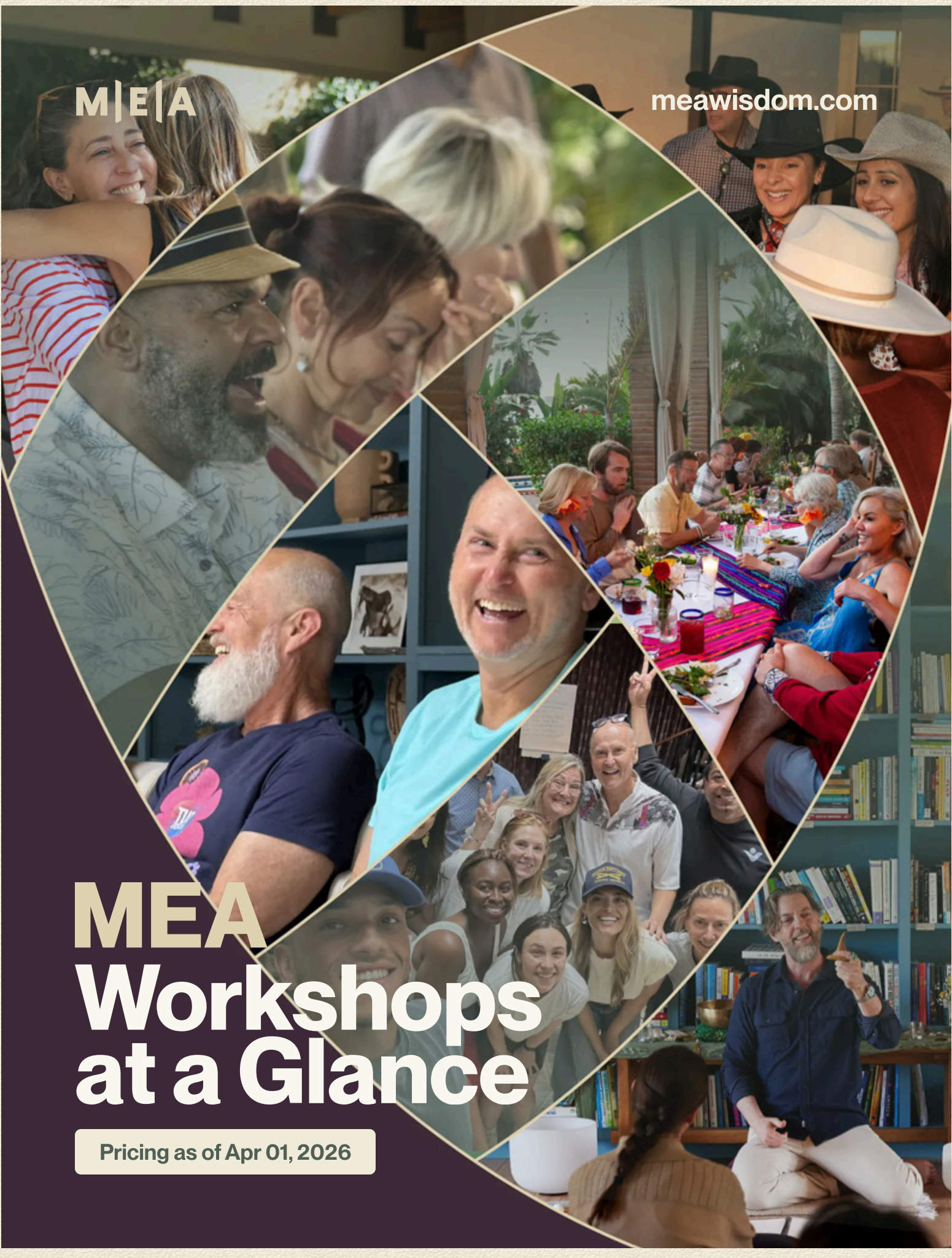


M|E|A

meawisdom.com

# MEA Workshops at a Glance

Pricing as of Apr 01, 2026



 <p>Santa Fe, USA</p>	<p><b>Golden Girls, Santa Fe Style: Shared Homes, Shared Futures &amp; a New Way to Live</b> Chip Conley</p>	<p>Join us for a weekend in Santa Fe exploring how to live with friends in beautiful shared homes—stay independent, split the costs, and build real community instead of going it alone.</p>	<p><b>Apr 2 - Apr 5, 2026</b> Starting at <b>\$1,500</b></p>
 <p>Santa Fe, USA</p>	<p><b>Landscapes of Silence: A 3-Day Silent Retreat</b> Teddi Dean and Chip Conley</p>	<p>Unplug from the noise, slow your mind, and rediscover peace through three days of mindful silence and gentle renewal.</p>	<p><b>Apr 2 - Apr 5, 2026</b> Starting at <b>\$2,100</b></p>
 <p>Santa Fe, USA</p>	<p><b>From Survive to Thrive: Cancer as a Catalyst for Deeper Meaning &amp; Purpose</b> Caryn Lerman, PhD and Chip Conley</p>	<p>Transform your cancer experience into a source of clarity, connection, and renewed purpose for the life ahead.</p>	<p><b>Apr 5 - Apr 9, 2026</b> Starting at <b>\$3,600</b></p>
 <p>Baja, Mexico</p>	<p><b>The Bonus Round: Crafting a Meaningful Post-Work Chapter</b> Pam McLean, Joy Leach and Tom Pollack</p>	<p>Transform the post-work years into your “bonus round” – a time of renewal, contribution, and authentic fulfillment.</p>	<p><b>Apr 6 - Apr 11, 2026</b> Starting at <b>\$4,500</b></p>
 <p>Santa Fe, USA</p>	<p><b>Chip's Wisdom Weekend: Philosophy for a Meaningful Life with Eric Weiner</b> Chip Conley and Eric Weiner</p>	<p>Unplug from the noise, slow your mind, and rediscover peace through three days of mindful silence and gentle renewal.</p>	<p><b>Apr 9 - Apr 12, 2026</b> Starting at <b>\$3,000</b></p>
 <p>Santa Fe, USA</p>	<p><b>What Should You Do With the Rest of Your Life?</b> Daniel Pink and Chip Conley</p>	<p>Use behavioral science and timeless wisdom to reveal the motivations, values, and next steps that will shape your mo</p>	<p><b>Apr 12 - Apr 16, 2026</b> Starting at <b>\$4,400</b></p>
 <p>Baja, Mexico</p>	<p><b>From Success To Self - A Men's Workshop</b> Ben Katt and Derek Gehl</p>	<p>A five-day MEA workshop in Baja designed to help you reconnect with your long-held dreams and build a meaningful next chapter in midlife.</p>	<p><b>Apr 13 - Apr 18, 2026</b> Starting at <b>\$3,500</b></p>
