

M|E|A

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MEA Workshops at a Glance



 <p>Santa Fe, USA</p>	<p>Chip's Wisdom Weekend: Turn Experience into Impact Chip Conley</p>	<p>A weekend retreat with Chip Conley to help you transform your life experiences into clarity, purpose, and meaningful impact.</p>	<p>Jan 8 - Jan 11, 2026</p> <p>Starting at \$1,900</p>
 <p>Santa Fe, USA</p>	<p>Golden Girls, Santa Fe Style: Shared Homes, Shared Futures & a New Way to Live 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>Jan 15 - Jan 18, 2026</p> <p>Starting at \$1,500</p>
 <p>Santa Fe, USA</p>	<p>Cultivating Purpose Mary Hofstedt</p>	<p>Rediscover what lights you up and step into a life infused with greater meaning, fulfillment, and joy.</p>	<p>Jan 25 - Jan 29, 2026</p> <p>Starting at \$2,500</p>
 <p>Santa Fe, USA</p>	<p>Navigating Transitions Christine Sperber</p>	<p>Turn life's big shifts into catalysts for clarity, courage, and renewal – and learn to meet uncertainty with trust in what's unfolding.</p>	<p>Jan 11 - Jan 15, 2026</p> <p>Starting at \$2,500</p>
 <p>Santa Fe, USA</p>	<p>Discovering Wholeness: The Midlife Journey to Your True Self Ben Katt</p>	<p>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.</p>	<p>Jan 18 - Jan 22, 2026</p> <p>Starting at \$2,500</p>
 <p>Santa Fe, USA</p>	<p>Retirement Planning for Two: Creating Your Shared Vision Bob Laura and Amie Laura</p>	<p>Realign your goals, deepen communication, and design a shared vision for your next chapter together.</p>	<p>Jan 22 - Jan 25, 2026</p> <p>Starting at \$1,900</p>
 <p>Santa Fe, USA</p>	<p>Unmute Yourself: Writing Your Truth Ann Randolph</p>	<p>Break through self-censorship, unearth your buried stories, and express the truth only you can tell.</p>	<p>Jan 29, 2026 - Feb 1, 2026</p> <p>Starting at \$2,600</p>
 <p>Baja, Mexico</p>	<p>Your Life As a Creative Act: Power & Possibility Rob Bell</p>	<p>Reclaim your agency with “spiritual outlaw” Rob Bell and rediscover life as your greatest creative expression.</p>	<p>Jan 19 - Jan 24, 2026</p> <p>Starting at \$4,000</p>
 <p>Baja, Mexico</p>	<p>Who Are You Now? Embrace Your Emerging Self Jill Nykoliaton</p>	<p>A guided journey to release old identities, clarify who you are now, and step confidently into your next chapter.</p>	<p>Jan 12 - Jan 17, 2026</p> <p>Starting at \$3,000</p>

