

EASE Cancer Foundation

A registered 501(c)(3) non-profit corporation based in North Central Washington, dedicated to providing innovative educational programs for cancer survivors and enhancing cancer survivorship services in rural areas.

About Retreat

The focus of this retreat is on stress management, joy, creativity, and rejuvenating your spirit. Neuroscience research suggests that feeling happy and joyful will create and strengthen neural pathways, which support a positive outlook on life. The retreat will take place at Sun Mountain's beautiful luxury cabins on Patterson Lake and mountaintop resort.



EASE Cancer Foundation Faculty

Mary Gunkel, RN, BAE, RYT200.

Mary has been an oncology nurse for over 20 years and also has a teaching degree. She currently manages an oncology program that spans four rural counties in Eastern Washington. She is a registered yoga teacher at the 200-hour level in the viniyoga tradition and teaches Restorative Yoga, Therapeutic Yoga, and Yoga Nidra. She is currently working towards her 500-hour level in her yoga training. Mary volunteers much of her time teaching Yoga to support cancer survivors and community-based programs.

Teri Hugo Hirss, M.Ed.

Teri is an Expressive Movement Therapist. She holds a Master's degree in Education from University of Vermont. Teri is a certified Health Realization counselor. She is trained as a certified Shake Your Soul/Kripalu DansKinetics instructor. She holds certifications from numerous institutions including Harvard Medical School. Teri has one agenda, to guide people to live their lives with self-compassion and acceptance. Teri specializes in women's issues and stress management utilizing body-centered psychology and mindfulness teachings.

Katie Kemble, DNP, FNP-C, AOCNP, ARNP.

Dr. Kemble received her Doctorate of Nursing Practice at the University of Washington and FNP/PA certificate from Stanford University. She has a special interest in translational research and cancer survivorship issues. In 2006, she conducted a research project funded by the U.S. Army Medical Research and Material Command, studying the effects of low to moderate exercise on fatigue in breast cancer survivors. Katie has Level I and II Motivational Interviewing and Cognitive Behavioral Therapy training.

Chandra Villano, ND.

Dr. Villano has an undergraduate degree in Exercise Physiology and a Doctorate in Naturopathic Medicine from Bastyr University. She is an American Heart Association TEACH trainer and has a Yoga of the Heart Certification for cardiac and cancer patients. Dr. Villano has a naturopathic consulting practice and instructs corporate and community classes in preventative health education and whole food cooking. Chandra has an extensive background in clinical nutrition, integrative and complementary medicine, plus Level I and II Motivational Interviewing.

Workshop Highlights

Relationships: Sleep, Stress, and Fatigue. Understand the relationships between sleep, stress, fatigue, adrenal imbalances, and stress hormones. We'll explore the impact of diet and exercise, how to implement good sleep hygiene, and stress management techniques.

Cognitive Behavioral Therapy (CBT) & Motivational Interviewing (MI). CBT Learn and apply basic skills of CBT and motivational interviewing techniques through interactive group activities.

Mindful Journaling. Journaling helps enhance clarity and creativity through writing. Guided mindfulness meditation will be used as a sequel into the journaling process. You will feel clearer, more peaceful, and understand how your thinking affects your life.

Whole Food Cooking. Utilize anti-inflammatory nutrition strategies to optimize energy, digestion, and immune function. Topics include wholesome whole foods (session I), seed sensations and friendly fats (session II), and sweet success (session III).

Kripalu DansKinetics®. Experience the power of dance to shake loose inhibitions and to replace them with the enjoyment that only expressive and free movement can bring. Kripalu DansKinetics® uses movement to improve flexibility, fitness, and endurance.

Therapeutic Yoga. This yoga practice is a series of gentle yoga body movements that focus on different joints and muscles to relieve stiffness and improve flexibility. It is designed to be adaptive to each person and flexibility is not required for participation. It promotes well-being and relaxation.

Shake Your Soul® YogaDance. Finding joy along with freedom, passion, power, and grace is at the core of this YogaDance experience. This body and soul workout renews our spirits, energizes our bodies, and nurtures a sense of community with others.

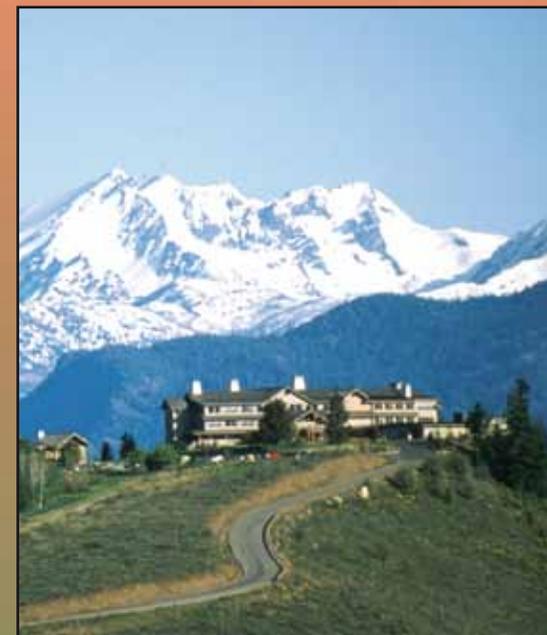
Visual Art and Music. The mandala, or circle drawing, is an ancient path of self-discovery reinvigorated by Carl Jung's work, which he referred to as the individual process. Enjoy creating images to inspiring music while experimenting with color, texture, symmetry, and lines to create images of strength, peace, and stability.