 <p>Santa Fe, USA</p>	<p><b>Inner Tracking: You Are Your Path</b> Lee Johnson, Melanie Smith and Amie Tullius</p>	<p>This is an experiential workshop that helps participants reconnect with their inner wisdom through guided reflection and dialogue, cultivating clarity, self-trust, and the insight that their authentic path emerges from within.</p>	<p><b>Apr 16 - Apr 19, 2026</b> Starting at <b>\$2,100</b></p>
 <p>Santa Fe, USA</p>	<p><b>Vital Signs: Where You Truly Come Alive</b> Lori Schwanbeck</p>	<p>In this intimate workshop with Hakomi-certified psychotherapist and mindfulness teacher Lori Schwanbeck, you will reclaim your vitality – physically, emotionally, and spiritually – through proven embodied practices, reawaken your sense of purpose with guided reflection and nature-based experiences and build a personal plan to keep that aliveness alive long after you leave.</p>	<p><b>Apr 16 - Apr 19, 2026</b> Starting at <b>\$2,100</b></p>



### Navigating Transitions

Christine Sperber

Turn life's big shifts into catalysts for clarity, courage, and renewal – and learn to meet uncertainty with trust in what's unfolding.

Apr 19 - Apr 23, 2026

Starting at  
**\$2,800**



### Transformational Listening™

Gail Larsen and Trisha Nakano Bhagen

A four-day immersive workshop in Santa Fe where acclaimed teacher Gail Larsen guides a small circle to deepen intuition, strengthen inner clarity, and transform the way you listen—to yourself, others, and life—so insight emerges from stillness rather than effort.

Apr 20 - Apr 24, 2026

Starting at  
**\$3,600**



### Rekindling Connection: A Retreat for Couples in Midlife and Beyond

Karen Skerrett

Reignite emotional and physical intimacy, rediscover each other's stories, and design a shared vision for love that deepens with time.

Apr 23 - Apr 26, 2026

Starting at  
**\$3,000**



### Transitional Intelligence for Professionals: Help Your Clients Navigate Life's Big Changes

Mary Hofstedt

A four-day immersive workshop that invites you to explore life's biggest questions, cultivate presence, and uncover deeper meaning and connection in everyday moments.

