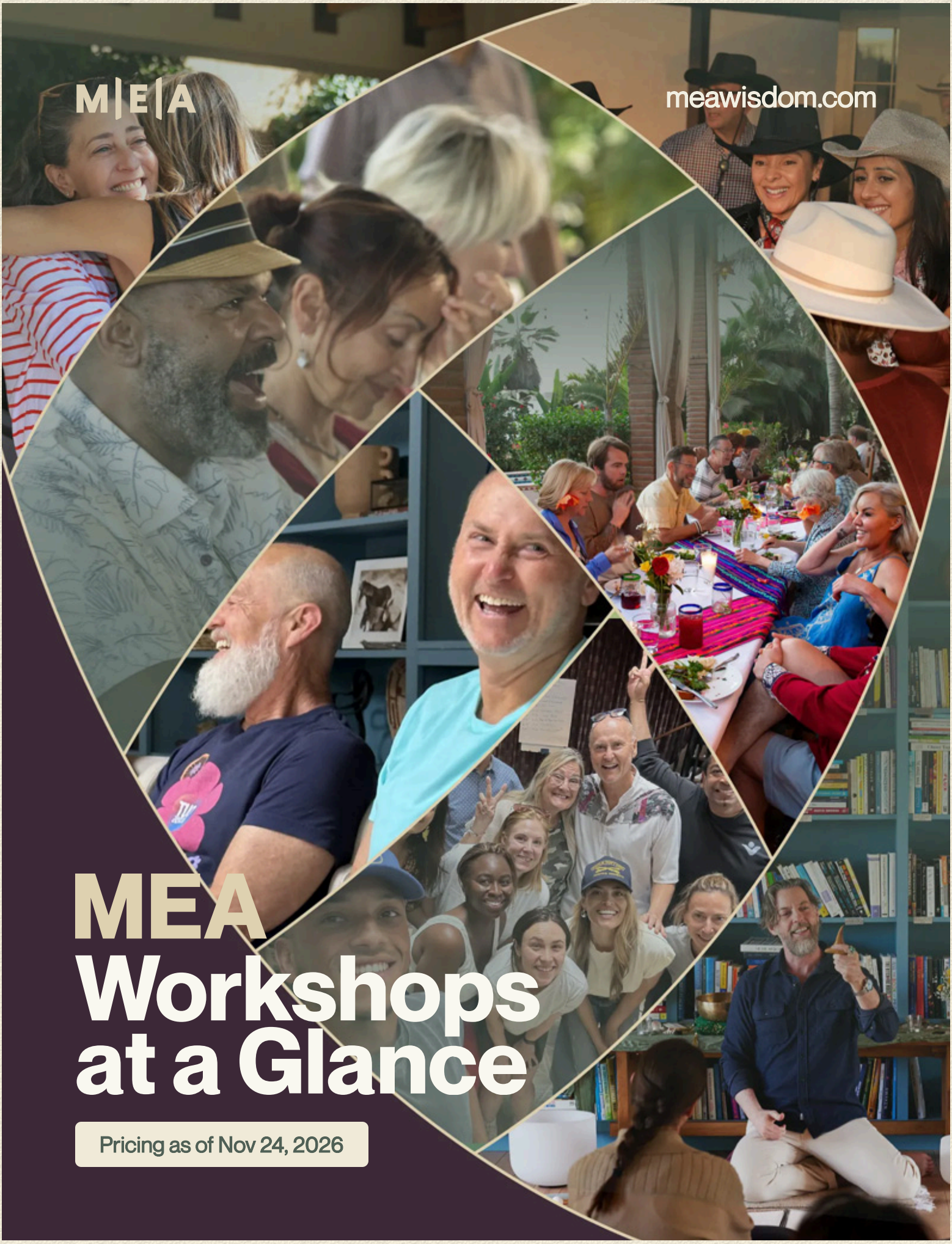
M|E|A

meawisdom.com



MEA Workshops at a Glance

Pricing as of Nov 24, 2026

November *2026*



Alchemy of Breath: Breathe Into Clarity, Courage & Inner Guidance

Anthony Abbagnano and Amy Rachelle, ND

A 4-day breathwork intensive at a Santa Fe ranch where Anthony Abbagnano and Amy Rachelle teach you to use your breath to regulate your nervous system, quiet mental noise, and reconnect with your intuition so you can navigate midlife stress and big decisions with more clarity and calm.