 <p>Santa Fe, USA</p>	<p>Navigating Transitions Christine Sperber</p>	<p>Turn life's big shifts into catalysts for clarity, courage, and renewal – and learn to meet uncertainty with trust in what's unfolding.</p>	<p>Feb 8 - Feb 12, 2026 Starting at \$2,500</p>
 <p>Santa Fe, USA</p>	<p>Modern Love: A Matchmaker's Secrets To Find Your Perfect Match Rachel Greenwald</p>	<p>Turn uncertainty into your creative superpower — and fuel growth when the path ahead isn't clear.</p>	<p>Feb 19 - Feb 22, 2026 Starting at \$2,600</p>
 <p>Santa Fe, USA</p>	<p>Transformational Speaking™ Gail Larsen</p>	<p>Uncover the story your life has prepared you to tell – and deliver it with truth, confidence, and heart. **Limited to 6 participants only</p>	<p>Feb 2 - Feb 7, 2026 Starting at \$10,000</p>
 <p>Santa Fe, USA</p>	<p>Evolving Identity: Learning How to Let Go 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>Feb 8 - Feb 12, 2026 Starting at \$3,300</p>
 <p>Santa Fe, USA</p>	<p>Becoming Beloveds: A Valentine's Weekend Escape 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>Feb 12 - Feb 15, 2026 Starting at \$1,900</p>
 <p>Santa Fe, USA</p>	<p>Wisdom at Work: How to Become an Impactful Modern Elder Chip Conley</p>	<p>Turn experience into your greatest competitive edge by mastering the art of cross-generational communication and leadership.</p>	<p>Feb 26, 2026 - Mar 1, 2026 Starting at \$2,600</p>
 <p>Santa Fe, USA</p>	<p>Caregiver Wellness: Brain, Body & Boundaries Barbara Kreisman, Briony Catlow and Dr. Paula Enrietto, Ph.D.</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>Feb 5 - Feb 8, 2026 Starting at \$2,600</p>
 <p>Santa Fe, USA</p>	<p>Courage is Calling: Reset On Your Bravest Path 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>Feb 15 - Feb 19, 2026 Starting at \$3,300</p>
 <p>Santa Fe, USA</p>	<p>The Pursuit of Higher Ground 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>Feb 22 - Feb 26, 2026 Starting at \$3,300</p>



Awakening Magic

Elizabeth Gilbert and Dr. Tererai Trent

Baja, Mexico

In this workshop co-facilitated with NY Times bestselling author Elizabeth Gilbert and humanitarian Dr. Tererai Trent, you will find your own place of creative and regenerative freedom and discover how to awaken the magic of who you are.

Feb 9 - Feb 14, 2026

Starting at

\$6,700



Moving through Loss: From Grief to Grounded Renewal

Meghan Riordan Jarvis

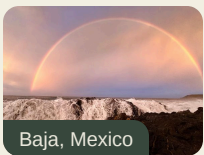
Santa Fe, USA

A supportive space to tend your grief, rebuild self-trust, and discover daily practices for calm, strength, and renewal.

Feb 1 - Feb 5, 2026

Starting at

\$3,300



Awakening Wisdom

Ben Katt

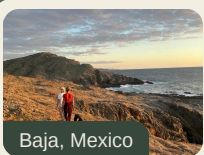
Baja, Mexico

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

Feb 16 - Feb 21, 2026

Starting at

\$3,000



Cultivating Purpose

Mary Hofstedt

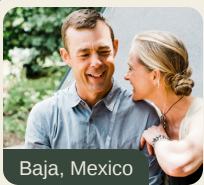
Baja, Mexico

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

Feb 23 - Feb 28, 2026

Starting at

\$3,000



Kickstart Your Longevity in 2026: Energy, Health, & Resilience for the Decades Ahead

Jeff Krasno and Schuyler Grant

Baja, Mexico

Join the creators of Wanderlust for a holistic reboot of body and mind combining movement, thermal therapy, and mindfulness.

Feb 2 - Feb 7, 2026

Starting at

\$4,000

March 2026



Sacred Ground: Find Your Spiritual Path in Midlife

Ben Katt

Santa Fe, USA

A four-day immersive retreat offering individuals in midlife a chance to reconnect with a sense of the sacred and craft a personally authentic spiritual practice.

Mar 22 - Mar 26, 2026

Starting at

\$2,500



What Now? Finding Passion and Purpose After a Big Success

Edward Sullivan and Chip Conley

Baja, Mexico

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

Mar 9 - Mar 14, 2026

Starting at

\$4,000



Leading From Soul: Inner Wisdom for Transformational Impact

Amy Elizabeth Fox, David Whyte and Chip Conley

Santa Fe, USA

Transform how you lead by bringing your inner wisdom to the surface – so strategy becomes soulful, and results are built on real connection.

