



I Choose Living



Cancer Retreat

Emotional healing and beyond

**Proven programme to make
a significant difference for
people affected by cancer**

When: 22 to 29 March 2016

Where: Aio Wira Retreat, Auckland,
New Zealand

Booking: www.ichooseliving.co.nz/cancer_retreat/
OR phone +64 (0)4 565 3888

www.ichooseliving.co.nz

The Benefits

Cancer is the leading cause of death in New Zealand accounting for 29.4% of all deaths. Breast and colon cancer are the most commonly occurring types.

Newer approaches to supporting people affected by cancer are often related to diet. Not much attention is given to the emotional and mental support around healing.

Medicine and diet have an important place, but without resolving the causative conflict, without emotional peace and a positive attitude, we cannot bring balance back to the body.

When we resolve the emotional conflict and we bring balance back to the emotional and mental levels of our being, coupled with some basic dietary and life style changes, we can create the conditions for healing.

Even if the progression of the cancer has gone far, there is always a chance for remission, provided we deal with our personal blockages, and start the journey towards self-healing.



I Choose Living

The goal of the I Choose Living Retreat is to provide participants with education, transformative experiences, inspiration and motivation in identifying and nurturing conditions for the body, mind and soul that gives the best chance for the body to activate self-healing abilities. It will enable you to live a normal life as much as possible with the given diagnosis.

This program has proven to make a difference for people affected by cancer at an emotional, mental, and energy level. This will give them the best chance for survival, getting back on track or enjoying the rest of their life. It uses the latest transformational tools, ideas and information in a nurturing environment.

The retreat caters for 12 – 20 attendees.



In this retreat experience, participants will learn how emotions and beliefs affect their health. They will learn essential coping skills in everyday life that will build higher resilience and discover an attitude that will serve them in a supportive way whilst having their body nurtured with healthy foods that support healing.

The retreat is facilitated by Jasmina Kovacev, Bsc, supported by other practitioners in complementary areas.

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“I Choose Living” retreat is designed to support those that are diagnosed with cancer at emotional, mental, energetic and spiritual level. Not only do you learn new coping skills, but many transformations happen. Inner peace is what we aim for to create the environment for self-healing. As everyone is different, it takes much more emotional work for some, less for others. Regardless, this retreat definitely improves quality of life in many ways.

It helps those that are in remission to resolve a range of their own issues and minimize risk of re-occurrence.

It helps caregivers and supporters to resolve their emotions and attached meanings that are not serving them well and helps them become much better supporters and minimize the risk of side effects of their lives.

Feedback from past participants clearly shows an increase in physical and emotional energy levels and the benefits of more tools to deal with the situation they find themselves in.



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About

We work alongside Medical Professionals.

We believe that creating a healthy mind, body and spirit, gives all people the best possible chance at reducing the anxiety that often accompanies the diagnosis of cancer.

What we do not do is administer treatments, promise radical cures or prescribe one particular regime for all.

What we do is:

- support the journey of cancer diagnosed patients
- support and facilitate their emotional and mental transformation
- present a range of lifestyle changes that people might like to adopt to improve their quality of life and health
- support them as they make their changes
- support their supporters and carers
- support survivors in healing their emotional traumas from the past experience
- support all approaches that are supporting physical, emotional, mental and spiritual being

In serving our clients well, we are very open to working with and explaining our approach with their health advisors.

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Meet Jasmina

Jasmina Kovacev, BSc Phyto Med, Dip. Herbal Med, EFT expert and international Master trainer, NLP Master, Life Coach, Meta Medicine Coach and META-Health Master Practitioner and Trainer, utilises an extensive background of over 30 different modalities. She is the creator of the Round Rainbow™ series of trainings for wholeness of being. Her passion is to find the key essence of human performance, potential and health. Jasmina focuses on the key factors of emotional and mental being which create our health and life.



Jasmina Kovacev, BSc
jasmina@ichooseliving.co.nz

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