Nov 29 - Dec 3, 2026

Starting at

$3,200

December *2026*



Jumpstart Your Next Chapter: Finding Purpose, Passion, and a New Path

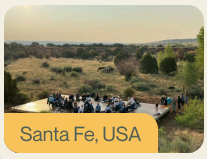
Marci Alboher and Kerry Hannon

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.

Dec 3 - Dec 6, 2026

Starting at

$3,000



Navigating Transitions

Jeff Hamaoui

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

Dec 6 - Dec 10, 2026

Starting at

$2,800



The Midlife Shift From Success to Self: A Men's Workshop

Derek Gehl, Ben Katt and Bob Cavnar

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.

Dec 7 - Dec 12, 2026

Starting at

$3,500



Arthur Brooks' The Meaning of Your Life

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.

Dec 7 - Dec 12, 2026

Starting at

$4,500



Chip's Wisdom Weekend: Turn Experience into Impact

Chip Conley

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

Dec 10 - Dec 13, 2026

Starting at

$2,100



Cultivating Awe

Dacher Keltner

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

Starting at

$4,500



MEA Film Fest 2026

Chip Conley

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



Ring in the New Year at Rising Circle Ranch

Mary Hofstedt and Derek Gehl

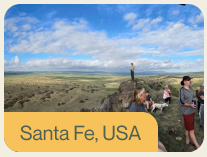
Honor what's ending, celebrate what's beginning, and step into 2027 with renewed clarity and intention.

Dec 28, 2026 - Jan 2, 2027

Starting at

$3,500

January *2027*



Cultivating Purpose

Thérèse O'Neill

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

Jan 4 - Jan 9, 2027

Starting at

$4,000



Start with Stillness: A New Year Silent Retreat

Teddi Dean, Sara-Mai Conway and Chip Conley

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

Jan 4 - Jan 9, 2027

Starting at

$4,000



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.

Jan 11 - Jan 16, 2027

Starting at

$4,000



Designing Longevity

Barbara Waxman and Derek Gehl

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

Jan 11 - Jan 16, 2027

Starting at

$5,000



MEA Purpose Fellowship

Jill Nykoliation and Chip Conley

The MEA Purpose Fellowship is a nine-month, small-cohort program for accomplished midlifers ready to design a more meaningful next decade. Guided by Chip Conley and Jill Nykoliation, it combines immersive retreats, coaching, peer community, and ongoing accountability to help participants create and begin living their 10-Year Purpose Plan.

Jan 17 - Sep 30, 2027

Starting at

$20,000



Restore at Rising Circle Ranch

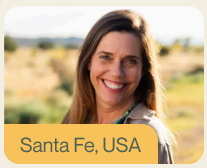
Mary Hofstedt

Restore at Rising Circle Ranch is a three-day retreat built around rest, ritual, guided reflection, and conversation in the high desert near Santa Fe. It's for people who need a real pause from the pace of daily life and want space to reconnect with what steadies them, especially as retirement or another major life shift raises questions about identity, energy, and what comes next.

Jan 21 - Jan 24, 2027

Starting at

$2,400



Who Are You Now? Embrace Your Emerging Self

Kari Cardinale

Over 5 days in Santa Fe, USA, you'll take stock of the roles you've been playing, decide which ones to keep, and get a much clearer read on the person beneath them all. You'll leave with a deeper understanding of who you are now and how to build your life around the things that bring you the most joy.

Jan 25 - Jan 30, 2027

Early Enrollment Rate

~~$4,000~~ **$3,600**



The Action Brief: From Stuck to Unstoppable

Bonnie Wan

The Action Brief: Your Time Is Now is for people who have done plenty of thinking and are ready to turn that thinking into clear decisions and real movement. Guided by Bonnie Wan, you'll use a practical, creative process to name what you want, what needs to change, and what you're willing to declare instead of postponing for another year.

Jan 31 - Feb 4, 2027

Early Enrollment Rate

~~$3,200~~ **$2,880**

February *2027*



The Decade Retreat for Women

Dr. Sara Szal, MD and Elena Brower

For four days at Rising Circle Ranch, you'll make space for the questions midlife can bring – and the ones that matter most for the years ahead.

Feb 7 - Feb 11, 2027

Early Enrollment Rate

~~$4,000~~ **$3,600**



Write Where You Are: Unleash Your Creativity & Transform Your Writing

Kelly Notaras

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

Feb 8 - Feb 13, 2027

Starting at

$7,750



Creativity in the Second Half of Life

Mark Nepo

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

$5,000



Moving Through Loss: From Grief to Grounded Renewal

Meghan Riordan Jarvis

A brain-and-body approach to finding steadiness, relief, and a way forward after life-altering loss.

