

Mindfulness . . . movement . . . music . . . journaling . . . art . . . community . . . you

A mindfulness retreat for women touched by cancer

Friday April 29 through Sunday May 1, 2011

Pendle Hill Retreat Center, Wallingford, PA

Facilitated by Diane Reibel, Ph.D.
and Trish Magyari, MS, CGC, MS



This retreat is for you, if you are a woman:

- With a cancer diagnosis, at any stage of the cancer journey (newly diagnosed, in treatment, survivor)
- Supporting/supported a family member or friend with cancer
- From a family with hereditary cancer (ex. BrCa1, BrCa2 gene, etc)

Research has shown that Mindfulness helps cancer patients to reduce anxiety and depression, and improve immune function, vitality, and quality of life.

Join in a community of women to cultivate mindfulness--to rest in your present moment experience with kindness and openness--especially towards yourself. Reduce stress and fear and gain clarity. Go home with a personal plan for continuing to enhance your well-being. There will be guided mindfulness meditation practices suitable for beginners and those with prior experience; gentle yoga and Qi gong; journaling and art; group support; as well as free time for walks and rest in the beautiful surroundings at Pendle Hill. Located near Swarthmore just south of Philadelphia, it is easily accessible to the mid-Atlantic. www.pendlehill.org

The retreat fee is \$395 including shared room and board or \$445 for a single room. Fees include a mindfulness practice CD. A deposit of \$100 is due by March 15, 2011 to save your space. Payment in full is due by April 15, 2011. A limited number of partial scholarships are available. (*Refund of the deposit is available until April 15th. Refund of the full fee is available after April 15 only in cases of true emergency.*)

For more information and to register go to www.trishmagyari.com and click on Retreats, or call Diane Reibel at 610-909-3685 or Trish Magyari at 443-939-0232. Space is limited, so please contact us early. *This is a non-medical, educational, experiential retreat. It is not a cancer therapy or treatment program.*

Over for more

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~ Retreat Facilitators ~

Diane Reibel, PhD and Trish Magyari, MS, CGC, MS are experienced mindfulness teachers and retreat leaders who have both been profoundly touched by cancer in recent years.

Trish Magyari, MS, CGC, MS is a highly-skilled and popular Mindfulness-based Stress Reduction (MBSR) teacher, counselor and retreat leader. Over the past 12 years she has taught MBSR at the NIH, Johns Hopkins Medical Center, U. of Maryland Center for Integrative Medicine, and in the community. Trish is a teacher with the Insight Meditation Community of Washington (IMCW) as well as a practicing Quaker. She has a Master's degree in Genetic Counseling (1981) and also one in Clinical Community Counseling (2009). Trish delights in helping women experience their wholeness and gifts.

Diane Reibel, PhD has been teaching Mindfulness- Based Stress Reduction programs for over 15 years. She is Director of the Mindfulness Institute at the Brind Center of Integrative Medicine at Thomas Jefferson University Hospital, in Philadelphia. In addition to her passion for teaching mindfulness, she studies the health effects of mindfulness training and her research is published and widely cited in both scientific journals and the popular press. Diane is coauthor of the recent book *“Teaching Mindfulness: A practical guide for clinicians and educators.”*



Both Trish (left) and Diane (right) have been touched by cancer. Diane was diagnosed with breast cancer in 2004 and is thriving 7 years later. Trish has recently been part of a community that supported a co-worker throughout her Stage IV cancer diagnosis and treatment. **Diane and Trish have used their mindfulness practice to find peace and clarity in the midst of enormous uncertainty and to cultivate joy, compassion and community.**