Mar 26 - Mar 29, 2026

Starting at

\$3,300



Your Longevity Lifeplan: Live Better, Longer

Barbara Waxman

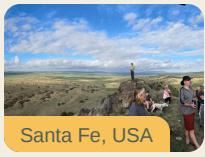
Santa Fe, USA

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

Mar 1 - Mar 5, 2026

Starting at

\$3,300



Santa Fe, USA

Cultivating Purpose

Mary Hofstedt

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

Mar 8 - Mar 12, 2026

Starting at

\$2,800



Santa Fe, USA

Crossing the Unknown Sea: Navigating The Thresholds of the Mid-life Voyage

David Whyte

Navigate the crossing between who you've been and who you're becoming, guided by poet-philosopher David Whyte through the waters of transformation.

Mar 29, 2026 - Apr 2, 2026

Starting at

\$4,200



Santa Fe, USA

Aging While Black: Leaving Fingerprints on Eternity

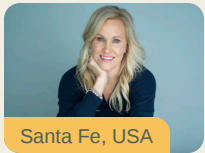
Raymond A. Jetson

Reclaim your story, honor your legacy, and shape a future where Black wisdom, dignity, and purpose define what it means to age.

Mar 19 - Mar 22, 2026

Starting at

\$2,600



Santa Fe, USA

Who Are You Now? Embrace Your Emerging Self

Jill Nykoliaton

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

Mar 15 - Mar 19, 2026

Starting at

\$2,500



Baja, Mexico

Creativity in the Second Half of Life

Mark Nepo

Rediscover the joy of creation not for achievement, but for aliveness – and let your life become the art you were born to make.

Mar 2 - Mar 7, 2026

Starting at

\$4,000



Baja, Mexico

Human Connections for Life: Find Your People

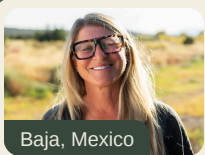
Jeff Hamaoui, Jenn Maer and Carolina Lasso

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

Mar 30, 2026 - Apr 4, 2026

Starting at

\$3,000



Baja, Mexico

Navigating Transitions

Christine Sperber

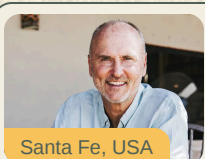
Turn life's big shifts into catalysts for clarity, courage, and renewal – and learn to meet uncertainty with trust in what's unfolding.

Mar 23 - Mar 28, 2026

Starting at

\$3,000

April 2026



Santa Fe, USA

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

Chip Conley

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.

Apr 2 - Apr 5, 2026

Starting at

\$1,500



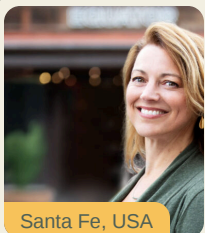
Learning to Love Midlife: Design Your Daring Next Chapter

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, 2026 - May 3, 2026

Starting at
\$2,600



Vital Signs: Where You Truly Come Alive

Lori Schwanbeck

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.

Apr 16 - Apr 19, 2026

Starting at
\$1,900



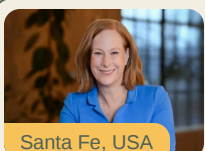
Master the Middle: A Midlife Reset for Men

Greg Scheinman

A 5-day Baja retreat helping midlife men reset their purpose, energy, and direction through movement, reflection, and practical life design.

Apr 13 - Apr 18, 2026

Starting at
\$4,500



The Connection Cure: Rebuilding Real Relationships in Midlife

Allison Gilbert

Cultivate the meaningful relationships that make life richer and learn practical, research-backed ways to nurture those bonds for the years ahead.

Apr 26 - Apr 30, 2026

Starting at
\$3,300



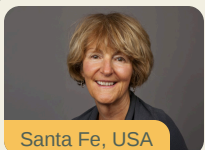
Live Longer, Age Better: The New Science of Longevity

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, 2026 - May 2, 2026

Starting at
\$4,000



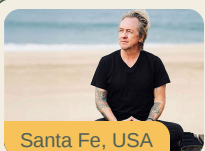
Rekindling Connection: A Retreat for Couples in Midlife and Beyond

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
\$2,600



Landscapes of Silence: A 3-Day Silent Retreat

Teddi Dean

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

Apr 2 - Apr 5, 2026

Starting at
\$1,900



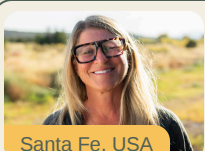
From Survive to Thrive: Cancer as a Catalyst for Deeper Meaning & Purpose

Caryn Lerman, PhD and Chip Conley

Transform your cancer experience into a source of clarity, connection, and renewed purpose for the life ahead.

