

We have a team of highly qualified caring facilitators who draw on a rich background of personal experience - staff may vary between programs.

**Siegfried Gutbrod** MCounsHS DipPsychophoneticsCouns BBA  
*Therapeutic Director*

Siegfried initially gained a degree in business administration and worked in corporate executive positions in the IT sector. He commenced therapeutic work over 15 years ago and holds a Masters degree in Counselling and Human Services and is also a meditation instructor. His particular interests are empowering people to take charge of their own healing journey, the healing potential of laughter and providing emotional and spiritual support for end-of-life situations.

**Paul Bedson** BA BAcup BCouns

A counsellor, psychotherapist, meditation instructor and therapist, Paul has been working in mind-body medicine for over 20 years. His particular interest is helping people deal with the range of emotional issues associated with their healing journey. He also works with grief and anxiety issues and relationship problems. Paul has co-authored a book with Dr Ian Gawler: *Meditation: An In-Depth Guide*.

**Maia Bedson** DipHolCouns GradDipCounsHS

Maia is a holistic counsellor, meditation instructor and natural therapist. She has been working in physical, emotional and spiritual healing for over 15 years. Maia assists people in a wide range of areas including diet, lifestyle balance, dealing with and healing emotional issues and helping people to access their own inner wisdom.

**Jenni Evans** DipComEng NLP Trainer Certified Feldenkrais Practitioner

Jenni has more than 30 years experience working with people of all ages, backgrounds, nationalities and cultures to improve their wellbeing, take more control of their lives and help deal with significant life issues. Her work has included engineering, management, teaching, training, improvement coaching and Feldenkrais.

**Dr Ruth Gawler** MBBS MGPPsych FACPsychMed FPA (Cert)

A Medical Practitioner and therapist, Ruth believes strongly in the benefits of integrating orthodox and complementary medicine and counselling for a fully encompassed approach to health. She enjoys assisting people to take responsibility and direct their own healing and has a special interest in the therapeutic application of meditation.

**Dr Craig Hased** MBBS FRACGP

Craig is a General Practitioner and senior lecturer at the Monash University Dept of General Practice. His teaching, research and clinical interests involve mindfulness-based stress management, mind-body medicine, meditation, holistic healthcare, complementary therapies and medical ethics. Craig's books include *New Frontiers In Medicine*, *Know Thyself*, *The Essence of Health*.

**Professor George Jelinek** MBBS MD DipDHM FACEM

Professorial Fellow, Dept of Medicine, University of Melbourne; Medical Director Emergency Practice Innovation Centre, St. Vincents Hospital; Emeritus Editor of the international journal *Emergency Medicine Australasia*. George is an MS survivor and author of *Overcoming Multiple Sclerosis: An Evidence-Based Guide to Recovery*. He offers a unique perspective based upon scientific research, clinical experience and profound insight.

**Natalie Murley** DipEd DipRef GradDipCounsHS

Natalie is a counsellor, meditation instructor, natural therapist and teacher who has worked in the field of healing and education for many years. She has extensive experience with recovery from trauma, grief and loss, addiction and helping people explore their emotions and spirituality. An advocate of compassionate mindfulness, Natalie brings a passion for encouraging people to connect with their inherent wisdom.

Founded by Dr Ian Gawler, a cancer survivor himself and a pioneer in the development and application of meditation and other mind-body medicine techniques, The Gawler Foundation offers hope and inspiration to all people.

For over 25 years, The Gawler Foundation has been conducting integrated lifestyle programs in cancer management, disease prevention, self-healing techniques and total wellbeing for body, emotions, mind and spirit. The Gawler Foundation is a not-for-profit, non-denominational organisation dedicated to improvement of the health of our community.

## Our Philosophy

At The Gawler Foundation we believe that:

- Balance is the key to good health
- Regaining balance leads to healing
- Sustaining balance brings peace of mind and wellbeing

## For bookings and more information

The costs and dates for each program are included on the Information and Registration Form. There is often a waiting list for our programs so please read the cancellation policy. Bookings are confirmed upon receipt of a completed Registration Form and deposit. Please contact our Client Services Consultant to make sure a program is the right one for you and also to check availability. Our staff will assist with your questions and special requirements.

Make sure your doctors and other health professionals know you are coming.

## Make a start now

It is recommended that before attending the programs participants read books specific to their own needs:

Dr Ian Gawler: *You Can Conquer Cancer*

Professor George Jelinek: *Overcoming Multiple Sclerosis: An Evidence-Based Guide to Recovery*

Dr Ian Gawler and Paul Bedson: *Meditation: An In-Depth Guide*



## The Gawler Foundation

An integrated approach to health healing and wellbeing

Yarra Valley Living Centre  
55 Rayner Court  
Yarra Junction VIC 3797

Hawthorn Centre  
565 Burwood Road  
Hawthorn VIC 3122

PO Box 77 Yarra Junction VIC 3797

T 03 5967 1730 | F 03 5967 1715

E [info@gawler.org](mailto:info@gawler.org) | [www.gawler.org](http://www.gawler.org)

The Gawler Foundation Inc is a not-for-profit organisation

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## The Gawler Foundation

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# Residential Programs

## Cancer, Multiple Sclerosis and other illnesses

## Life and Living

## Life and Living - The Next Step

## Overcoming Multiple Sclerosis

## Healing Meditation Retreats



Leaders in Mind-Body Medicine and Lifestyle-Based Programs

## Life and Living

### **10 day transformative program to meet and help overcome the challenges of cancer**

Since 1985, this unique program has provided real hope and support for over 12,000 people, providing an amazing pool of shared knowledge and experience. People from all walks of life, from teenagers to 80-year olds, have united in a common challenge. Drawing on a wealth of knowledge, you will learn what has worked for many others and be helped to apply the principles in your own life. The program is complementary to any mainstream medical treatment.

