



CANCER and BEYOND - May 2015

The ongoing path to health, healing and wellbeing

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 forms part of 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 wonderful opportunity to meet with like-minded people once again, to consolidate what you already know, to continue to learn more, to reaffirm your good intentions, and to go home refreshed and revitalised.

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

Those who attend this program will be asked to return a simple questionnaire to help us fine tune a program specific to this group's requirements. Topics to consider and provide feedback upon could include:

- *Clarifying practical questions relating to the Gawler program eg: nutrition, exercise, stress management, meditation, healing, balancing medical options, and so on. How much is enough? How much attention to these things is most advisable for someone in the active phase of healing? What about when you are in remission? And what about the family? What does "Positive Thinking" look like over the long term?*
- *Dealing with setbacks. Ian had many setbacks during his recovery. He and Ruth have helped many through these challenging times. What works best?*
- *Sustaining your good intentions. Many people begin this approach with commitment and dedication. Some continue, others lapse for a variety of reasons; but then often feel a sense of regret. This program is an excellent opportunity to rekindle your enthusiasm and reset priorities.*
- *What is life like post-cancer, and what is most likely to help us to become long-term, joyful survivors!*

This retreat will be highly regenerative, offering a combination of relaxation and meditation, instructional sessions, juices, therapeutic nutrition and great conversations

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 fulfillment.

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.

Date: 11am Monday 4th May until 2pm Friday 8th May 2015

Venue: The Gawler Foundation's Yarra Valley Living Centre, Rayner Crt, Yarra Junction, Victoria. www.gawler.org

Cost: 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