Apr 26 - Apr 30, 2026

Starting at  
**\$2,800**



### Live Longer, Age Better: The New Science of Longevity

Dr. Sara Szal, MD and Dr. Brad Jacobs, MD, MPH, ABOIM

Cut through the noise of modern wellness and build an evidence-based longevity plan designed for your body, your biology, and your life stage.

Apr 27 - May 2, 2026

Starting at  
**\$4,500**



### Learning to Love Midlife: Design Your Daring Next Chapter

Holly Prescott and Kelly White

A 3-day immersive retreat that helps you move beyond inspiration — guiding you step-by-step to transform insights from Learning to Love Midlife into a personalized "Daring Dozen" roadmap across your physical, emotional, mental, vocational and spiritual life, so you can design a bold, intentional next chapter.

Apr 30 - May 3, 2026

Starting at  
**\$3,000**

## May 2026



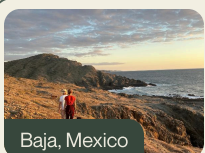
### Wild Resilience: Finding Inner Clarity Through Outdoor Adventure

Rebecca Rusch and Dr. Jaimie Lusk

A four-day immersive retreat that helps you shift from being 'good at what you do' (excellence) to discovering and living what you're truly made for (your zone of genius), so work feels like play and life feels more alive.

May 3 - May 7, 2026

Starting at  
**\$4,000**



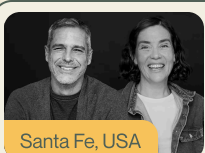
### Cultivating Purpose

Barbara Tint

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

May 4 - May 9, 2026

Starting at  
**\$3,500**



### What Really Matters? Finding Strength & Purpose in Challenging Times

BJ Miller and Bridget Sumser

Learn to face illness, grief, and change with courage, self-compassion, and a renewed trust in life's enduring beauty.

May 7 - May 10, 2026

Starting at  
**\$3,600**



### Women Thriving Beyond Transitions: Reimagining Power and Possibility

Carla Goldstein (Omega Institute President & CEO) and Leslie Salmon Jones

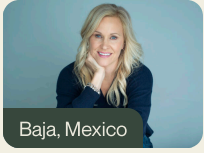
Santa Fe, USA

A four-day retreat to rediscover rhythm, calm, and meaning as you step into life's next season.

May 10 - May 14, 2026

Starting at

\$4,000



### Who Are You Now? Embrace Your Emerging Self

Jill Nykolation

Baja, Mexico

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

May 11 - May 16, 2026

Starting at

\$3,500



### Prime of Life Yoga®: Move with Confidence

Larry Payne, Phd and Catherine Oppenheimer

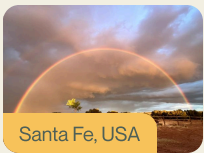
Santa Fe, USA

A three-day Santa Fe retreat that helps you build strength, mobility, breath awareness, and confidence in movement for midlife and beyond.

May 14 - May 17, 2026

Starting at

\$2,700



### Awakening Wisdom

Ben Katt

Santa Fe, USA

Slow down, listen inward, and let your hard-earned wisdom guide how you live, serve, and create in this next chapter.

May 17 - May 21, 2026

Starting at

\$3,200



### Navigating Transitions

Christine Sperber

Baja, Mexico

Turn life's big shifts into catalysts for clarity, courage, and renewal – and learn to meet uncertainty with trust in what's unfolding.

May 18 - May 23, 2026

Starting at

\$3,500



### Golden Girls, Santa Fe Style: Shared Homes, Shared Futures & a New Way to Live

Chip Conley

Santa Fe, USA

Join us for a weekend in Santa Fe exploring how to live with friends in beautiful shared homes—stay independent, split the costs, and build real community instead of going it alone.

May 21 - May 24, 2026

Starting at

\$1,500



### Reinvent Yourself: Step into Your Next Chapter & Live Your Greatest Story

Robin Fisher Roffer

Santa Fe, USA

A three-day Santa Fe retreat that helps you build strength, mobility, breath awareness, and confidence in movement for midlife and beyond.

May 21 - May 24, 2026

Starting at

\$3,600



### Radical Wisdom: The Natural Laws of Business & A Meaningful Life

Ari Weinzweig and Chip Conley

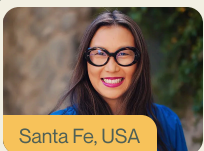
Santa Fe, USA

Break free from “business as usual” and learn how values-driven rebellion can fuel meaningful, lasting success.