Exercise Prescriptions. Individuals will develop and implement their own personalized exercise prescription to improve quality of life and overall well-being.

Restorative Yoga. This soothing and well-supported yoga practice offers you the opportunity to reduce the physical effects of stress on the body and mind while encouraging relaxation. It is designed to be adaptive to each person and flexibility is not required for participation.

Yoga Nidra. This yoga practice is also known as yogic sleep. It is a form of guided relaxation, which takes you through different visualizations. It gives you the benefits of deep sleep without the dullness of being unconscious.

Spring For Health Women's Retreat



May 30th - June 2nd, 2013

Sun Mountain Lodge
Winthrop, WA



EASE Cancer Foundation

EXERCISE AND SURVIVORSHIP EDUCATION

a 501(c)(3) non-profit corporation

Spring For Health Women's Retreat

May 30th - June 2nd
Sun Mountain Lodge, Winthrop WA

Thursday, May 30th

Registration and Breakfast (8:00)

- 8:45** Welcome and Introductions
- EASE Faculty

Breakout Sessions I (9:00-10:15)

- a. Relationships: Stress, Fatigue, and Sleep
- Katie

Breakout Sessions II (10:30-11:45)

- b. Mindful Journaling I
- Teri

Lunch 11:45-1:00 (on own)

Breakout Sessions III (1:00-2:15)

- c. Whole Food Cooking I
- Chandra

Breakout Sessions IV (2:30-3:45)

- d. Sea Kayaking on Lake Patterson
- Katie

Dinner at Lodge 5:30-6:30

Evening Plenary Session (7:00-8:00)

Kripalu Dance Kinetics
- Teri

Friday, May 31st

- 8:45** Announcements
- EASE Faculty

Breakout Sessions IV (9:00-10:15)

- a. Therapeutic Yoga
- Mary

Breakout Sessions V (10:30-11:45)

- b. Art Therapy and Music
- Katie

Lunch 11:45-1:00 (on own)

Breakout Sessions VI (1:00-2:15)

- c. Whole Food Cooking II
- Chandra

Breakout Sessions VII (2:30- 3:45)

- d. Applying Mindfulness with Exercise
- Teri

Dinner 5:30-6:30 (on own)

Evening Plenary Session (7:00-8:00)

Chill Out or Ill Out: Mastering Stress
- Chandra

Saturday, June 1st

- 8:45** Announcements
- EASE Faculty

Breakout Sessions V (9:00-10:15)

- a. Restorative Yoga
- Mary

Breakout Sessions VI (10:30-11:45)

- b. Motivational and Cognitive Training
- Katie

Lunch 11:45-1:00

Breakout Session VII (1:00 - 2:15)

- c. Whole Food Cooking III
- Chandra

Breakout Sessions VII (2:30-3:15)

- d. Mindful Journaling II
- Teri

Dinner at Lodge 5:30-6:30 (on own)

Evening Plenary Session (7:00-8:00)

- a. Yoga Nidra
- Mary
b. Fireside: Mindfulness-based Stress Reduction (8-9pm)
- Teri

Sunday, June 2nd
Breakfast at Lodge

Session VII (9:00-11:30)

- a. Shake you Soul - Dancing
- Teri

11:30 Wrap-up & Evaluation
- EASE Faculty

12:00 Adjournment



Workshop Registration

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home phone: _____

Cell phone: _____

E-mail: _____

Registration Fees

- Registration \$250
Scholarships may be available pending grant funding
- Registration includes dinner Thursday night, buffet breakfast Sunday morning, kayaks, and workshop equipment for sessions.
- Participants are encouraged to bring their own colored pencils, pastel crayons, and personal books for journaling.
- Space is limited; reserve early.**
Retreat enrollment is limited to 24 participants to ensure optimum learning and hands-on participation.

Method of Payment

Check Visa MasterCard

Please make checks payable to *EASE Cancer Foundation*.

Card number: _____ Exp. Date: _____

Cardholder name: _____

Cardholder address and zip code: _____
(if different from registration info above.)

Cardholder signature _____

Hotel Reservations

Call Sun Mountain Lodge at 1-800-572-0493 and mention that you are with the EASE Cancer Foundation to receive special lodging rates and book your room.

RATES:

Patterson Lakes Cabins 1 or 2 bdrm/night
\$65/person double occupancy required

Main Lodge per night
\$95/person single or double occupancy



EASE Cancer Foundation

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