



CANCER and BEYOND

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

With Drs Ian and Ruth Gawler

This program is specifically designed for those with cancer along with their support people who have attended a previous Gawler Foundation program or equivalent such as with Sabina Rabold, CSWA, CanLive NZ, or at least 2 days with the Gawlers

May 2015 Monday 4th at 11am to Friday 8th at 2pm

A unique opportunity to meet with like-minded people once again, to consolidate what you already know, to learn more from the combined knowledge, experience and wisdom of Ian and Ruth, to reaffirm your good intentions, and to go home refreshed and revitalised.

Over the years, Drs Ian and Ruth Gawler have presented many cancer related programs together. They will lead the bulk of all sessions in this program, with some assistance from the Gawler Foundation staff.

Those who attend 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, positive thinking, pain 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. A great time for meaningful discussion.*
- *The spiritual path. Faced with major adversity, many of us reflect deeply on what is important in our life and how that relates to our spiritual values and practices. 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. Ian co-founded the world's first lifestyle-based cancer and multiple sclerosis self-help groups, has authored six bestselling books and is known for his clarity and wisdom.

Dr Ruth Gawler MBBS, MGPPsych, FASPM is a GP with a special interest in Mind-Body Medicine, Yoga and meditation. Ruth has a long-term interest in how the mind determines the choices we make, the reactions we have, and the ways in which we process information and energy. She is passionately interested in helping people to maximise their potential to accelerate healing and to help them work most effectively with their doctors and other health professionals.

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: Dorm - \$1680 Twin share - \$1990

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