FINDING PEACE OF MIND IN THE HEALING PROCESS

A 5 Day Residential Follow-up Program in the Yarra Valley

with Drs Ruth and Ian Gawler, Siegfried Gutbrod and Julia Broome

THE NEXT STEP.

This evidence-based program is an integral link in the series of residential follow-ups specifically designed for those affected by cancer who have attended a previous program with the Gawler Foundation, Ian and Ruth, or a related program. Partners are welcome to attend irrespective of previous participation in a Gawler program.

A unique opportunity to take some time out, meet with like-minded people once again, to consolidate what you already know, to continue learning more and go home refreshed and revitalised.

Why is it that some people heal and others do not? Is it just good or bad luck? We all know the answers to these challenging questions are complex, but common sense tells us that what we do makes a huge difference to anything we give our attention to.

So what accelerates healing? What is best for sustaining good health and wellbeing? How can we draw on the best of what the mind has to offer? What to eat and drink as the years roll on; as life rolls on? And how to keep a healthy lifestyle going?

Experience tells us that the Healing Process needs to be enjoyable to be sustained.

Therefore, this retreat will focus on finding the joy in looking after ourselves! We will have the chance to experience the bliss of deeper meditation, the effectiveness of specific creative imagery techniques and the sheer pleasure of good food well cooked.

During this retreat you will also be able to sort out any practical questions you may have relating to the Gawler program. We will also delve into successful ways of dealing with setbacks, sustaining our good intentions and the relevance of the spiritual path to healing.

Then, with confidence and clarity, we can go home ready to enjoy a full, meaningful, healthy and happy life.

This retreat will offer a combination of relaxation and meditation, instructional sessions, good food and great conversations - an excellent opportunity to rekindle your enthusiasm and reset priorities.

Ruth and Ian Gawler will lead most sessions in this program, with some assistance from the Gawler Foundation staff.

Ian Gawler OAM, Founder of The Gawler Foundation, Ian has played a major role in pioneering and popularising meditation and other mind-body techniques in the Western world. A powerful advocate of a healthy lifestyle, Ian co-founded the world’s first lifestyle-based cancer and multiple sclerosis self-help groups and has authored six bestselling books.

Dr Ruth Gawler MBBS, MGPPsych FASPM is a General Practitioner with a special interest in Mind-Body Medicine. Ruth is passionately interested in helping people in their recovery from illness, in how they can work most effectively with their doctors and other health professionals, and how they can regain a sense of peace and fulfilment.

Siegfried Gutbrod is the Therapeutic Director at the Gawler Foundation, has a Masters in Counseling, is highly experienced as a group and meditation teacher and has also worked with Ian and Ruth over many years.

Julia Broome is a Physiotherapist who has been working in Mind-Body Medicine for many years and has a special involvement in the Feldenkrais method. Julia has comprehensive experience in assisting people both well and dealing with major illness in feeling more comfortable during meditation and daily life.

DATES  Program commences at 11am Monday 12th October (arrive 9.30 – 10.30); concludes 2pm Friday 16th (after lunch), 2015

VENUE  The Yarra Valley Living Centre, The Gawler Foundation, 55 Rayner Court, Yarra Junction, Victoria, Australia

FEES  Include the full program, high quality, vegan, mostly organic meals and juices. Body treatments available as an optional extra.

Twin Share with ensuite $1990  Dorm with ensuite $1680  Register with $220 deposit.

BOOKINGS and ENQUIRIES: The Gawler Foundation +61 3 59671730 or programs@gawler.org or www.gawler.org

For more details of Ian and Ruth and their work: www.iangawler.com; newsletter/blog: www.gawlerblog.com