Feb 11 - Feb 14, 2027

Early Enrollment Rate

~~$3,000~~ **$2,700**



Your Life As a Creative Act: Power & Possibility

Rob Bell

Reclaim your agency with "spiritual outlaw" Rob Bell and rediscover life as your greatest creative expression.

Feb 15 - Feb 20, 2027

Early Enrollment Rate

~~$5,000~~ **$4,500**



Sacred Ground: Find Your Spiritual Path in Midlife

Ben Katt

Find Your Spiritual Path in Midlife with Ben Katt

Feb 18 - Feb 21, 2027

Early Enrollment Rate

~~$2,400~~ **$2,160**



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.

Feb 21 - Feb 26, 2027

Early Enrollment Rate

~~$4,000~~ **$3,600**



Becoming Wise: See Clearly, Live Fully, and Heal a Tender World

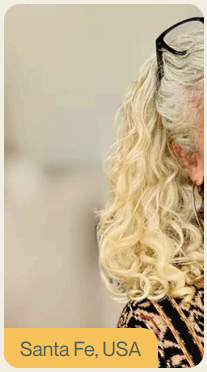
Krista Tippett

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.

Feb 21 - Feb 25, 2027

Early Enrollment Rate

~~$4,800~~ **$4,320**



Reignite Your Creative Fire

Barbara Tint

Give your imagination the wide-open terrain it's been craving. Think about the smooth smudge of charcoal across heavy paper. Or working cold clay until a shape starts to emerge in your hands. Whether you make art every day or haven't touched a creative tool in twenty years, the trap tends to be the same: we let rules, expectations, and our inner critic crowd out the joy and messy curiosity. We stop experimenting just to see what happens. Reclaiming that space for creativity matters more than you think. In a Drexel University study, found that just 45 minutes of hands-on art can drop your stress hormones significantly, regardless of your skill level. It's also one of the best ways to protect our mental agility and sharpness as we age.

Feb 25 - Feb 28, 2027

Early Enrollment Rate

~~$2,400~~ **$2,160**

March *2027*



Navigating Transitions

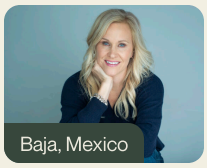
Barbara Tint

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

Mar 1 - Mar 6, 2027

Early Enrollment Rate

~~$4,000~~ **$3,600**



Who Are You Now? Embrace Your Emerging Self

Jill Nykoliation

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

Mar 1 - Mar 6, 2027

Early Enrollment Rate

~~$4,000~~ **$3,600**



Making a Friend of the Unknown

David Whyte

Walk into the unknown with a poet whose work makes room for what's difficult to name.

Mar 7 - Mar 11, 2027

Starting at

$4,800



What Now? Finding Passion and Purpose After a Big Success

Edward Sullivan and Chip Conley

Step beyond achievement to uncover what fulfillment really means – and create a future driven by purpose, not pressure.

Mar 8 - Mar 13, 2027

Early Enrollment Rate

~~$5,000~~ **$4,500**



Career Transitions: Your Clear Path Forward

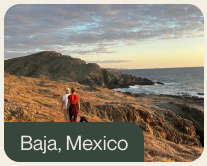
Carolina Lasso

Who says it's too late to do something different? Create a Career Blueprint for the work you want next. Sometimes you choose the career change. Sometimes it chooses you. A layoff can make the decision overnight. Or the job can keep looking perfectly respectable while you find yourself thinking, "I can't do this for another five years." You're not done working. You just want your next decade of work to make better use of everything the last few taught you.

Mar 11 - Mar 14, 2027

Early Enrollment Rate

~~$2,400~~ **$2,160**



Cultivating Purpose

Barbara Tint

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

Mar 15 - Mar 20, 2027

Early Enrollment Rate

~~$4,000~~ **$3,600**



Chip's Wisdom Weekend: Turn Experience into Impact

Chip Conley

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

Mar 18 - Mar 21, 2027

Early Enrollment Rate

~~$2,400~~ **$2,160**



Repacking Your Bags: Lighten Your Load for the Good Life

Richard Leider

A 4-day purpose intensive at a Santa Fe ranch where Richard Leider guides you through his "Repacking Your Bags" framework to examine where you live, who you love, and what work fulfills you so you can shed what no longer fits and move into your next chapter with clarity and intention.