May 24 - May 28, 2026

Starting at

\$4,000



### Find Your “F\*\*\* Yes!” – A Guide to No-Regrets Living

Bonnie Wan

Santa Fe, USA

A 3-day immersive experience to gain clarity on your values and life direction so you can stop overthinking, say yes only to what truly lights you up, and live with no regrets.

May 28 - May 31, 2026

Starting at

\$3,600



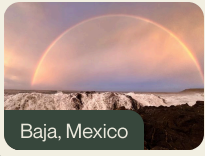
**Your Zone of Genius: From Excellence to Aliveness**  
Diana Chapman and Chip Conley

A four-day immersive retreat that helps you shift from being 'good at what you do' (excellence) to discovering and living what you're truly made for (your zone of genius), so work feels like play and life feels more alive.

May 31 - Jun 4, 2026

Starting at  
**\$4,000**

June 2026



**Awakening Wisdom**  
Ben Katt

Slow down, listen inward, and let your hard-earned wisdom guide how you live, serve, and create in this next chapter.

Jun 1 - Jun 6, 2026

Starting at  
**\$3,500**



**Falling Upward with Richard Rohr: A Spirituality for the Two Halves of Life**  
Richard Rohr and Michael Poffenberger

A 3-day immersive workshop with Franciscan friar Richard Rohr that guides you through a transformative understanding of midlife by reframing life's challenges and losses as the spiritual pathway into deeper meaning and purpose in the second half of life.

Jun 4 - Jun 7, 2026

Starting at  
**\$4,200**



**Designing Longevity**  
Barbara Waxman and Derek Gehl

Design a personalized roadmap for long-term vitality based on your biology, values, and everyday life.

Jun 7 - Jun 11, 2026

Early Enrollment Rate  
~~\$4,000~~ **\$3,600**



**The Power of Friendship: Thriving Through Social Connection**  
Jeff Hamaoui

Move beyond surface connections and cultivate the authentic relationships that make life longer, healthier, and infinitely more fulfilling.

Jun 7 - Jun 11, 2026

Early Enrollment Rate  
~~\$3,200~~ **\$2,880**



**Alumni Homecoming 2026**

Join us for MEA Homecoming and get an all-access pass to Santa Fe's most anticipated new festival – featuring visionary speakers, concerts, art tours and more

Jun 11 - Jun 14, 2026

Starting at  
**\$2,400**

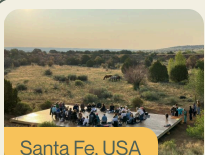


**Arthur Brooks' The Meaning of Your Life**  
Jill Nykoliation

Designed to help midlife individuals navigate career transitions by gaining clarity, redefining their relationship to work, and choosing their next chapter with intention through guided reflection and experiential learning.

Jun 14 - Jun 19, 2026

Starting at  
**\$4,500**

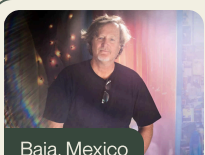


**Navigating Transitions**  
Mary Hofstedt

Turn life's big shifts into catalysts for clarity, courage, and renewal – and learn to meet uncertainty with trust in what's unfolding.

Jun 14 - Jun 18, 2026

Early Enrollment Rate  
~~\$3,200~~ **\$2,880**



**Quiet Rebellion: The Art of Achieving Your Dreams in Midlife**  
Stacy Peralta

A five-day MEA workshop in Baja designed to help you reconnect with your long-held dreams and build a meaningful next chapter in midlife.

Jun 15 - Jun 20, 2026

Early Enrollment Rate  
~~\$4,500~~ **\$4,050**



### The Meaning of Us: A Couple's Workshop with Arthur & Ester Brooks

Santa Fe, USA

Arthur Brooks and Ester Brooks

Join Arthur and Ester Brooks for a three-day couples workshop in Santa Fe, where science, lived wisdom, and the high desert combine to help you and your partner explore who you're becoming — together and individually.

Jun 19 - Jun 22, 2026

Starting at **\$4,200**



### Cultivating Purpose

Baja, Mexico

Barbara Tint

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

Jun 22 - Jun 27, 2026

Early Enrollment Rate ~~\$3,500~~ **\$3,150**



### Transformational Speaking™

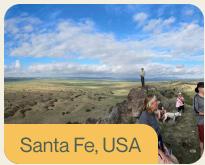
Santa Fe, USA

Gail Larsen

Uncover the story your life has prepared you to tell – and deliver it with truth, confidence, and heart. \*\*Limited to 6 participants only

Jun 22 - Jun 27, 2026

Starting at **\$10,000**



### Cultivating Purpose

Santa Fe, USA

Mary Hofstedt

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

Jun 28 - Jul 2, 2026

Early Enrollment Rate ~~\$3,200~~ **\$2,880**

## July 2026



### Your LGBTQ+ Story: Write & Speak Your Truth

Baja, Mexico

Mason Funk and Cole LeFavour

Claim your authentic voice and transform your queer journey into a story that finally fits — and speaks the truth you've always held inside.

