



# MEA Workshops at a Glance

November 2025



Santa Fe, USA

**Stay Relevant in a Changing World: Mastering the Art of Mutual Mentorship**

Marc Freedman and Chip Conley

Master the art of mutual mentorship to better guide the next generation – and learn from them, too.

**Nov 10 - Nov 15, 2025**  
Starting at  
**\$3,000**



Santa Fe, USA

**Tame Your Inner Critic: The Path to Fearless Living**

Anne Lamott, Neal Allen and Chip Conley

Release yourself from endless judgment and find your confidence in compassion, self-care, and trust.

**Nov 17 - Nov 22, 2025**  
Starting at  
**\$5,000**



Baja, Mexico

**2nd Annual Wisdom of Gratitude & Teachings of Nature**

Mark Coleman, Lori Schwanbeck and Teddi Dean

Celebrate the season of gratitude by deepening your connection to nature and the sacred rhythm of life itself.

**Nov 24 - Nov 29, 2025**  
Starting at  
**\$3,000**



Santa Fe, USA

**Thanksgiving at MEA: Gratitude & Awe in the High Desert**

Mary Hofstedt

Celebrate what matters – gratitude, belonging, and the beauty of becoming – at our luxury resort in the desert.

**Nov 24 - Nov 29, 2025**  
Starting at  
**\$3,000**

December 2025



Baja, Mexico

**Cultivating Purpose**

Thérèse O'Neill

Rediscover what lights you up and step into a life infused with greater meaning, fulfillment, and joy.

**Dec 1 - Dec 6, 2025**  
Starting at  
**\$3,000**



Santa Fe, USA

**MEA Film Festival**

Chip Conley

A film lover's retreat where cinema meets self-discovery – and every story becomes a mirror for your own.

**Dec 15 - Dec 22, 2025**  
Starting at  
**\$2,500**



Baja, Mexico

**Cultivating Awe**

Dacher Keltner

Let wonder lead the way as you learn to see the world through eyes of gratitude, beauty, and possibility.

**Dec 15 - Dec 20, 2025**  
Starting at  
**\$4,000**



Santa Fe, USA

**Ring in the New Year at Rising Circle Ranch**

Thérèse O'Neill

Join us in the desert to honor what's ending, celebrate what's beginning, and step into 2026 with clarity and joy.

**Dec 29 - Jan 3, 2026**  
Starting at  
**\$3,000**

January 2026



Santa Fe, USA

**Vital Signs: Cultivating a Flourishing Life**

Lori Schwanbeck

Rediscover what makes you come alive – and design a year rooted in purpose, vibrancy, and joy.

**Jan 4 - Jan 8, 2026**  
Starting at  
**\$3,000**



Baja, Mexico

**Start with Stillness: A New Year Silent Retreat**

Teddi Dean

Step into 2026 calm, grounded, and clear – instead of distracted and running on empty.

**Jan 5 - Jan 10, 2026**  
Starting at  
**\$3,500**



Santa Fe, USA

**Thriving in Your 20s, 30s & 40s: Building a Life That Matters**

Brian Dubow

Rediscover what makes you come alive – and design a year rooted in purpose, vibrancy, and joy.

**Jan 8 - Jan 11, 2026**  
Starting at  
**\$2,600**



Santa Fe, USA

**Navigating Transitions**

Christine Sperber

Turn life's turning points into opportunities for growth, renewal, and deeper fulfillment.

**Jan 11 - Jan 15, 2026**  
Starting at  
**\$2,500**



Baja, Mexico

**Who Am I Now? Clarity and Freedom to Thrive**

Jill Nykoliation

A guided journey to release old identities, clarify who you are now, and step confidently into your next chapter.

**Jan 12 - Jan 17, 2026**  
Starting at  
**\$3,000**



Santa Fe, USA

**Digital Detox: Begin the Year With Clarity and Calm**

Mary Hofstedt

A mindful retreat to unplug from distraction, reconnect with yourself, and remember what truly matters.

**Jan 15 - Jan 18, 2026**  
Starting at  
**\$1,900**



Santa Fe, USA

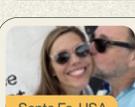
**Discovering The Hero's Journey in Midlife**

Ben Katt

Answer the call to action that's inviting you to step into the unknown and discover what's next.

**Jan 18 - Jan 22, 2026**  
Starting at  
**\$2,500**

 <p>Baja, Mexico</p>	<p><b>Your Life As a Creative Act: Power &amp; Possibility</b> Rob Bell</p>	<p>Reclaim your agency with “spiritual outlaw” Rob Bell and rediscover life as your greatest creative expression.</p>	<p><b>Jan 19 - Jan 24, 2026</b> Starting at <b>\$4,000</b></p>
 <p>Baja, Mexico</p>	<p><b>Retirement Planning for Two: Creating Your Shared Vision</b> Bob Laura and Amie Laura</p>	<p>Realign your goals, deepen communication, and design a shared vision for your next chapter together.</p>	<p><b>Jan 22 - Jan 25, 2026</b> Starting at <b>\$2,600</b></p>
 <p>Santa Fe, USA</p>	<p><b>Cultivating Purpose</b> Mary Hofstedt</p>	<p>Rediscover what lights you up and step into a life infused with greater meaning, fulfillment, and joy.</p>	<p><b>Jan 25 - Jan 29, 2026</b> Starting at <b>\$2,500</b></p>
 <p>Santa Fe, USA</p>	<p><b>Unmute Yourself: Writing Your Truth</b> Ann Randolph</p>	<p>Break through self-censorship, unearth your buried stories, and express the truth only you can tell.</p>	<p><b>Jan 29 - Feb 1, 2026</b> Starting at <b>\$2,600</b></p>

