. Toney MD, Asheville NC – Aligning With Your Healing Power Within***

Honor and Align with your Healing Power within by expanding your mind and your heart as we explore paradigms of healing and engage with practical tools. Awaken to your freedom to choose among your options, and become more aware of how you can claim LOVE and your Wholeness at each turn!

*Melinda Q. Toney, MD is founder of Awaken Chrysalis, and is board certified in Integrative Medicine with 30 years experience of Holistic Family Medicine. Her passion to understand and empower the most essential ingredient of healing, the Healer Within, has fueled her venture into Anthroposophic Medicine, Homeopathy, Functional Medicine, Energy Medicine, Breathwork, and Ageless Grace!*

***Linda Rose Nall, Asheville NC – Healing Touch Sessions in the Shopping Mall***

Healing Touch is an "energy therapy" that uses gentle hand techniques to help re-balance energy fields and promote healing of the body, mind, and spirit. Linda will offer 25-minute sessions for \$25 on Thursday, Friday and Saturday. See Linda to schedule your appointment.

*Linda has been a registered nurse for 20 years. She is also a board-certified holistic nurse. She loves working with stones and creating her own unique style of jewelry for the sole purpose of healing. She is also a Healing Touch Certified Practitioner and offers Healing Touch sessions with the use of crystals, aromatherapy and a singing bowl for cellular level healing.*