Jul 2 - Jul 6, 2026

Early Enrollment Rate ~~\$2,500~~ **\$2,250**



### Landscapes of Silence: A 7-Day Silent Retreat

Santa Fe, USA

Teddi Dean

Unplug from the noise, slow your mind, and rediscover peace through three days of mindful silence and gentle renewal.

Jul 2 - Jul 9, 2026

Early Enrollment Rate ~~\$4,500~~ **\$4,050**



### Evolving Your LGBTQ+ Identity & Purpose as You Age

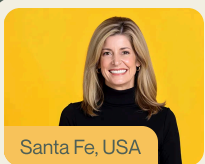
Baja, Mexico

Greg Louganis and Chip Conley

A 5-day immersive retreat in Baja for LGBTQ+ adults to redefine identity, purpose and belonging as they age.

Jul 6 - Jul 11, 2026

Early Enrollment Rate ~~\$4,500~~ **\$4,050**



### Joyspan: The Art and Science of Thriving in Life's Second Half

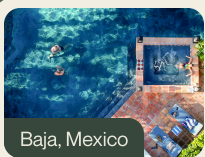
Santa Fe, USA

Dr. Kerry Burnight

A four-day Santa Fe intensive with bestselling author and gerontologist Dr. Kerry Burnight exploring how to thrive (not just age) by cultivating joy, purpose, connection, adaptability, and resilience in life's second half.

Jul 12 - Jul 16, 2026

Early Enrollment Rate ~~\$4,000~~ **\$3,600**



### LGBTQ+ Camp Days in Baja Returns

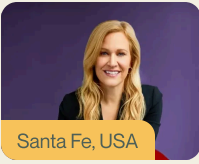
Baja, Mexico

Daniel Booz and Teddi Dean

A four-day retreat hosted at our Baja campus — a gathering for LGBTQ+ alumni and their partners/friends — designed for connection, creativity, rest, and celebration.

Jul 12 - Jul 16, 2026


Starting at **\$1,280**



**Career Transitions: Your Clear Path Forward**  
Jill Nykoliation  
Santa Fe, USA

A 3-day immersive workshop in Santa Fe helping midlife professionals navigate career transitions, gain clarity, and choose what's next with confidence.


**Jul 16 - Jul 19, 2026**  
Early Enrollment Rate  
~~\$2,700~~ **\$2,430**



**Who Are You Now? Embrace Your Emerging Self**  
Jill Nykoliation  
Santa Fe, USA

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


**Jul 19 - Jul 23, 2026**  
Early Enrollment Rate  
~~\$3,200~~ **\$2,880**



**Arthur Brooks' The Meaning of Your Life**  
Jill Nykoliation  
Santa Fe, USA

Designed to help midlife individuals navigate career transitions by gaining clarity, redefining their relationship to work, and choosing their next chapter with intention through guided reflection and experiential learning.


**Jul 20 - Jul 25, 2026**  
Starting at  
**\$4,500**



**The Art of Change: Creativity as Fuel for Growth in Uncertain Times**  
Aithan Shapira and Chip Conley  
Santa Fe, USA

Turn uncertainty into your creative superpower — and fuel growth when the path ahead isn't clear.


**Jul 23 - Jul 26, 2026**  
Early Enrollment Rate  
~~\$3,600~~ **\$3,240**



**Transformational Speaking™**  
Gail Larsen  
Santa Fe, USA

Uncover the story your life has prepared you to tell – and deliver it with truth, confidence, and heart. \*\*Limited to 6 participants only


**Jul 26 - Jul 31, 2026**  
Starting at  
**\$10,000**



**Unfinished: The Science & Soul of Becoming**  
Tamsen Fadal and Chip Conley  
Santa Fe, USA

A four-day immersive workshop with Tamsen Fadal that blends neuroscience, purpose-driven reflection, and soulful self-exploration to help you consciously design the next chapter of your life.