Mar 21 - Mar 25, 2027

Early Enrollment Rate

~~$4,000~~ **$3,600**



Designing Your Best Decade for Couples

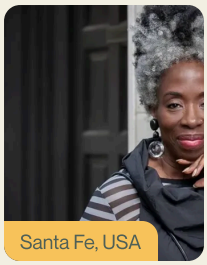
Robert Evans and Carolyn Buck Luce

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

Mar 22 - Mar 27, 2027

Early Enrollment Rate

~~$5,000~~ **$4,500**



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

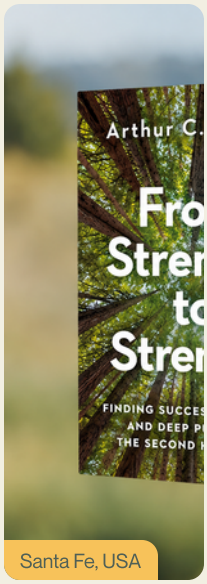
Elizabeth White (Facilitator)

Lately you've been thinking a lot about what you want your future living situation to look like. Maybe you're living alone and want more community, or you've experienced a life upheaval like divorce or loss. You know one thing for sure: traditional senior living models don't appeal to you at all. Newer options exist – from shared homes to parallel co-living – giving you connection without sacrificing independence. But which model is right for you, and how do you prevent financial or personal conflicts?

Mar 25 - Mar 28, 2027

Early Enrollment Rate

~~$1,500~~ **$1,350**



Arthur Brooks' From Strength to Strength

Mary Hofstedt

After decades of excelling, many people find their work starts to take more effort than it used to. Part of the reason is how abilities change with age. The skills that drive early career success – such as thinking fast, solving new problems, and coming up with original ideas – peak earlier than most people expect. According to Arthur Brooks, they start to shift somewhere between the late 30s and early 50s. The usual response is to work harder and put in longer hours for smaller and smaller results. Brooks calls this the striver's curse, and it helps explain why many of the most successful people grow less happy as they age. But what if your brain is simply ready to jump to an entirely new curve? What if you could trade the exhausting hustle of speed and problem-solving for the lasting strengths that naturally peak in your second half: wisdom, synthesis, and a deep sense of purpose? Bringing Arthur C. Brooks' #1 New York Times bestseller, From Strength to Strength, to life, this workshop follows Arthur's certified curriculum and is led by MEA's master faculty. Over five days in the high desert, trade the treadmill of endless striving for practical tools that turn a changing identity into your greatest source of fulfillment.

Mar 27 - Apr 1, 2027

Starting at

$5,000



The Bonus Round: Crafting a Meaningful Post-Work Chapter

Pam McLean, Joy Leach and Tom Pollack

Transform the post-work years into your "bonus round" – a time of renewal, contribution, and authentic fulfillment.

Mar 29 - Apr 3, 2027

Early Enrollment Rate

~~$5,000~~ **$4,500**

April *2027*



Restore at Rising Circle Ranch

Mary Hofstedt

Restore at Rising Circle Ranch is a three-day reset in the high desert for people who need rest, reflection, and a little distance from the noise of daily life. Through guided ritual, writing, conversation, movement, and time outdoors, the workshop helps you reconnect with what steadies you and make room for what matters now.

Apr 1 - Apr 4, 2027

Early Enrollment Rate

~~$2,400~~ **$2,160**



Living your Legacy: Align How You Lead, Love, and Live with What Matters Most

Jeff Benton and Brett Weinroth

Living Your Legacy is an ongoing program for accomplished people who want to bring greater intention to who they're becoming, how they're living, and the relationships and contributions that matter most.

Apr 1 - Apr 4, 2027

Starting at

$3,900



Transformational Speaking™: If You Want to Change the World, Tell a Better Story

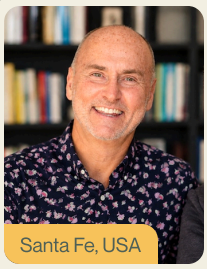
Gail Larsen

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

Apr 2 - Apr 7, 2027

Starting at

$9,000



The Messy Art of Outgrowing Yourself

Tami Simon and Chip Conley

You've spent decades pouring your energy, drive, and willpower into building a life you're proud of. For years, your world was defined by what you created, the decisions you made, and your ability to keep everything on track. But eventually, every one of us hits an inflection point where the old ways stop working. Instead of stepping cleanly into what's next, most of us double down on busywork, clinging to past significance because letting go feels less like freedom and more like an identity loss.