Apr 5 - Apr 9, 2026

Starting at
\$3,300



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
\$2,500



What Should You Do With the Rest of Your Life?

Daniel Pink and Chip Conley

Use behavioral science and timeless wisdom to reveal the motivations, values, and next steps that will shape your mo

Apr 12 - Apr 16, 2026

Starting at

\$4,200



Untapped Wisdom: How Philosophy Changes Your Life

Chip Conley and Eric Weiner

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

Apr 9 - Apr 12, 2026

Starting at

\$2,600



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.

Apr 6 - Apr 11, 2026

Starting at

\$4,000

May 2026



Prime of Life Yoga: Move with Confidence

Larry Payne, Phd and Catherine Oppenheimer

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

\$2,600



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, 2026 - Jun 4, 2026

Starting at

\$4,000



Women Thriving Beyond Transitions: Reimagining Power and Possibility

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

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



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

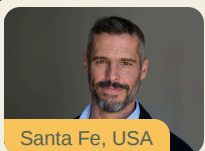
Ari Weinzwieg and Chip Conley

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

May 24 - May 27, 2026

Starting at

\$4,000



Mettle Health: Finding Strength in Times of Illness, Loss & Change

BJ Miller

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

\$3,300



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.

May 17 - May 21, 2026

Starting at

\$3,200



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.

May 18 - May 23, 2026

Starting at

\$3,000



Cultivating Purpose

Barbara Tint

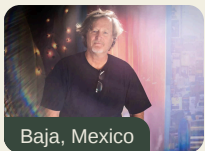
Rediscover what lights you up and step into a life infused with greater meaning, fulfillment, and joy.

May 4 - May 9, 2026

Starting at

\$3,000

June 2026



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

Starting at

\$4,000



Rewilding: Reclaiming Your Self Agency in a World That Wants to Tame You

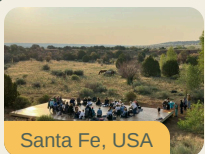
Kelly Wendorf

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.

Jun 7 - Jun 11, 2026

Starting at

\$4,000



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

Starting at

\$3,200



Your Longevity Lifeplan: Live Better, Longer

Barbara Waxman

This is a five-day immersive retreat in Baja that helps you build a personalized, science-based roadmap for vitality, purpose, and lasting energy — reframing midlife as the start of your most meaningful years.

Jun 1 - Jun 6, 2026

Starting at

\$4,000



Your Brain on Art: Born to Create, Wired to Flourish

Ivy Ross and Susan Magsamen

Reignite your creative spark and discover how art, music, and movement can rewire your brain for joy, vitality, and deeper connection.

Jun 25 - Jun 28, 2026

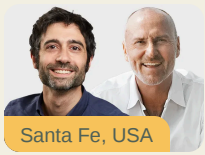
Starting at

\$3,300

 <p>Baja, Mexico</p>	<p>Cultivating Purpose Barbara Tint</p> <p>Rediscover what lights you up and step into a life infused with greater meaning, fulfillment, and joy.</p>	<p>Jun 22 - Jun 27, 2026</p> <p>Starting at \$3,000</p>
 <p>Santa Fe, USA</p>	<p>Cultivating Purpose Mary Hofstedt</p> <p>Rediscover what lights you up and step into a life infused with greater meaning, fulfillment, and joy.</p>	<p>Jun 28, 2026 - Jul 2, 2026</p> <p>Starting at \$3,200</p>
 <p>Santa Fe, USA</p>	<p>Transformational Speaking™ Gail Larsen</p> <p>Uncover the story your life has prepared you to tell – and deliver it with truth, confidence, and heart. **Limited to 6 participants only</p>	<p>Jun 22 - Jun 27, 2026</p> <p>Starting at \$10,000</p>

