

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 **14th Annual Renew Refresh & Retreat** sponsored by Ageless Grace® -- showcasing very talented and passionate certified Ageless Grace Educators and Trainers 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**

Friday June 27

- 11am-12:30pm** **Ageless Grace Trainer Lunch** - Thai Spice, 220 S King St, Hendersonville, NC 28792
- 1130am-1230pm** Check in, add any clothing to the Clothing Swap, stroll along Main Street. Vendors set up their tables in the Shopping Mall.
Clothing Swap - bring gently worn clothing you want to trade in return for someone else's clothing treasures - throughout the Retreat!
- 1-130pm** **Welcome Ceremony and 10 minutes of Ageless Grace with Denise**
- 130-230pm** **Kate Stockman – Setting Your Intention**
Note: If you have special images you would like to use in your collage please bring them with you.
- 230-3pm** Break for journaling, shopping, walking or snacking
- 3-345pm** **Audra Mace - Chakradance™: Power Animal Meditation & Dance**
- 345-4pm** Mini-Break
- 4-5pm** **Melinda Toney, MD - Breath, Movement and the Autonomic Nervous System**
- 530-8pm** **Feast of Fellowship and Abundance** - Each person brings a dish to share and we eat together at Denise's & Roger's home at 2314 Kanuga Rd, Hendersonville, NC 28739

Saturday June 28

- 830-9am** **Ageless Grace® Practice & Play with Ageless Grace Trainers & Educators**
Trainer Tracey Gelb shares Grab Bag "Hand Jive"
- 9-945am** **Tracey Gelb - Healing Trauma Holistically**
- 945-10am** Break for journaling, shopping, walking or snacking
- 10-1045am** **Annie Sparks Poteat -Asking For and Receiving Answers to Life Question in Your Dreams**
Note: Bring a question or request that you would like to dream on
- 11am-1230pm** **Visit to The Fairy Trail with Doreen Blue** – Bullington Gardens, 95 Upper Red Oak Trail, Hendersonville, NC 28792
Note: You may want to bring your lunch to eat in the gardens & your walking shoes
- 1230-130pm** Lunch Break on your own. Bring your lunch to eat at Bullington Gardens, return to eat at the Retreat site and shop in the Shopping Mall, or eat at a local restaurant. A Restaurant List with vegetarian and gluten-free options will be provided.
- 145-230pm** **Denise Medved and Maribeth Bevis – Tell Me Something Good: Positivity and Social Connection**
- 230-245pm** Mini-Break
- 245-330pm** **Jenna Eisenberg – Cardio Drumming**
- 330-345pm** Mini-Break
- 345-430pm** **Kimberly Barrett - Developing Resilience At Any Age**
- 430-530pm** **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!
- 530pm** Dinner on your own — see the Restaurant List for some of the delicious options in Hendersonville.
Transformational Breath® Workshop with Melinda Toney 6:00-7:30pm; \$50

Sunday June 29

- 830-9am** ***Ageless Grace® Practice & Play with Ageless Grace Trainers & Educators***
Educator Doreen Blue shares ASL Finger Spelling
- 9-945am** ***Rebecca Rushing - Positive Approach to Care***
- 945-10am** Mini-Break
- 10-1045am** ***Mandi Green - Unlock Your Brain's Potential: One Breath at a Time***
- 1045-11am** Mini-Break
- 11am-12pm** ***Vicki Wilson - Tactile Meditation: Creating Mandalas***
- 12-1pm** Lunch Break on your own, shop in the Shopping Mall
- 1-130pm** ***Jenna Eisenberg and "Her Girls"***
- 130-215pm** ***Kallie LeFever - Working WITH the Moon's Rhythms***
Note: Please bring a yoga mat and blanket for comfort. Chairs will be available.
- 215-230pm** Mini-Break
- 230-315pm** ***Kat Papineau – Sound Meditation***
Note: Please bring a yoga mat and blanket for comfort. Chairs will be available.
- 315-330pm** ***Closing Ceremony – Denise Medved***
- 330-430pm** ***Make your final purchases in the Shopping Mall!!***
Safe travels home!