Apr 4 - Apr 8, 2027

Early Enrollment Rate

~~$4,000~~ **$3,600**



The Midlife Shift From Success to Self: A Men's Workshop

Ben Katt and Bob Cavnar

This workshop is for men who have done well by the usual standards and are starting to feel the limits of a life organized around performance, responsibility, and staying in control. It helps you make a grounded shift from outer success to a more honest relationship with yourself—without pretending your ambition, achievements, or past identity never mattered.

Apr 5 - Apr 10, 2027

Early Enrollment Rate

~~$4,000~~ **$3,600**



Human Connections: Building Friendships That Sustain You for Life

Jeff Hamaoui

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

Apr 12 - Apr 17, 2027

Early Enrollment Rate

~~$4,000~~ **$3,600**



From Survive to Thrive: Cancer as a Catalyst for Deeper Meaning & Purpose

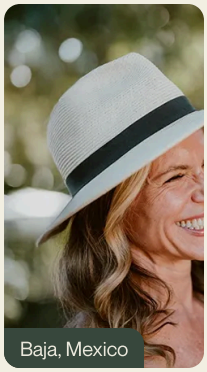
Caryn Lerman, PhD and Chip Conley

You spend months counting down to that big date circled in red on your calendar. You endure chemo, radiation, and surgery – and the finish line finally arrives. But when things slow down and people stop checking in, the reality hits: What did I just go through? Your body feels unfamiliar, and you don't relate to your old self anymore. But you aren't meant to go back to who you were. Oncologists focus on keeping you cancer-free, but no one teaches you how to process the emotional aftermath. This workshop is a space to validate your experience, rebuild, and learn how to truly live again. Join cancer research pioneer Dr. Caryn Lerman and MEA founder Chip Conley to integrate clinical wisdom with lived thriver experience – and navigate what comes next together.

Apr 18 - Apr 22, 2027

Early Enrollment Rate

~~$4,000~~ **$3,600**



The Biology of Us

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

You can eat clean, lift weights, and chase eight hours of sleep, but your biggest longevity edge is the person sharing your bed. Most of us treat vitality like a solo discipline, but human bodies are wired to thrive in connection. Decades of landmark research reveal that warm, attuned relationships help buffer stress hormones, protect the heart, and extend our cellular vitality more powerfully than almost any standalone routine. Our nervous systems are built to sync, soothe, and elevate each other every day. Guided by married longevity physicians Drs. Sara Szal and Brad Jacobs, you and your partner will learn body-centered tools to co-regulate in real time – turning the life you share into an unshakeable biological basecamp for the decades ahead.

Apr 19 - Apr 24, 2027

Starting at

$5,000



Making Magic Simple

Elizabeth Gilbert and Chip Conley

What are you itching to create? And what's stopping you? A story you can't stop thinking about. A painting you have no idea how to begin. Something you'd love to try – if only you had the time, the bandwidth, or the certainty that it wouldn't turn out a mess. It's hard to prioritize creative play when daily responsibilities always take precedence, or when you're already worrying whether the result will be "good enough." But what if those thoughts didn't get the final say? Making Magic Simple is a four-day retreat at Rising Circle Ranch with Elizabeth Gilbert, the bestselling author of Big Magic and Eat Pray Love. Bring your ideas, your doubts, and your curiosity about what you might make next. With Liz's humor and practical guidance, you'll explore how to give your creativity time and attention without demanding that it earn you praise, make you money, or turn out perfectly. Follow what fascinates you, and see where it leads.

Apr 22 - Apr 26, 2027

Early Enrollment Rate

~~$4,000~~ *$4,320*



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 26 - May 1, 2027

Early Enrollment Rate

~~$4,000~~ *$3,600*

May *2027*



Wild Resilience: Build a Steadier Mind and Body You Trust

Rebecca Rusch and Dr. Jaimie Lusk

May 2 - May 6, 2027

Early Enrollment Rate

~~$4,000~~ *$3,600*



Chip's Marathon Walking Weekend

Chip Conley

Together with MEA founder Chip Conley, you'll walk a full marathon in five supported segments – about 14 miles on Friday and 12.2 on Saturday –following high-desert ranch roads through sandy arroyos, open grasslands, and rocky ridgelines. You'll be supported with thoughtful pacing, trail guidance, food, hydration, stretching, recovery time, and good company. World champion athlete Rebecca Rusch will be there as well, offering practical guidance on endurance: how to prepare for a long day on your feet, move efficiently over varied terrain, and recover well between walks. Chip will bring his lifetime love of walking, along with stories and questions about the limits we quietly accept as fact – the things we tell ourselves we're too old, too busy, or not quite ready to try.