July 2026

 <p>Baja, Mexico</p>	<p>Camp Corazón Daniel Booz and Teddi Dean</p> <p>An alumni gathering for community, creativity, and the kind of fun that reminds you why you loved summer camp in the first place.</p>	<p>Jul 12 - Jul 16, 2026</p> <p>Starting at \$4,000</p>
 <p>Santa Fe, USA</p>	<p>Own Your Story, Change Your World Larry Smith</p> <p>A 4-day immersive retreat that helps you discover, shape, and confidently share your personal narrative — giving you the clarity and storytelling tools to “own your story, change your world.”</p>	<p>Jul 19 - Jul 23, 2026</p> <p>Starting at \$4,000</p>
 <p>Santa Fe, USA</p>	<p>Unfinished: The Science & Soul of Becoming Tamsen Fadal and Chip Conley</p> <p>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.</p>	<p>Jul 26 - Jul 30, 2026</p> <p>Starting at \$4,800</p>
 <p>Santa Fe, USA</p>	<p>Landscapes of Silence: A 7-Day Silent Retreat Teddi Dean</p> <p>Unplug from the noise, slow your mind, and rediscover peace through three days of mindful silence and gentle renewal.</p>	<p>Jul 2 - Jul 9, 2026</p> <p>Starting at \$4,000</p>
 <p>Baja, Mexico</p>	<p>LGBTQ+ Camp Days in Baja Returns Daniel Booz and Teddi Dean</p> <p>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.</p>	<p>Jul 12 - Jul 16, 2026</p> <p>Starting at \$1,280</p>
 <p>Baja, Mexico</p>	<p>Evolving Your LGBTQ+ Identity & Purpose as You Age Greg Louganis and Chip Conley</p> <p>A 5-day immersive retreat in Baja for LGBTQ+ adults to redefine identity, purpose and belonging as they age.</p>	<p>Jul 6 - Jul 11, 2026</p> <p>Starting at \$4,000</p>



The Art of Change: Creativity as Fuel for Growth in Uncertain Times

Aithan Shapira and Chip Conley

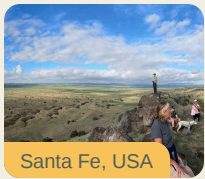
Turn uncertainty into your creative superpower — and fuel growth when the path ahead isn't clear.

Jul 23 - Jul 26, 2026

Starting at

\$3,300

August 2026



Cultivating Purpose

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

Aug 23 - Aug 27, 2026

Starting at

\$3,200



Your Longevity Lifeplan: Live Better, Longer

Barbara Waxman

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

Aug 2 - Aug 6, 2026

Starting at

\$4,000



The Power of Play: Unlock Your Story & Purpose for What's Next

JD Schramm, Ed.D and Kristine Michie

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.

Aug 27 - Aug 30, 2026

Starting at

\$1,500



Move Well for Life: Build the Foundation You've Been Missing

Tom McCook

Reclaim effortless movement and build a lasting foundation for strength, mobility and ease in your body.

Aug 6 - Aug 9, 2026

Starting at

\$3,300



Seasons of Life: Finding Grace and Beauty in Change

Pico Iyer and Chip Conley

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

Aug 16 - Aug 20, 2026

Starting at

\$4,000

September 2026



Reboot: Leadership & the Art of Growing Up

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

Starting at

\$4,000

October 2026



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 12 - Oct 17, 2026

Starting at

\$4,000

November 2026



Rewilding: Reclaiming Your Self Agency in a World That Wants to Tame You

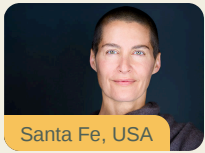
Kelly Wendorf

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.

Nov 15 - Nov 19, 2026

Starting at

\$3,600



Hold Nothing: Yoga for Letting Go & Finding Freedom

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

Starting at

\$3,000

December 2026



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

February 2027



Creativity in the Second Half of Life with Mark Nepo

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

\$4,000

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