

Highlights

- ✦ **Mindful Journaling.** Journaling mindfully has proven physical and mental health benefits, which include stress reduction, improved immune function, sharpens memory, boosts mood, and strengthens emotional functioning. The practice of mindful journaling can also help with the management of personal adversity and change. Research shows the expressive writing promotes self-confidence and allows for access to full brain power.
- ✦ **Optimize Sleep to Maximize Health.** Sleep improves mood, physical functioning, regulates hormones, and reduces disease risk. Learn strategies for mastering a good night's sleep.
- ✦ **A Walk Outdoors.** The month of May in the Icicle Canyon is the essence of Spring! With cool nights and warm afternoons, a short visit outside will immediately feel restorative. We will take an easy walk through the forest walkways and paths to see what we might find along the way.
- ✦ **Adaptive Pilates.** Pilates is a body conditioning exercise that helps to build flexibility, strength, endurance, and coordination in the legs, abdominals, arms, and back.
- ✦ **Anti-inflammatory: Eat to Thrive.** "Anti-inflammation" focus on food as medicine, intentional mindset for optimal nutrition, and the importance of a healthy gut-brain axis
- ✦ **Nourishment Pearls.** Deeper nutritional dive into healthy fats, plant centric protein, and calcium.
- ✦ **Cognitive Reframing & Motivational Techniques.** Learn how to identify and change underlying automatic negative thought patterns that influence emotions and behavior, while strengthening personal motivation with attainable goal setting.
- ✦ **Shake Your Soul®** is a movement practice that relaxes and regulates your nervous system, energizes your body, and awakens your soul through a fun, fluid dance repertoire set to world music.
- ✦ **Creative Expression through Jewelry Design.** This creative workshop will offer attendees time to design and create a piece of jewelry that best describes their survivorship journey.
- ✦ **Community Fire Ceremony** is a symbolic event to support release and healing. This ceremony allows us to take a pause. It's an invitation to step out of the chaos and business of our daily lives and commune deeply with ourselves and all our relations.
- ✦ **A Shared Outdoor Experience.** Spending time together outside on the beautiful grounds of the Sleeping Lady Resort provides opportunity for us to create meaningful connections.
- ✦ **Creating a Personal Wellness Plan** provides an intentional, summarizing checklist plan, individualized by each participant, to prioritize the key skills and concepts learned during the workshop, to immediately integrate into everyday life for optimal wellness.
- ✦ **Restorative Yoga.** This restorative class will offer supports to encourage conscious rest, opening that draws from ever-present healing resources available to us. Mats, bolsters, blocks, and yoga straps will be provided to support our practice together.

Faculty

Jenn CrawfordLeRoy, CYT, CAWC has been teaching yoga since 2000. Well-trained in multiple therapeutic yoga lineages, traditions, and developments, Jenn is also an Ayurvedic Wellness Coach and brings a breadth of yoga therapeutic principles to her students. She invites joy, curiosity, strength and learning to every session.

Amanda Esmond, PT, DPT, OCS is a Physical Therapist and Pilates Instructor. She has Doctor of Physical Therapy and is certified in Orthopedics from the American Physical Therapy Association. She has special interests in sports rehabilitation, orthopedics, orthotic therapy, and manual therapy. Amanda enjoys working with special populations.

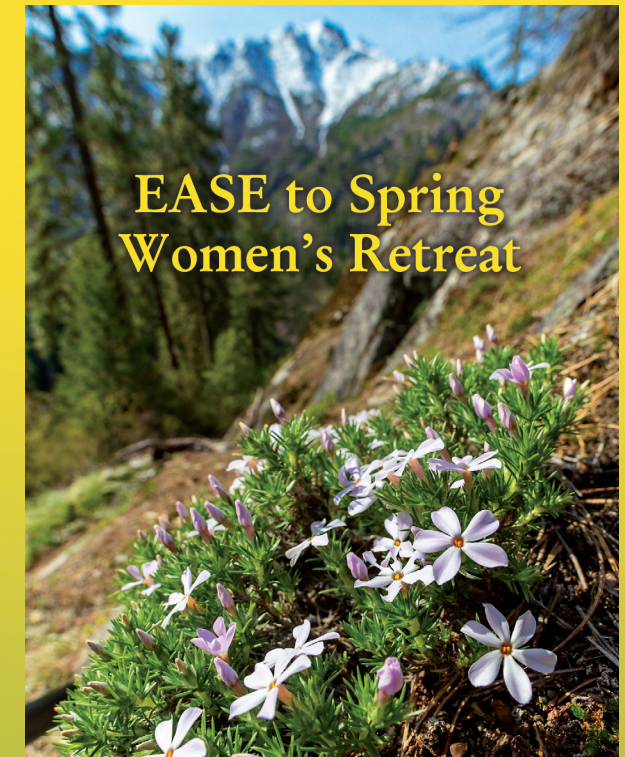
Teri Hugo Hirss, M.Ed. Teri is a registered movement therapist and educator. She is a life coach and stress management consultant. She leads retreats internationally, as well as, from her home base in the Green Mountains of Vermont. Teri has spent the last 30 years empowering women to live their lives FULLY and JOYFULLY.

