



MIND, MEDITATION and HEALING

FINDING JOY IN THE HEALING PROCESS

The 5 Day Residential Follow-up Program with Ian and Ruth Gawler in New Zealand

Presented by Canlive, this program is specifically designed as a follow-up program for those with cancer, along with their support people who have attended a previous Canlive or Gawler Foundation program, or an Ian Gawler workshop

November 2014 Monday 10th at 1pm to Friday 14th 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 find joy in the healing process, and to go home refreshed and revitalised.

This year, Drs Ian and Ruth Gawler will lead a deeper exploration of the power of the mind to heal with an emphasis on experiencing the essence of meditation and imagery. The benefits of these and other Mind-Body techniques are well supported by people's experience and the science; but then we need regular practice to gain the benefit. It is the same with nutrition. There is a growing body of evidence supporting the therapeutic role of good food in the recovery from cancer; but again we need to eat well for the long term to gain these benefits.

Many start on the healing journey quite reasonably looking for an outcome – relief from suffering, getting back to good health, normal life; healing, recovery. Fair enough. But the process needs to be enjoyable to keep it going. If we meditate just for the future outcome, eat well just for the future outcome and do not enjoy either, they may not last. .

This retreat will focus on finding the joy in looking after ourselves! More than just being pre-occupied with “this is good for me”, we will aim to experience the bliss of deeper meditation, the delight of personally specific and effective creative imagery techniques and the sheer pleasure of good food well cooked.

Then, with the confidence and the enjoyment of this actual lifestyle, we can go home ready to enjoy a full and meaningful life.

During this retreat there will be good time given to clarifying any practical questions you may have relating to the Gawler program - nutrition, exercise, positive thinking, pain management, meditation, healing, balancing medical options, and so on. We will also delve into successful ways of dealing with setbacks, sustaining your good intentions and the relevance of the spiritual path to healing and recovery.

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



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. Known for his clarity and good humour, Ian has a gift for translating ancient wisdom into a modern, scientific context.

Dr Ruth Gawler is a GP with a special interest in Mind-Body Medicine. 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 the role people can play in their own recovery from illness, and how they can work most effectively with their doctors and other health professionals.

DATES: Arrive 12noon, program commences with lunch together at 1pm Monday 10th Nov.; until 2pm Friday 14th (after lunch) Nov. 2014

VENUE: The Snow Farm Lodge, Cardrona Valley Rd, Wanaka. www.snowfarmlodge.com

COST: NZD\$1,400 pp for shared facilities, NZD\$1,600 pp for private rooms with ensuites for 2 people only. Includes the full program, comfy accommodation with linen, 3 vegetarian, mostly organic meals a day and juices. Body treatments available as an optional extra.

Register with \$200 deposit. Early booking is recommended as this retreat is likely to be fully booked

BOOKINGS and ENQUIRIES: www.canlive.org or call **Stew Burt** 03 443 4168 OR +64 3 443 6234 New Zealand

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

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