



Aging, Sage-ing, Engaging

January 12–13, 2019, Delray Beach, Florida

We are Sultanas, women of a certain age, leaning into our third and fourth acts, consciously recalculating and reinventing ourselves while transforming the current paradigm of **aging** through "**sage-ing**" (lifelong learning/community building/service) and **engaging**.

Sultanas Gathering 2019, an experience of letting go and being in dynamic ease and grace is **by invite only** to female serial explorers, high achievers and seekers of truth.

Cultivating our collective consciousness, we will meet in person; face-to-face, heart-to-heart, mind-to-mind, body-to-body. Part retreat, part think tank, part body sensation, and part celebratory ritual, we will catalyze our collaboration with Sage Sultanas. By sharing our unique portals of experience in spiritual eldering; healthy holistic aging; and death, dying, and documents, we'll take a deep dive into engaging for positive change.

We will be immersed in Mother Nature, enjoying healing sun, glorious shade, palm trees and ocean breezes as we engage in the joy of movement, the power of sound, and the surprising benefits of the relationship economy. PLUS, plain old FUN!

It is our intent that every Sultana will come away with feelings of support and resolve for developing new holistic pathways in our regenerative journey. So that we can continue influencing positive change for younger generations.

Come plant seeds of connection. Be a founding Sultana. Be part of Sultanas Brain Trust. Invite a Sultana sister. Because when we show up, MAGIC happens!

With much love and admiration,

Hinda Miller, Founder, Sultanas Group

Sage Sultanas 2019

Cary Castor, Founder, 21 Drops, licensed massage therapist and clinically certified aromatherapist: *Wisdom from a lifetime of study of plant-based medicine and wellness*

Dee Deluca, Founder and CEO, Living Well Group: "**Farm to Care**" sustainable model for healthy eldercare

Francesca Arnoldy, Director, EOL Doula Professional Certification, University of Vermont College of Medicine: *Contemplating birth and death with doula heart and living wills*

Jody Dancer, Owner, Starlight Ballroom and Nia black belt instructor: *Moving into body sensation and dynamic ease*

Lisa Schneider, Partner, Gunster Law Firm: *Elder law and estate planning for women and families*

Margie Walden, Minister, Sunray Meditation Society (trained by Ven. Dhyani Ywahoo): *Spiritual eldering as a portal of understanding and comedy*

Marie Froelich, Founder; Taproot Consulting and Taproot Herbals: *How plant energetics integrate with health coaching and practices*

Gathering details and logistics

We begin Saturday, January 12 at 9 AM and close Sunday at 3 PM.

Venue: The Colony Hotel, in the heart of Delray Beach. This charming, family-owned, "old Florida" hotel is conveniently located on Atlantic Avenue where music, art, and good food is a walk away. Amenities include access to the nearby Colony Cabaña Club, which has a private beach and heated saltwater pool.



Hotel Booking: Discounted rooms are available at the Colony Hotel for 2 nights (Jan. 11–13 stay) starting at \$154 per night, with queen bed, breakfast included. Call Colony Hotel at (561)

276-4123 and ask for the discounted rate for Sultanas Gathering. With limited rooms at this rate, this offer is time-sensitive. Consider booking NOW, with no risk to you. Your credit card will be charged for one night, and you can cancel 2 weeks before the event for a full refund. Please note: this offer does not extend to online booking.

