



Contact: Kaleigh Isaacs
Office: 970-881-2184 x360

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Courageous Women, Fearless Living Retreat Celebrates Its Seventh Year Empowering Women Touched by Cancer

*Innovative retreat gives powerful tools to help women meet the totality of their
experience directly and courageously*

Red Feather Lakes, CO – Shambhala Mountain Center will be hosting the 7th *Annual Courageous Women, Fearless Living* retreat from August 20-25, 2013. This innovative and contemplative program was founded in 2005 and has helped over 300 women with a current or past diagnosis of cancer. Through nutrition, Tibetan healing, integrative medicine, meditation, yoga, art and community building, women are given powerful tools to meet the totality of their experience directly and courageously.

“Our goal is for our participants to return home with a new circle of support and friendship; with the mental, emotional, and contemplative tools to support them in their journey through cancer; and with greater self-awareness, confidence, and appreciation for life,” says Judith Lief, one of the lead instructors of the retreat. Lief is a contemplative hospice pioneer, senior meditation instructor, former dean of Naropa University and author of *Making Friends with Death*. She is joined for this retreat by a team of experts with similarly impressive credentials including Victoria Maizes, MD, Executive Director of the Arizona Center for Integrative Medicine at the University of Arizona and internationally recognized leader in integrative medicine, and Linda Sparrowe, a writer, yoga instructor, mentor and practitioner with deep roots in the Vedas, Sanskrit, and women’s health.



Many women dealing with cancer are facing financial challenges, and numerous organizations are helping to make *Courageous Women, Fearless Living* as accessible as possible. The Eileen Fisher Foundation has given grants to award scholarships for attending this retreat and donations through the Beanstalk Foundation are helping with



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the travel costs for many participants. Shambhala Mountain Center is also providing generous support through discounts on accommodations.

To read more on this program, please visit:

<http://www.shambhalamountain.org/program/cw813-7th-annual-courageous-women-retreat-for-women-touched-by-cancer/>

About Shambhala Mountain Center

Since 1971, Shambhala Mountain Center has offered a wide array of programs on meditation, yoga and contemplative arts led by acclaimed instructors from throughout the world. Nestled high in the Colorado Rockies, this 600-acre mountain valley retreat center is just two hours from Denver and offers over a hundred programs each year exploring the paths of personal health, deepened awareness and transformation. Its mission is to promote personal and societal wisdom and provide a safe and supportive environment, welcoming all people with inspiration, interest and curiosity about the nature of self and society. For more information, visit www.shambhalamountain.org or call (970) 881-2184.