

REGISTRATION FORM
CONTACT THE ORGANISERS FOR DATES
OR www.lifeforce.org.au

Retreat Date: _____

Name: _____

Address: _____

_____ P/C _____

Phone: _____

Payment to:

Life Force Cancer Foundation
PO Box 331
Westgate NSW 2048

I am paying by: (tick relevant method)

Cheque Visa M/Card

Amount \$ _____

Card No: ____ / ____ / ____ / ____

Cardholder's Name: *(please print)*

Expiry Date: ____ / ____

Signature: _____

LIFE FORCE CANCER
FOUNDATION
PHILOSOPHY

HEALING THE WHOLE

The World Health Organisation definition of health is a "state of physical, emotional and psychological well-being". We must treat more than just the disease; we must treat the whole human being.

Our philosophy is based on

- ♥ Recognition of each individual as a whole human being: physical, emotional, psychological and spiritual.
- ♥ The belief that healing takes place on many levels.
- ♥ Recognition and acknowledgment of the experience of cancer as trauma, and the need for appropriate and supportive care for patients, families and carers.
- ♥ The belief in a balanced approach to health care and the right of the individual to have access to psycho-social support in dealing with illness.
- ♥ Recognition of the value of group work as a powerful tool for healing.



LIFE FORCE CANCER
FOUNDATION

Est. 1993
ABN 61 068 056 682
CFN 15707

Patrons:
Gabi Hollows
Prof. Michael Friedlander



RETREATS FOR
CANCER PATIENTS
& CARERS

Put Meaning & Joy
Back into Your Life
Lift Your Spirits
Renew Your Confidence
& Courage

Phone: (02) 9568 0747 or 9564 3289
Email: info@lifeforce.org.au
Internet: www.lifeforce.org.au

About the Retreats

Life Force recognises the need for a balanced approach to the management of the illness, one that allows the human side to be acknowledged.

Hospital care and treatment is often a traumatic experience. These Retreats are intended to offer follow-up support.

It is widely understood now that emotional well-being plays an important role in recovery. Therefore, the Retreats are designed to introduce to people living with cancer a number of activities that can be helpful in achieving and maintaining a feeling of well-being. This helps to support the immune system and maximise healing potential. This applies to both patients and their carers.

A number of therapies are offered to enhance the quality of life for patients.

Experience these life-affirming practices at a delightful location away from the hustle and bustle of the city. Too often people living with cancer suffer from the lack of nurturing touch. They need the presence of caring people who understand their situation, and they need the chance to get away from the city and into a beautiful environment where they can directly experience the healing power of nature.

Therapists in attendance include a counsellor, a meditation teacher, yoga, tai chi or qigong and massage or other nurturing body work practitioners.

"I enjoyed the exercises that involved slowing down, quietening the mind, allowing for deeper connections to oneself and to others and the environment/life/nature. This also made space for the arising of honesty and truth as well as leading to peace, calm and communion."™

Accommodation

Share-accommodation in a delightful colonial homestead tucked away in a beautiful hidden valley.

What To Bring

You will need to bring casual clothing (jumpers and jackets in winter), swimmers (in hot weather) and pen and paper. Everything else is provided by our hosts.

Food

All meals are provided, and special requirements can be catered for.

PLEASE PROVIDE ADVANCE NOTICE OF ANY SPECIAL DIETARY REQUIREMENTS

How To Get There

Tudor Lodge is approximately one hour's drive south of Sydney. Map will be provided. We encourage participants to car pool.

Cost

The all-inclusive cost for the weekend is \$450 per person. Sponsorship is sometimes available.

Dates

Retreats are held four times a year. Participants arrive Friday evening and depart Sunday afternoon.

How To Book

Numbers are limited. Preference is given to cancer patients or survivors but if space is available we welcome carers/family members or caring friends.

Where:

Tudor Lodge B&B
3 Old Coast Rd
Stanwell Park NSW



Cost: \$450 per person
\$225 deposit due on booking,
Balance due 2 weeks before your retreat

Contact: (02) 9568 0747
(02) 9564 3289

BOOK NOW TO SECURE YOUR SPACE