May 6 - May 9, 2027

Early Enrollment Rate

~~$2,400~~ *$2,160*



Designing Longevity

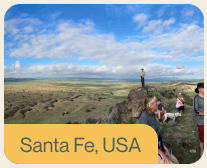
Barbara Waxman, Derek Gehl and Mary Hofstedt

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

May 10 - May 15, 2027

Early Enrollment Rate

~~$5,000~~ **$4,500**



Cultivating Purpose

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

May 17 - May 22, 2027

Early Enrollment Rate

~~$4,000~~ **$3,600**



Rebuilding Who You Are

Rich Roll and Chip Conley

Rebuilding Who You Are With Rich Roll and Chip Conley: Join two epic experts in the art of reinvention, rebuilding after loss, and creating a rare space for others to grow through vulnerability.

May 23 - May 27, 2027

Early Enrollment Rate

~~$4,800~~ **$4,320**



Chip's Wisdom Weekend: Turn Experience into Impact

Chip Conley

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

May 27 - May 30, 2027

Early Enrollment Rate

~~$2,400~~ **$2,160**



Transformational Listening™ for Evolutionaries: Let Life Speak to You

Gail Larsen

Transform the way you listen for what you don't yet know and open to a new story for your life and the world you long for. A four-day Santa Fe Listening Playground for a circle of ten where acclaimed teacher Gail Larsen invites you to bring two big questions and enter the adventure of listening in new, enlivening ways—to yourself, to Life, to each other, and together.

May 27 - May 31, 2027

Starting at

$3,780

June *2027*



Retirement Planning for Two: Creating Your Shared Vision

Bob Laura and Amie Laura

Have you and your partner ever sat down and figured out what your shared retirement looks like? One of you may want to travel the world, while the other would rather stay home and work on a long-dreamed-about project. Maybe you want to move closer to the grandkids, while your partner can't imagine leaving the friends and community you've built. One of you may feel ready to enjoy more of what you've saved, while the other wants the security of keeping more in reserve. It can be hard to admit that your partner's version of retirement doesn't sound like yours, so the conversation tends to get postponed. Over four days, married retirement experts Bob and Amie Laura will help you compare the lives you're picturing and talk through the differences. You'll leave with a combined Rejuvenation Plan for the years ahead.

Jun 6 - Jun 10, 2027

Early Enrollment Rate

~~$4,000~~ **$3,600**



Do What You Love

Stacy Peralta

Jun 7 - Jun 12, 2027

Early Enrollment Rate

~~$4,500~~ **$4,050**



Navigating Transitions

Barbara Tint

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 19, 2027

Early Enrollment Rate

~~$4,000~~ **$3,600**



Who Are You Now? Embrace Your Emerging Self

Jill Nykoliation

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

Jun 21 - Jun 26, 2027

Early Enrollment Rate

~~$4,000~~ **$3,600**



Become Your Own Shaman: Trust What Your Spirit Already Knows

Saul Kuperstein (MEA's Resident Shaman)

Trust What Your Spirit Already Knows with Shaman Saul Kuperstein Become Your Own Shaman is a hands-on exploration of ritual, energy, nature, and intuition for people who want a grounded way into spiritual practice without abandoning clear thinking. With Saul Kuperstein and Thérèse, you'll experiment directly with practices drawn from shamanic traditions, the natural elements, and the Baja landscape, then build rituals that make sense in your actual life back home.

Jun 28 - Jul 3, 2027

Early Enrollment Rate

~~$4,000~~ **$3,600**

July *2027*



Cultivating Purpose

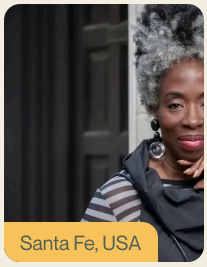
Barbara Tint

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

Jul 5 - Jul 10, 2027

Early Enrollment Rate

~~$4,000~~ **$3,600**



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

Elizabeth White (Facilitator)

Lately you've been thinking a lot about what you want your future living situation to look like. Maybe you're living alone and want more community, or you've experienced a life upheaval like divorce or loss. You know one thing for sure: traditional senior living models don't appeal to you at all. Newer options exist – from shared homes to parallel co-living – giving you connection without sacrificing independence. But which model is right for you, and how do you prevent financial or personal conflicts?

