THE CANCER RESOURCE CENTER INVITES WOMEN WHO ARE TRAVELING THE PATH OF DIAGNOSIS, TREATMENT, & SURVIVORSHIP TO

A Day of Renewal

Our retreat offers a range of workshops, a mini-spa treatment, time for visiting, a delicious lunch, and a wine & cheese bar.

Sunday, April 7, 2019
La Tourelle Resort & Spa
Ithaca, NY · 10:30-5pm

$30 Registration Fee

For more information, contact Monica Vakiner at monica@crcfl.net

A special thank you to our sponsor:
La Tourelle & August Moon Spa.
A Day of Renewal – Sunday, April 7, 2019
Workshop Descriptions

Connecting Creatively Through Writing  Presenter: Ellen Schmidt
E.M. Forster wrote, "How do I know what I think till I see what I say?" We are often surprised by our own writing. Whether you write often or think you might like to give it a try, this workshop will provide a warm, supportive, and creative climate to write from the heart. Writing is a unique way to connect with yourself and others.

Creative Conjuring with Watercolor  Presenter: Lisa Baechtle
Creative activity is healing, balancing, and FUN! I will teach you a simple, playful, intuitive painting process so you can freely and safely express your inner self using watercolor. Conjuring is easy and portable. You will explore the language of color, connecting heart, eyes, and hands. Bring your curiosity, absolutely no previous art experience is necessary!! Lisa is known for her animal portraits. Over the years, she has taught the conjuring process to many adults to get unstuck, to heal, to find a voice, and to express and process in color instead of words.

Drum Circle - Songs for the Journey  Presenter: Aloja Airewele
Come listen to beautiful drumming and other instruments and join in a group sing-a-long with Aloja & friends. Aloja grew up in Nigeria. He practiced family medicine for 8 years before stepping into pastoral ministry, which he continues to engage in today. Exile took Aloja and his family to London in 1996 and to the US a year later. He is involved in social justice, pastoral ministry, and community building through oral narrative and music.

Gentle Yoga  Presenter: Elizabeth Seldin
This Gentle Yoga Class is designed as a moving Meditation that seeks to support each of its students. Elizabeth is a trained Vinyasa Yoga Instructor, and Reiki Master with training in therapeutic Anusara Yoga.

How to Live in the Present Moment  Presenter: Daniela Hess
In this session, Daniela will guide you through several useful, easily repeatable, and effective methods that train you to notice where your mind is during the day, how to engage the delight and wonder of your senses to guide you back to the present moment, and several simple yet potent breathing and meditation practices that are swift ‘tension reducers’ and ‘enjoyment increasers. Her delight is assisting women to feel kind and joyful in both their bodies as well as their minds. When our minds our kind to ourselves, we have full access to the inherent warmth and goodness of our own Hearts. This state of being naturally flows outwards affecting all other areas of our lives and relationships.

Taoist Tai Chi  Presenters: Ithaca Members of the Taoist Chi Society of the USA
Taoist Tai Chi is a health-oriented form of this ancient martial art. Practice of this Tai Chi form brings physical and emotional benefits to people of all ages and health conditions. This workshop will explain and demonstrate Taoist Tai Chi principles. Participants will learn some of the basic movements, which can be done standing or seated.

Spa Workshop
The Spa Workshop will include a 15 minute Spa treatment and 45 minutes to relax in the Tranquility Room.

* Please wear comfortable clothing appropriate for the workshops you will be attending
A Day of Renewal – Sunday April 7, 2019

Registration Form

Registration deadline Friday, March 22, 2019
Space is limited. Please register early!

Schedule of Events

10:30am - 11:00am: Check-in/Welcome
11:00am -12:00pm: Session I
12:00pm - 1:00pm: Lunch
1:15pm - 2:30pm: Session II
2:45pm - 3:45pm: Session III
3:45pm - 5:00pm: Fun in the Bistro

→ WRITE ONE NUMBER ON EACH LINE ←
Indicate your first, second, and third choice for spa option.

_____ Facial
_____ Chair Massage
_____ Reflexology

→ WRITE ONE NUMBER ON EACH LINE ←
Rank your choice of workshop from 1 to 6 with 1 being your top choice.

_____ Connecting Creativity through Writing
_____ Creative Conjuring with Watercolor
_____ Drum Circle-Songs for the Journey
_____ Gentle Yoga-A Moving Meditation
_____ How to Live in the Present Moment
_____ Taoist Tai Chi

Registration Information

Name_______________________
Street_______________________
City________________________
State_______ Zip______________
Email_______________________

Phone number: _______________
$30 fee includes everything!

Indicate appropriate selections:

_____ My check is enclosed
_____ Scholarship Requested
   (need-based only)
_____ I cannot attend, but enclosed is a donation to sponsor a participant
_____ I am paying $__________ with a credit card #: __________ Exp. Date: __

Security Code: __ __ __

Dietary needs:

☐ Vegetarian ☐ Other __________

Please send completed form to:

Attn: Monica Vakiner
Cancer Resource Center
612 W. State St. Ithaca, NY 14850
Questions? Call 607-277-0960