Katie Kemble, DNP, ARNP, FNP-C, AOCNP, FAANP. Dr. Kemble is an oncology nurse practitioner at Confluence Health and Associate Teaching Professor at the University of Washington. She conducts and facilitates translational research and has spent 30 years creating innovative programs supporting cancer survivors.

Jill LaRue, FNP. Jill is a retired Family Nurse Practitioner of 30 years, practiced in Cashmere for Confluence Health. She believes that healthy lifestyles are crucial to our sense of wellbeing. A lifelong learner in the outdoor environment, she loves spending time outside, whether it be biking, hiking, Nordic skiing, gardening, or walking the dog.

Jayne Van Brunt, BSN. Jayne is an artisan, oncology nurse, and healthcare coach. Leaning on her 35+ years experience in nursing, she began to advocate for change. She is the author of *The Nightingale Gene*, a book written to address burnout in nurses and caregivers. Her coaching programs encourage women to find balance in their lives through storytelling, art, and cooking.

Chandra Villano, ND. Dr. Villano is a Naturopathic doctor for 19 years and an exercise physiologist in cardiopulmonary rehab for 10 years. She is a cofounder/teaching faculty of the EASE Cancer Foundation. Nurturing vibrant health through whole foods and mindful living, she is passionate about neuroscience, miracle mindset, the endocannabinoid system, and gardening.



EASE to Spring Women's Retreat

May 12 - 14, 2023

*Sleeping Lady Resort
Leavenworth, WA*



EASE Cancer Foundation
EXERCISE AND SURVIVORSHIP EDUCATION

Itinerary

Friday, May 12

8:45 Welcome and Introductions

EASE Cancer Foundation Faculty

9:15 Mindful Journaling I

Jayne Van Brunt, BSN & Teri Hugo Hirss M.Ed.

10:30 Optimize Sleep to Maximize Health

Katie Kemble, DNP

10:45 Break

11:00 A Walk Outdoors

Jill LaRue, FNP

12:00 Lunch on own

1:30 Pilates

Amanda Esmond, DPT

2:15 Break

2:30 Anti-inflammatory: Eat to Thrive

Chandra Villano, ND

3:45 Mindful Journaling II

Jayne Van Brunt, BSN & Teri Hugo Hirss M.Ed.

6:00 Community Dinner

Saturday, May 13

8:00 Community Breakfast

9:00 Announcements

EASE Cancer Foundation Faculty

9:15 Nourishment Pearls

Chandra Villano, ND

10:30 Cognitive Reframing & Motivational Techniques

Katie Kemble, DNP



11:45 Lunch on own

1:00 Shake Your Soul®

Teri Hugo Hirss M.Ed.

2:15 Mindful Journaling III

Jayne Van Brunt, BSN & Teri Hugo Hirss M.Ed.

3:30 Creative Expression through Jewelry Design

Jayne Van Brunt, BSN

5:30 Dinner Kingfisher

7:00 Community Fire Ceremony

Teri Hugo Hirss M.Ed.

Sunday, May 14

8:30 Community Breakfast

9:30 A Shared Outdoor Experience

Jill LaRue, FNP

10:15 Creating a Personal Wellness Plan

Chandra Villano, ND

11:00 Restorative Yoga

Jenn CrawfordLeRoy, CYT, CAWC

11:45 Parting Reflections

Jayne Van Brunt, BSN & Teri Hugo Hirss M.Ed.

12:00 Adjournment



About

This women's retreat focuses on learning practical skills for creating a life that aligns us with JOY and HEALTH as we embrace Survivorship as a life practice. Through journaling, creativity, movement, and educational talks you will be able to create your own sustainable wellness plan.

Neuroscience research suggests that feeling happy and joyful will create and strengthen neural pathways that support a positive outlook on life. Most of us are braced, psychically and physically, against the constant signals of distress that continually barrage us. Retreating from the rigors of daily life can allow us to reset, rejuvenate, and learn new skills that will serve us in creating more peaceful, grateful, and joyful lives. Please come join our spring event!

EASE Cancer Foundation is 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.

REGISTER ONLINE
Go to www.easecancer.org

Registration Fees

Registration for retreat is \$125
Space will be limited to 20 participants.

Registration includes:
Friday & Saturday night dinners,
Breakfast on Saturday & Sunday,
and all supplies for retreat.

If you have a journal you wish to use, bring it. If not,
journals will be provided.

Hotel Reservations

Call Sleeping Lady Mountain Resort at
(509) 999-0998 or (509) 548-6344

and mention that you are with the EASE Cancer Foundation to
receive special lodging rates and book your room.

RATES

Lodging per night is \$220 Family Room,
\$230 Loft. Room tax is additional.

EASE Cancer Foundation PO Box 377 • Cashmere, WA 98815
509-860-1322 • www.easecancer.org