Jul 15 - Jul 18, 2027

Early Enrollment Rate

~~$1,500~~ **$1,350**



Career Transitions: Your Clear Path Forward

Carolina Lasso

Who says it's too late to do something different? Create a Career Blueprint for the work you want next. Sometimes you choose the career change. Sometimes it chooses you. A layoff can make the decision overnight. Or the job can keep looking perfectly respectable while you find yourself thinking, "I can't do this for another five years." You're not done working. You just want your next decade of work to make better use of everything the last few taught you.

Jul 15 - Jul 18, 2027

Early Enrollment Rate

~~$2,400~~ **$2,160**



Navigating Transitions

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

Jul 19 - Jul 24, 2027

Early Enrollment Rate

~~$4,000~~ **$3,600**



Answer the Call: From Achievement to Alignment

Ben Katt

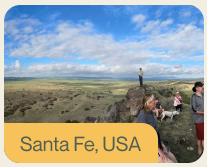
Answer the call to adventure that invites you to step into the unknown, shed old identities, and uncover what's waiting on the other side.

Jul 26 - Jul 31, 2027

Early Enrollment Rate

~~$4,000~~ **$3,600**

August *2027*



Cultivating Purpose

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

Aug 9 - Aug 14, 2027

Early Enrollment Rate

~~$4,000~~ **$3,600**



Designing Longevity

Derek Gehl and Mary Hofstedt

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

Aug 16 - Aug 21, 2027

Early Enrollment Rate

~~$5,000~~ **$4,500**

September *2027*



Transformational Speaking™: If You Want to Change the World, Tell a Better Story

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

Sep 20 - Sep 25, 2027

Starting at

$9,000



Chip's Wisdom Weekend: Turn Experience into Impact

Chip Conley

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

Sep 30 - Oct 3, 2027

Early Enrollment Rate

~~$2,400~~ **$2,160**

October *2027*



Write Where You Are: Unleash Your Creativity & Transform Your Writing

Kelly Notaras

Give your writing the time, space, and expert guidance it deserves with book editor and author Kelly Notaras.

Oct 4 - Oct 9, 2027

Starting at

$7,750



Designing Your Best Decade for Couples

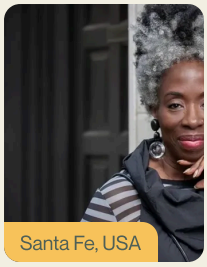
Robert Evans and Carolyn Buck Luce

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

Oct 4 - Oct 9, 2027

Early Enrollment Rate

~~$5,000~~ **$4,500**



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

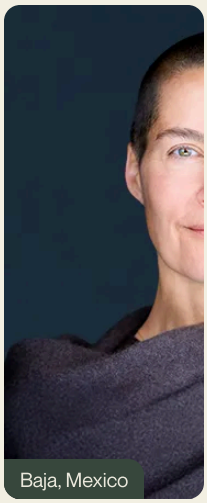
Elizabeth White (Facilitator)

Lately you've been thinking a lot about what you want your future living situation to look like. Maybe you're living alone and want more community, or you've experienced a life upheaval like divorce or loss. You know one thing for sure: traditional senior living models don't appeal to you at all. Newer options exist – from shared homes to parallel co-living – giving you connection without sacrificing independence. But which model is right for you, and how do you prevent financial or personal conflicts?

Oct 7 - Oct 10, 2027

Early Enrollment Rate

~~$1,500~~ **$1,350**



The Decade Retreat for Women

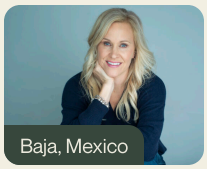
Dr. Sara Szal, MD and Elena Brower

The Decade Retreat for Women is a four-day retreat for women who want to think clearly about the next 10 years of their lives through the lens of body, mind, and daily reality. It combines intentional silence, yoga and meditation, and practical teaching on hormones, longevity, sleep, strength, nourishment, and recovery so you leave with a more grounded plan for how to care for yourself as you age. This is for a woman in midlife who feels her body has changed and wants better information than vague wellness advice or internet noise. It's for someone balancing work, family, caregiving, leadership, or reinvention and realizing that what used to work for her energy, sleep, focus, or mood no longer does. It's also a fit for women entering or moving through perimenopause or menopause who want clear, science-informed guidance alongside contemplative practice, not just a medical lecture or a yoga retreat. And it suits the woman who needs quiet space to step back, think long-term, and decide how she wants to live rather than simply reacting to a packed calendar.

