



EDUCATION & RETREAT CENTER



HOLDING COURAGE RETREATS **for Women** **with Recent Cancer**



ABOUT GHOST RANCH

Ghost Ranch, 21,000 acres located in Northern New Mexico, is an ecumenical and interfaith education and retreat center of the Presbyterian Church (USA). For over half a century, people have come here for spiritual development, to discuss issues of peace and justice, to work together in creation care, to paint and write, to hike and to ride horseback, to research rich and globally renowned archeological and fossil quarries, to see where Georgia O'Keeffe painted, to try something new or simply to rest and renew their spirits.

GHOSTRANCH.ORG

Holding Courage Sliding Fee Scale

Annual Income	Retreat Fee
\$0 - \$9,999	\$30
\$10,000 - \$19,999	\$50
\$20,000 - \$29,999	\$100
\$30,000 - \$39,999	\$150
\$40,000 - \$49,999	\$200
\$50,000 - \$74,999	\$300
\$75,000 and above	\$375

For More Information:

Email HoldingCourageRetreats@gmail.com. Or call Deena or Maureen at 505.927.6903 or at 608.516.0195

Holding Courage Retreats at Ghost Ranch is a four day haven for women with recent cancer. It is a safe, nurturing environment where love and care greet women facing the ultimate challenge.



Experience This Unique Opportunity:

- Find relief from stress and anxiety
- Learn new tools to maintain self-esteem, stamina, balance
- Reclaim a sense of personal power and choice
- Move toward physical, emotional and spiritual wholeness

Join with other women facing similar challenges and spend time in the beauty of Ghost Ranch. Led by experienced facilitators, activities include:

- Yoga and Movement
- Meditation
- Writing
- Musical Activities
- Breathwork
- Massage
- Walking the Labyrinth
- Rest Time

Holding Courage Retreats' guest fees are based on income. The charges range from \$30 to \$375 for a four day residential retreat that includes the program, accommodations and all meals. See the sliding scale in the left column to determine the cost based on your income.



Retreat facilitator Christine Sherwood has lived in northern New Mexico for over 30 years. She has been in the healing arts since 1991 and has taught healing workshops nationwide since 1995. In 2006, her life trajectory was abruptly shifted when she was diagnosed with third stage rectal cancer. She creates a safe and contained environment for participants to access their innate ability to heal medical

trauma and the emotional/spiritual and mental wounds brought on by cancer. Her intention is to open a conversation about illness, cancer and death that is not fear based, and invite women into their Soul's voice. For more information visit: www.Christine-Sherwood.com