**Jul 26 - Jul 30, 2026**  
Early Enrollment Rate  
~~\$4,000~~ **\$3,600**

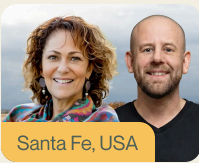


**Chip's Wisdom Weekend: Turn Experience into Impact**  
Chip Conley  
Santa Fe, USA

A weekend retreat with Chip Conley to help you transform your life experiences into clarity, purpose, and meaningful impact.

**Jul 30 - Aug 2, 2026**  
Early Enrollment Rate  
~~\$2,700~~ **\$2,430**


## August 2026





**Designing Longevity**  
Barbara Waxman and Derek Gehl  
Santa Fe, USA


Design a personalized roadmap for long-term vitality based on your biology, values, and everyday life.

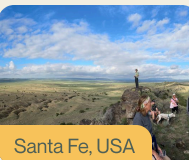
**Aug 2 - Aug 6, 2026**  
Early Enrollment Rate  
~~\$4,000~~ **\$3,600**


 <p>Santa Fe, USA</p>	<p><b>Move Well for Life: Build the Foundation You've Been Missing</b> Tom McCook</p>	<p>Reclaim effortless movement and build a lasting foundation for strength, mobility and ease in your body.</p>	<p><b>Aug 6 - Aug 9, 2026</b> Early Enrollment Rate <del>\$3,600</del> <b>\$3,240</b></p>
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 <p>Santa Fe, USA</p>	<p><b>Poetry as a Common Language: Reading &amp; Writing Poetry to Deepen Connection</b> Pádraig Ó Tuama, PhD</p>	<p>A four-day immersive workshop that helps you rediscover and strengthen your authentic self-agency—breaking free from societal conditioning to express your truth with confidence and power through guided experiential learning in nature, neuroscience-based practices, and deep inner work.</p>	<p><b>Aug 9 - Aug 13, 2026</b> Starting at <b>\$4,000</b></p>
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 <p>Santa Fe, USA</p>	<p><b>A Kinder Mind in Midlife: The Practice of Self-Compassion</b> Dr. Kristin Neff</p>	<p>This three-day retreat with Kristin Neff teaches practical, research-based self-compassion skills to help quiet your inner critic, navigate change with resilience, and care for yourself with the same kindness you offer others.</p>	<p><b>Aug 13 - Aug 16, 2026</b> Early Enrollment Rate <del>\$3,600</del> <b>\$3,240</b></p>
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 <p>Santa Fe, USA</p>	<p><b>Seasons of Life: Finding Grace and Beauty in Change</b> Pico Iyer and Chip Conley</p>	<p>A four-day retreat to rediscover rhythm, calm, and meaning as you step into life's next season.</p>	<p><b>Aug 16 - Aug 20, 2026</b> Early Enrollment Rate <del>\$4,000</del> <b>\$3,600</b></p>
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 <p>Santa Fe, USA</p>	<p><b>Cultivating Purpose</b></p>	<p>Rediscover what lights you up and step into a life infused with greater meaning, fulfillment, and joy.</p>	<p><b>Aug 23 - Aug 27, 2026</b> Early Enrollment Rate <del>\$3,200</del> <b>\$2,880</b></p>
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 <p>Santa Fe, USA</p>	<p><b>The Power of Play: Unlock Your Story &amp; Purpose for What's Next</b> JD Schramm, Ed.D and Kristine Michie, MSJ</p>	<p>A 3-day experiential workshop in Santa Fe that uses playful, research-backed exercises and storytelling to help you break out of stale narratives, reconnect with joy and imagination, and uncover new purpose and possibilities for the next chapter of your life.</p>	<p><b>Aug 27 - Aug 30, 2026</b> Early Enrollment Rate <del>\$3,600</del> <b>\$3,240</b></p>
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**September 2026**

 <p>Santa Fe, USA</p>	<p><b>Qigong for Your Second Act: Real Energy for the Work That Matters</b> Mingtong Gu (Qigong Master   Founder of the Embodied Awakening Movement and Chi Center   Beloved teacher worldwide: Kripalu, Esalen, Omega, and more)</p>	<p>A three-day immersive workshop teaching simple Zen-based practices to break free from autopilot, deepen presence, and reconnect with purpose in a distracted world.</p>	<p><b>Sep 3 - Sep 6, 2026</b> Early Enrollment Rate <del>\$3,600</del> <b>\$3,240</b></p>
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 <p>Santa Fe, USA</p>	<p><b>From Survive to Thrive: Cancer as a Catalyst for Deeper Meaning &amp; Purpose</b> Caryn Lerman, PhD and Chip Conley</p>	<p>Transform your cancer experience into a source of clarity, connection, and renewed purpose for the life ahead.</p>	<p><b>Sep 6 - Sep 10, 2026</b> Early Enrollment Rate <del>\$4,000</del> <b>\$3,600</b></p>
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**Navigating Transitions**

Santa Fe, USA

Turn life's big shifts into catalysts for clarity, courage, and renewal – and learn to meet uncertainty with trust in what's unfolding.