Oct 11 - Oct 16, 2027

Early Enrollment Rate

~~$5,000~~ **$4,500**



Who Are You Now? Embrace Your Emerging Self

Jill Nykoliation

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

Oct 18 - Oct 23, 2027

Early Enrollment Rate

~~$4,000~~ **$3,600**



Human Connections: Building Friendships That Sustain You for Life

Jeff Hamaoui

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

Oct 18 - Oct 23, 2027

Early Enrollment Rate

~~$4,000~~ **$3,600**



Navigating Transitions

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

Oct 25 - Oct 30, 2027

Early Enrollment Rate

~~$4,000~~ **$3,600**



Transformational Listening™ for Evolutionaries: Let Life Speak to You

Gail Larsen

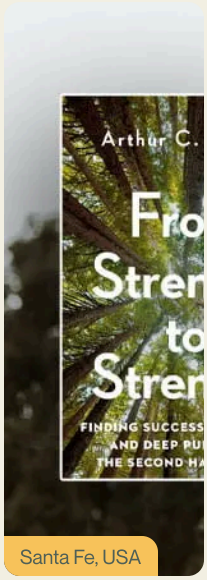
Transform the way you listen for what you don't yet know and open to a new story for your life and the world you long for. A four-day Santa Fe Listening Playground for a circle of ten where acclaimed teacher Gail Larsen invites you to bring two big questions and enter the adventure of listening in new, enlivening ways—to yourself, to Life, to each other, and together.

Oct 31 - Nov 4, 2027

Starting at

$3,780

November *2027*



Arthur Brooks' From Strength to Strength

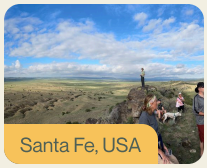
Kari Cardinale

After decades of excelling, many people find their work starts to take more effort than it used to. Part of the reason is how abilities change with age. The skills that drive early career success – such as thinking fast, solving new problems, and coming up with original ideas – peak earlier than most people expect. According to Arthur Brooks, they start to shift somewhere between the late 30s and early 50s. The usual response is to work harder and put in longer hours for smaller and smaller results. Brooks calls this the striver's curse, and it helps explain why many of the most successful people grow less happy as they age. But what if your brain is simply ready to jump to an entirely new curve? What if you could trade the exhausting hustle of speed and problem-solving for the lasting strengths that naturally peak in your second half: wisdom, synthesis, and a deep sense of purpose? Bringing Arthur C. Brooks' #1 New York Times bestseller, From Strength to Strength, to life, this workshop follows Arthur's certified curriculum and is led by MEA's master faculty. Over five days in the high desert, trade the treadmill of endless striving for practical tools that turn a changing identity into your greatest source of fulfillment.

Nov 8 - Nov 13, 2027

Starting at

$5,000



Cultivating Purpose

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

Nov 15 - Nov 20, 2027

Early Enrollment Rate

~~$4,000~~ **$3,600**



The Midlife Shift From Success to Self: A Men's Workshop

Ben Katt and Bob Cavnar

This workshop is for men who have done well by the usual standards and are starting to feel the limits of a life organized around performance, responsibility, and staying in control. It helps you make a grounded shift from outer success to a more honest relationship with yourself—without pretending your ambition, achievements, or past identity never mattered.

Nov 29 - Dec 4, 2027

Early Enrollment Rate

~~$4,000~~ **$3,600**

December *2027*



Chip's Wisdom Weekend: Turn Experience into Impact

Chip Conley

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

Dec 2 - Dec 5, 2027

Early Enrollment Rate

~~$2,400~~ **$2,160**



Transformational Speaking™: If You Want to Change the World, Tell a Better Story

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

Dec 6 - Dec 11, 2027

Starting at

$9,000



Navigating Transitions

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

Dec 6 - Dec 11, 2027

Early Enrollment Rate

~~$4,000~~ **$3,600**



The 4th Annual MEA Film Fest

Chip Conley

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 13 - Dec 18, 2027

Starting at

$5,000

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

As Seen In:

The New York Times · TED · CNBC · AGEIST · Inc. · Harvard Business Review · Condé Nast Traveler · Goal 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