

CONSCIOUS LIVING VACATION RETREATS & WORKSHOPS IN BAJA CALIFORNIA, MEXICO

Beyond Surviving: Thriving with Cancer

Don't let the diagnosis of cancer paralyze you. Join me for a powerful 4 day retreat focused on reclaiming your health and vitality, and preventing any recurrence.

This retreat is intended for women with cancer, women in recovery of cancer and women who love women with cancer. Each and every one of us harbors cancer cells in our body. What makes one person's cells "turn on"? It is estimated that 1 in 3 women will have breast cancer in her life time. The American Cancer Society statistics show that 70% of all individuals diagnosed with cancer WILL have a recurrence. How can you avoid becoming a statistic?

This program will give you the tools to overcome statistics. It will educate you on a new paradigm in healing and prevention. You will walk away with a variety of tools and resources to incorporate immediately into your life and into the lives of your loved ones. You will be a resource for your community as you embark on your own healing journey beyond this workshop.

In the process of integrating this new paradigm, you will be connecting with other women on a similar path. You will have delicious, organic, life-giving food provided for you. You will learn how to prepare these foods once you return home. You will incorporate movement, bodywork and acupuncture (if you choose) into your process. You will have time to yourself to journal, walk, rest, do further treatments, meditate, etc. All of this with the back drop of beautiful Todos Santos, Baja Mexico with the ocean beckoning you to splash, swim, snorkel or surf your way to healing.



Dr. Nasha Winters, ND, LAc, DOM

Mar 8 - 13, 2010

Todos Santos, Baja, Mexico

\$2500

*More information
at the website below*