**Sep 20 - Sep 24, 2026**  
Early Enrollment Rate ~~\$3,200~~ **\$2,880**




**Reboot: Leadership & the Art of Growing Up**

Santa Fe, USA

Chip Conley and Jerry Colonna

Trade performance for presence and rediscover the kind of leadership that begins with growing up, not just moving up.

**Sep 23 - Sep 27, 2026**  
Early Enrollment Rate ~~\$4,000~~ **\$3,600**



**Discovering Your Hero's Journey: Navigate Your Midlife Transformation**

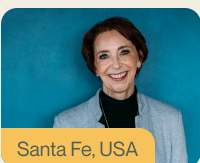
Santa Fe, USA

Ben Katt

Answer the call to adventure that invites you to step into the unknown, shed old identities, and uncover what's waiting on the other side.

**Sep 27 - Oct 1, 2026**  
Early Enrollment Rate ~~\$3,200~~ **\$2,880**

**October 2026**




**The Way Of Integrity: Find The Path To Your True Self**

Santa Fe, USA

Martha Beck

A transformative 4-day immersive with Martha Beck designed to help you realign your life with your deepest truths, release the "shoulds" that keep you stuck, and rediscover purpose, joy, and authenticity by living in integrity with who you truly are.

**Oct 11 - Oct 15, 2026**  
Early Enrollment Rate ~~\$4,800~~ **\$4,320**




**Transformational Listening™**

Santa Fe, USA

Gail Larsen

A four-day immersive workshop in Santa Fe where acclaimed teacher Gail Larsen guides a small circle to deepen intuition, strengthen inner clarity, and transform the way you listen—to yourself, others, and life—so insight emerges from stillness rather than effort.

**Oct 11 - Oct 15, 2026**  
Starting at **\$3,600**




**Designing Your Best Decade for Couples**

Baja, Mexico

Robert Evans and Carolyn Buck Luce

Create a shared vision for the next ten years that strengthens your bond, deepens your connection, and brings purpose to the chapter ahead.

**Oct 12 - Oct 17, 2026**  
Starting at **\$4,500**




**Arthur Brooks' The Meaning of Your Life**

Santa Fe, USA

Jill Nykoliation

Join "The Meaning of Your Life" author Arthur Brooks for a five-day immersive retreat in Santa Fe, where high achievers stop chasing success and start building a life grounded in genuine meaning.

**Oct 15 - Oct 20, 2026**  
Starting at **\$4,500**




**From Autopilot to Fully Alive: Zen Tools for Presence and Purpose in a Distracted World**

Santa Fe, USA

Dan Zigmond

A three-day immersive workshop teaching simple Zen-based practices to break free from autopilot, deepen presence, and reconnect with purpose in a distracted world.

**Oct 15 - Oct 18, 2026**  
Early Enrollment Rate ~~\$3,600~~ **\$3,240**



**Roar Into Midlife: Build Your Bold Second Act**

Santa Fe, USA

Michael Clinton

A 4-day immersive workshop that helps accomplished midlifers turn restless "what-ifs" into a clear, actionable plan for a bolder, more purposeful next chapter while keeping the life they've built intact.

**Oct 18 - Oct 22, 2026**  
Early Enrollment Rate ~~\$4,000~~ **\$3,600**



### Becoming Wise: Explore Life's Big Questions & Find Meaning in Everyday Moments

Santa Fe, USA

Krista Tippett and Ben Katt

A four-day immersive workshop that invites you to explore life's biggest questions, cultivate presence, and uncover deeper meaning and connection in everyday moments.

Oct 25 - Oct 29, 2026

Early Enrollment Rate  
~~\$4,800~~ **\$4,320**



### Navigating Transitions

Baja, Mexico

Teddi Dean, Christine Sperber and Jed Tarlow

Turn life's big shifts into catalysts for clarity, courage, and renewal – and learn to meet uncertainty with trust in what's unfolding.

Oct 26 - Oct 31, 2026

Early Enrollment Rate  
~~\$3,500~~ **\$3,150**

## November 2026



### Hold Nothing: Yoga for Letting Go & Finding Freedom

Santa Fe, USA

Elena Brower

Discover how movement, stillness, and presence can help you soften your grip on the past and step into the freedom of simply being.