 <p>Santa Fe, USA</p>	<p><b>Moving through Loss: From Grief to Grounded Renewal</b> Meghan Riordan Jarvis</p>	<p>A supportive space to tend your grief, rebuild self-trust, and discover daily practices for calm, strength, and renewal.</p>	<p><b>Feb 1 - Feb 5, 2026</b> Starting at <b>\$3,300</b></p>
 <p>Santa Fe, USA</p>	<p><b>Transformational Speaking™</b> Gail Larsen</p>	<p>Uncover the story your life has prepared you to tell – and deliver it with truth, confidence, and heart. <i>**Limited to 6 participants only</i></p>	<p><b>Feb 2 - Feb 7, 2026</b> Starting at <b>\$10,000</b></p>
 <p>Baja, Mexico</p>	<p><b>Vital After 50: Master Your Metabolic Reset</b> Jeff Krasno and Schuyler Grant</p>	<p>Join the creators of Wanderlust for a holistic reboot of body and mind combining movement, thermal therapy, and mindfulness.</p>	<p><b>Feb 2 - Feb 7, 2026</b> Starting at <b>\$4,000</b></p>
 <p>Santa Fe, USA</p>	<p><b>Caregiver Wellness: Brain, Body &amp; Boundaries</b> Barbara Kreisman and Briony Catlow</p>	<p>A science-backed retreat to help you manage stress, prevent burnout, and protect your own well-being as you care for others.</p>	<p><b>Feb 5 - Feb 8, 2026</b> Starting at <b>\$2,600</b></p>
 <p>Santa Fe, USA</p>	<p><b>Evolving Identity: Learning How to Let Go</b> Ricky Williams (now Errick Miron)</p>	<p>Join this former NFL star for a powerful workshop on releasing old identities and consciously evolving into who you're becoming.</p>	<p><b>Feb 8 - Feb 12, 2026</b> Starting at <b>\$3,300</b></p>
 <p>Baja, Mexico</p>	<p><b>Awakening Magic</b> Elizabeth Gilbert and Dr. Tererai Trent</p>	<p>Let wonder lead the way as you learn to see the world through eyes of gratitude, beauty, and possibility.</p>	<p><b>Feb 9 - Feb 14, 2026</b> Starting at <b>\$5,000</b></p>
 <p>Santa Fe, USA</p>	<p><b>Becoming Beloveds: Redefining Love in Midlife</b> Kari Cardinale and Steven Cardinale</p>	<p>An intimate Valentine's retreat to reimagine love in midlife and build the conscious, connected relationships you desire.</p>	<p><b>Feb 12 - Feb 15, 2026</b> Starting at <b>\$1,900</b></p>
 <p>Santa Fe, USA</p>	<p><b>Courage is Calling: Reset On Your Bravest Path</b> Margie Warrell, PhD</p>	<p>Step beyond fear to reclaim your courage, clarify your purpose, and chart your bold path to the life you're meant to live.</p>	<p><b>Feb 15 - Feb 19, 2026</b> Starting at <b>\$3,300</b></p>
 <p>Baja, Mexico</p>	<p><b>Owning Wisdom</b> Ben Katt</p>	<p>Slow down, listen inward, and let your hard-earned wisdom guide how you live, serve, and create in this next chapter.</p>	<p><b>Feb 16 - Feb 21, 2026</b> Starting at <b>\$3,000</b></p>
 <p>Santa Fe, USA</p>	<p><b>The Pursuit of Higher Ground</b> Rand Stagen and Chip Conley</p>	<p>Step off the treadmill of short-term wins to architect a life and legacy that brings you joy and fulfillment for decades to come.</p>	<p><b>Feb 22 - Feb 26, 2026</b> Starting at <b>\$3,300</b></p>
 <p>Baja, Mexico</p>	<p><b>Cultivating Purpose</b> Thérèse O'Neill</p>	<p>Rediscover what lights you up and step into a life infused with greater meaning, fulfillment, and joy.</p>	<p><b>Feb 23 - Feb 28, 2026</b> Starting at <b>\$3,000</b></p>

# Brought to you by MEA, the world's first Midlife Wisdom School.

● As Seen In:

The New York Times TED  AGEIST **Inc.**   *Opal Daily* WSJ **Bloomberg**

MEA (Modern Elder Academy) offers science-backed workshops and online programs that provide people with the tools, practices, and support to navigate midlife challenges and thrive in the second half of life. Over 7,000+ alumni from 60 countries with 60 regional chapters around the world have attended our destination workshops and online programs to reimagine aging and create exciting and meaningful next chapters in midlife and beyond.

Our curriculum has been designed in collaboration with academics from Stanford, Harvard, UC Berkeley, and Yale, who have dedicated themselves to understanding modern midlife. Together we have developed and refined experiential tools and practices that combine the social science of longevity and the art of intentional living to empower people to curate a second half of life that's as joyful, exciting, and meaningful as it is long.

Learn more at: [meawisdom.com](https://meawisdom.com)