



Tentative Schedule for *Learning to Love Midlife*

The Learning to Love Midlife schedule, curated by Chip Conley, is designed to help you embrace midlife transitions, improve your mindset, and cultivate purpose. You'll gain practical tools and insights to consciously shape the next chapter of your life.

Day 1

- 2:00-3:00 p.m. Guest Arrivals
- 3:00-5:00 p.m. **Workshop Session: Reframing Aging & Longevity**
- 5:00-6:00 p.m. Guestroom Check-In
- 6:00-7:00 p.m. Dinner at Kitchen Table
- 7:30-8:30 p.m. Signature Class
- 8:30-10:00 p.m. Leisure Time (Common Grounds & Fire Pits)

Day 2

- 7:00-7:45 a.m. Signature Class
- 7:30-8:30 a.m. Breakfast at Kitchen Table
- 9:00 a.m.-12:00 p.m. **Workshop Session: Navigating Midlife Transitions**
- 12:00-1:10 p.m. Lunch at Kitchen Table
- 1:15-5:00 p.m. **Workshop Session: Cultivating Purpose**
- 6:00-7:00 p.m. Dinner at Kitchen Table
- 7:30-8:30 p.m. Signature Class
- 8:30-10:00 p.m. Leisure Time (Common Grounds & Fire Pits)

Day 3

- 7:00-7:45 a.m. Signature Class
- 7:30-8:30 a.m. Breakfast at Kitchen Table
- 9:00 a.m.-12:00 p.m. **Workshop Session: Learning How to Own Your Wisdom**
- 12:00-1:30 p.m. Lunch at Kitchen Table & Guest Departures

A NOTE TO POTENTIAL ATTENDEES

If you've followed my journey from boutique hotelier to "modern elder" at Airbnb, you may have heard about the Modern Elder Academy (MEA), but perhaps haven't yet explored what we offer. Now is your chance to immerse yourself in an accessible, transformative experience inspired by MEA's curriculum. This program is designed to help you navigate midlife transitions, find purpose, and embrace what's ahead, all while enjoying the natural beauty of the Santa Cruz Mountain redwoods. Whether you're in your 40s, 50s, 60s, or beyond, this workshop can serve as a powerful catalyst for personal growth and change.

I look forward to welcoming you on this journey.



Chip Conley

Please Note: The final schedule for meals and signature classes is determined after 1440 has verified guest counts, weather conditions and health mandates. Services and schedules are subject to change.