

"Healing with HOPE"

Weekend Retreat

Presented by:
HOPE Cancer
Help Centre Inc.



Photograph by: Helen Ferris, HOPE member

September
25th – 27th, 2009



Registration Deadline
Monday, September 7th, 2009

Please call:

(306) 955-HOPE (4673)

www.hopcancerhelpcentre.com

"Healing with HOPE"

The Annual HOPE Weekend Retreat will provide participants with a time to rest and relax, to meditate and share, and to give and receive support from each other. In addition, the inspiring selection of workshops will offer a wealth of creative healing tools.

AGE: Participants must be 19 years and older to attend

PRESENTATIONS INCLUDE:

- **Aroma Therapy**
- **Hatha Yoga**
- **Laughter Workshop**
- **Look Good Feel Better™**
- **Nia**
- **Reiki**

(Private one-on-one sessions)

COST: \$100.00 per person. The fee includes 5 meals, refreshments, bedroom facilities, and conference registration. *(HOPE is pleased to be able to offer limited bursary funding for retreat participants. Please check our website for application details.)*

LOCATION: Queen's House of Retreats
601 Taylor Street West
Saskatoon, SK

LIMITED SPACE: Space is limited to 30 participants. Preference will be given to first time applicants.

BRIEF OVERVIEW:

Friday, September 25th: Registration - 6:00 PM. Welcoming Reception – 7:00 PM featuring a reading by Olga Stefaniuk from her book "*A Rose Grows fighting cancer finding me*". (Olga is one of HOPE's founders.)

Saturday, September 26th: Three concurrent workshops will be offered during the morning and afternoon. Delegates may select two workshops.

Dinner will be followed by a short entertainment program. The evening will conclude with a relaxation and mediation session.

Sunday, September 27th: During the morning, a choice from two creative healing workshops will be offered to delegates.

A luncheon and closing comments will take place from 12:00 noon to 1:30 PM.

