

## 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 and Healing Touch appointments available.
- 4-430pm** ***Welcome Ceremony and Setting of Intentions***
- 430-6pm** ***Karen Haseley and Marghi McClearn – The Tiny Seed***  
**Note:** There is a \$3 materials fee; bring a pencil with an eraser and glue/glue stick
- 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***
- 930-10am** Break for journaling, walking, napping, snacking, shopping and Healing Touch in the Downstairs Mall
- 10-11am** ***Melinda Q. Toney, MD – Aligning With Your Healing Power Within***
- 11am-12pm** ***Teresa D'Angelo – Experience a Taste of Balkan Women's Circle Dance***  
**Note:** Wear clothing that reflects YOU and is comfortable for movement
- 12-2pm** Lunch Break on your own and shopping and Healing Touch in the Downstairs Mall. A list of lunch possibilities will be provided, including vegetarian and gluten-free options
- 2-230pm** ***Doreen Blue – The Gift of Volunteering***
- 230-250pm** ***Karen Haseley – Walk With Ease***  
**Note:** Bring comfortable shoes for walking
- 250-340pm** ***Doreen Blue and Karen Haseley – Walk With Ease + Visit the Goats***
- 340-4pm** Mini-Break
- 4pm** ***Drive to Elite Repeats Boutique, 178 Four Seasons Blvd Hendersonville***
- 430-5pm** ***Denise Medved - Feng Shui Style Play: Wearing the 5 Elements – Water, Wood, Fire, Earth, Metal***
- 5-6pm** ***Shopping at Elite Repeats Boutique with wine, beverages and lite bites to eat!***
- 6pm** 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*
- 9-10am** *Debra Reis – How Supportive Therapies Shift Sick Care Into True Healthcare*
- 10-1030am** Break for journaling, walking, napping, snacking, shopping and Healing Touch in the Downstairs Mall
- 1030-12pm** *Dianne Lancaster – Stone Medicine Restorative Yoga with Healing Touch*  
**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.
- 12-230pm** **Fairy Trail at Bullington Gardens and Picnic Lunch**  
**Note:** Bring walking shoes and your picnic lunch for a visit to the Fairy Trail, 95 Upper Red Oak Trail, Hendersonville
- 230-330pm** *Jenna Eisenberg – By the way, I'm just sayin'!*
- 330-4pm** Break for journaling, walking, napping, snacking, shopping and Healing Touch in the Downstairs Mall
- 4-5pm** *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

- 830-930am** *Ageless Grace® Practice & Play with Ageless Grace Trainers & Educators*
- 930-10am** Break for journaling, walking, napping, snacking, and shopping in the Downstairs Mall
- 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 free of charge at [www.viacharacter.org](http://www.viacharacter.org)
- 1030-1115am** *Missy Atkinson – Experience HU: The Sound of the Soul, Sacred Sound, Ancient Mantra*
- 1115-1130am** *Closing Ceremony – Denise Medved*
- 1130am-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!*