### **The Principles**

Our bodies have a natural, inherent capacity to heal themselves. The principles you will learn in this program will enable you to activate and develop that healing power, maximizing your body's potential to restore its natural state of balance and vitality.

*On the Program you will learn to:*

- Fully activate your potential for inner healing
- Relax effortlessly and meditate deeply
- Develop and sustain a positive state of mind
- Use a healthy diet and nutrition for healing
- Overcome obstacles to peace of mind, such as pain and fear
- Find meaning and purpose in life
- Draw upon effective support to sustain health and happiness
- Generate confidence to make informed, effective choices and better manage your healing journey

## Life and Living - The Next Step

### **5 day follow-up program for people experiencing cancer**

A follow-up program for those who have participated in one of our introductory programs for people dealing with cancer and their carers.

The purpose of this program is to offer the opportunity for participants to refocus and go deeper into their healing process, to address any issues and obstacles they may have come up against, deal with setbacks, transform fear and learn new techniques such as:

- Communication and creating healing relationships
- Spirituality as a healing resource
- Contemplation to develop clarity and insight

A major feature is guided imagery work that introduces you to techniques that draw upon your inner wisdom and help you to develop insight and clarity. This program has a flexible format, and a questionnaire is used to help identify the needs of each participant. Each program is tailored to meet specific needs. It is also a chance to catch up with old friends, make new ones, to relax and to be taken care of in a peaceful and nurturing environment.

## Overcoming Multiple Sclerosis

### **5 day practical and inspirational program**

This program has been developed by Professor George Jelinek and Dr Ian Gawler. It is facilitated by Professor George Jelinek and based upon his book *Overcoming Multiple Sclerosis: An Evidence-Based Guide to Recovery*. In conjunction with The Gawler Foundation's experience leading innovative self-help, healing and lifestyle programs for over 25 years, this program is based on credible science, human experience, optimism and practicality.

Whilst you will gain invaluable insight and information from the facilitators, most sessions will involve learning through direct participation and experience. Discussion is encouraged and there is plenty of time for questions and answers.

You will experience the extraordinary power and potential of the group process. Participants can expect to leave feeling inspired, informed, and capable of taking more control of their lives. This program will give you the tools for better health and wellbeing.

*The Program aims to:*

- Halt the progression of MS
- Maximise healing and wellbeing
- Create a sustainable program for each participant to take with them
- Increase awareness of current options including medical treatments, complementary medicine, self-help and healing techniques
- Generate confidence to make informed, effective choices
- Address prevailing fears and misunderstandings of MS; seeking to clarify the confusion and transform this into positive outcomes
- Examine the meaning and purpose of your life
- Use the group process to facilitate communication and to generate a mutually supportive network

### **What is possible?**

'The science is clear. People with MS who learn these self-help techniques, integrate them with the best of current medical management and sustain the lifestyle changes can reasonably hope to stabilise their condition where it is; that is to halt its progression. There is the more radical possibility of profound healing and the reversal of symptoms.'

**Professor George Jelinek**

## Additional Services Available

**Counselling:** Private consultation appointments are available with our counselling staff before, during or after most programs.

**Body Therapies** - Massage, Shiatsu and Reflexology: With qualified, experienced body therapists. Very relaxing, re-energising and good for body, mind and spirit.

**Resource Centre:** A comprehensive selection of books, CDs and resources which support the principles of our programs are available at Yarra Valley Living Centre and the Hawthorn Centre or order online [www.gawler.org](http://www.gawler.org)

## Healing Meditation Retreats

### **3 day retreat**

Specifically designed for people dealing with an illness or other health conditions who want to facilitate their healing process from the inside out – by using your own personal resources for healing. This retreat will provide you with practical tools for self-healing and will help you reconnect with your body and reactivate your body's innate healing energies.

*You will familiarise yourself with the following tools for self healing:*

- Breathing exercises
- Body awareness techniques
- Healing meditations and imagery
- The healing power of touch
- Attuning to nature

The Healing Meditation Retreat is a wonderful opportunity to empower yourself on your path to health and wellbeing, to find the healing power in your own hands and to use these traditional techniques to complement your medical options.



## Venue: Yarra Valley Living Centre

Set on 15 hectares of native bushland, about an hour's drive from Melbourne, the centre is surrounded by natural beauty and provides a wonderful environment for peace, tranquility, relaxation and healing.

## Sessions

Most sessions involve learning through direct participation and experience. Discussion is encouraged and there is plenty of time for questions and answers. You will meet and share with a group of wonderful and exceptional people.

## Attending programs with support

Attending with a partner/support person is recommended whenever possible. Sharing in the program allows the carer to understand and support you in implementing and integrating what you have learned. The program presents great opportunities for the support person to address issues which they face in the caring role, share and personally benefit from this inspiring and instructive time.

## Medical and therapeutic support

While doctors do lead several of the program sessions, the Yarra Valley Living Centre is not a medical facility. The Gawler Foundation remains independent of any product, therapy, company, publication or person.

## The food

Our meals are whole food, plant-based and dairy-free, fresh and abundant with healing qualities. The food is organic (wherever possible). Fresh organic juices are a feature of our programs.