## A Special Invitation for You to A Caribbean Cruise Retreat for Breast Cancer Survivors



## To Learn to Take Charge and Live Well!

Congratulations fellow breast cancer survivor! It's all behind you now. You can focus on your life again!

The not-for-profit New Life After Cancer organization would like to extend a special invitation to you to join our What Now? Caribbean Cruise Retreat designed for women like you. We know what you are experiencing because we've been there. And we know what you need to learn to help you chart a new course to live well after breast cancer.



Our founder, Dr. Carolyn Sartor, M.D., breast cancer oncologist, scientist, and survivor, along with her team of healthcare professionals, will lead a five day retreat aboard the Celebrity

Constellation from January 25 to 30, 2014, to help you focus on YOU and what you choose to do in this next phase of your life. In the relaxing environment of a cruise ship out on the blue waters of the Caribbean, Carolyn and her team will lead you through five workshops consisting of lecture, discussion, and self-reflection to learn new life skill tools, daily yoga, and shore activities that enhance and reinforce the program. Designed and paced to help you assess where you are in life, where you would like to be, and how to achieve your dreams in your new normal as a breast cancer survivor, you will leave with an action plan for a healthy, happy, fulfilling life.

Fun will also be on the itinerary with daily group dinners, dancing, and on shore excursions of Artist's Walk Shopping in Key West and snorkeling in Cozumel with a wonderful group of women like you who want to Take Charge and Live Well!

We will depart Ft. Lauderdale, Florida on January 25, 2014 with stops in Key West and Cozumel. Total cost (Balcony Room) for the five day retreat is \$1,050.00, excluding transportation to Ft. Lauderdale, incidentals, and ship personnel gratuities.

To reserve your place, contact Carolyn at <u>carolyn@newlifeaftercancer.org</u> or (919)-360-1678 and <u>register by September 15</u>, <u>2013</u> as we only have a limited number of places available for 14 special women and their supporters for this life changing event!

We look forward to seeing you on board!





## What Now? Caribbean Cruise Retreat Sample Itinerary

Welcome Champagne Reception

One Dinner

Day Yoga Session: Be Here Now

Two | Shore Excursion: Key West "Tickle Your Fancy Artist's Walk

Shopping"

Workshop: "Me" Collage and Rewards Box

**Group Dinner** 

Day At Sea Today

Three Workshop: Awakening Awareness Mindfulness Meditation

Workshop: A Day in the Life Daydream Journal Inclusive View

Yoga Session: Yoga of Acceptance

**Group Dinner** 

Day | Workshop: Taking Risks to Meet Your Dreams

Four | Shore Excursion: Cozumel Snorkeling

Yoga Session: Stretch Toward Your Dreams Yoga

**Group Dinner** 

Day At Sea Today

Five Workshop: Phases of Change and Action Planning Process /Take

Charge of Your Life

Yoga Session: Restorative Yoga

Individual Coaching

Closing Circle
Group Dinner