Nov 5 - Nov 8, 2026

Early Enrollment Rate  
~~\$3,000~~ **\$2,700**



### True North: Live and Lead with Purpose, Courage, and Conviction

Santa Fe, USA

Bill George and Chip Conley

A four-day immersive workshop with Bill George and Chip Conley designed to help you clarify your core values, reconnect with your purpose, and strengthen the courage to lead authentically. Through deep reflection and practical tools, you'll leave with greater self-awareness and a clear path to living and leading from your True North.

Nov 8 - Nov 12, 2026

Early Enrollment Rate  
~~\$4,400~~ **\$3,960**



### Cultivating Purpose

Baja, Mexico

Jeff Hamaoui

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

Nov 16 - Nov 21, 2026

Early Enrollment Rate  
~~\$3,500~~ **\$3,150**



### Arthur Brooks' The Meaning of Your Life

Santa Fe, USA

Jill Nykolation

Join "The Meaning of Your Life" author Arthur Brooks for a five-day immersive retreat in Santa Fe, where high achievers stop chasing success and start building a life grounded in genuine meaning.

Nov 19 - Nov 24, 2026

Starting at  
**\$4,500**



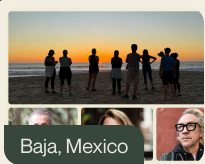
### Thanksgiving at MEA: Gratitude & Awe in the High Desert

Santa Fe, USA

A five-day Thanksgiving retreat in Santa Fe's high desert focused on cultivating deep gratitude, connection, and awe through intentional practices, community gatherings, nature engagement, and shared meals.

Nov 23 - Nov 28, 2026

Early Enrollment Rate  
~~\$3,500~~ **\$3,150**



### 3rd Annual Wisdom of Gratitude & Teachings of Nature

Baja, Mexico

Mark Coleman, Lori Schwanbeck and Teddi Dean

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

Nov 23 - Nov 28, 2026

Early Enrollment Rate  
~~\$3,500~~ **\$3,150**

## December 2026



### Arthur Brooks' The Meaning of Your Life

Jill Nykoliation

Santa Fe, USA

Join "The Meaning of Your Life" author Arthur Brooks for a five-day immersive retreat in Santa Fe, where high achievers stop chasing success and start building a life grounded in genuine meaning.

Dec 7 - Dec 12, 2026

Starting at  
~~\$4,500~~



### Chip's Wisdom Weekend: Turn Experience into Impact

Chip Conley

Santa Fe, USA

A weekend retreat with Chip Conley to help you transform your life experiences into clarity, purpose, and meaningful impact.

Dec 10 - Dec 13, 2026

Early Enrollment Rate  
~~\$2,100~~ **\$1,890**



### Cultivating Awe

Dacher Keltner

Baja, Mexico

In this workshop co-facilitated with Dacher Keltner, the director of the Greater Good Science Center, you will take an inspired dive into the science behind mystery and wonder and discover how cultivating awe can lead to connection, cooperation, and a transformed understanding of yourself as belonging to a larger community.

Dec 14 - Dec 19, 2026

Early Enrollment Rate  
~~\$4,500~~ **\$4,050**



### MEA Film Fest 2026

Chip Conley

Santa Fe, USA

In this special 5-day workshop facilitated by Chip Conley, you'll enjoy a light version of the MEA core curriculum while also enjoying great movies and inspiring conversations with other wisdom-seeking individuals.

Dec 14 - Dec 19, 2026

Starting at  
~~\$2,500~~

## January 2027



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

Teddi Dean

Baja, Mexico

Leave the noise behind and step into 2027 calm, clear, and grounded – instead of distracted and running on empty.

Jan 4 - Jan 9, 2027

Early Enrollment Rate  
~~\$3,500~~ **\$3,150**

## February 2027



### Creativity in the Second Half of Life

Mark Nepo

Baja, Mexico

A week-long immersive retreat with Mark Nepo that invites people in midlife and beyond to reclaim their creativity — not as a performance, but as a soulful way of living, turning the "second half of life" into a time of presence, meaning, and personal expression.

Feb 8 - Feb 13, 2027

Starting at  
~~\$4,500~~



### Navigating Transitions

Baja, Mexico

Turn life's big shifts into catalysts for clarity, courage, and renewal – and learn to meet uncertainty with trust in what's unfolding.

Feb 15 - Feb 20, 2027

Early Enrollment Rate  
~~\$3,500~~ **\$3,150**

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

● As Seen In:

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)