

Quest for Life

An inspiring, practical, educational and experiential residential retreat for men and women living with cancer



The diagnosis of cancer or serious illness profoundly impacts our lives. *Quest for Life* is a nourishing and uplifting retreat for men and women living with cancer or other serious illness. This residential retreat is designed for people seeking ways to actively contribute to their own healing and make meaning of this challenging experience. The program explores many avenues of physical, mental, emotional and spiritual healing and encourages participants to find their own best answers.

The role of intuition in healing, taking charge of our thoughts and feelings and practical strategies to manage aspects of illness are covered as well as dietary guidelines and meditation. The content of the program is always tailored to the participants and addresses practical aspects of living well with cancer and creating an environment for healing. Our nationally acclaimed programs change people's lives in practical and positive ways and people generally leave confident in their ability to meet the significant challenges they face.

There are often other unexpected challenges to juggle around the journey with illness. These may include family or relationship issues, integration of a change in body image or physical energy levels and a changed reality that we weren't prepared for. Partners and loved ones are encouraged to attend and some focused sessions are conducted specifically for them.

You will leave this retreat:

- knowing how to create an environment for physical healing
- understanding yourself more deeply
- with practical tools for meditation, mindfulness and living in the present
- feeling inspired and confident to embrace your challenges in a positive way
- brimful of valuable insights and an ability to find your own best answers
- with an enlivened spirit

10 - 14 Nov 14
19 - 23 Jan 15
23 - 27 Feb 15
23 - 27 Mar 15

Quest for Life Centre
Bundanoon NSW

\$1295 early bird (closes 30 days before a retreat)
\$1595 twin share
\$1995 single room

includes accommodation, meals and program

subsidised places are available for people on low incomes

Quest for Life, founded by Petrea King in 1989, provides residential retreats and community-based workshops that encourage, educate and empower people to confidently face their challenges, whatever they may be.

Supported by NSW Health

Contact Suzanne on
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www.questforlife.com.au