



# 2018 RENEWAL RETREAT

(Sat. Sept. 8<sup>th</sup> – Sun. Sept. 9<sup>th</sup>)

*“Surround Yourself with Love. Don’t Go It Alone.”*

**Ann Murray Paige, Author of Pink Tips**

**“The Journey Is Ours” Kristin Sanborn Todd**

Info@ThrivingPink.org | www.ThrivingPink.org  
NonProfit ID #81-2972130

Hosted by the local Davis based nonprofit, Thriving Pink, the Renewal Retreat is a free, inspiring, and relaxing weekend retreat with other breast cancer survivors. The weekend is a respite from the stresses of daily life in a supportive environment. Sessions and activities are interactive, engaging, and reflective, and led by Pam Cordano (MFT). Attendees can form close bonds of friendship and a network of support.

## WHO CAN ATTEND?

The Retreat is designed for approximately 8 women who reside in or are treated in Davis, California, have been treated for breast cancer, are 21 years or older, and are at least 12 months post diagnosis. Attendees must be able to physically participate, care for themselves, and attend the entire Retreat. (They should be able to walk and lift their arms above their head). There is no cost to attend the Retreat.

## WHERE WILL THE RETREAT BE HELD?

The Retreat will be held at the Yin Ranch in Vacaville, California. This is a beautiful, private residence of 40 acres. The park-like setting includes a main house and cottage with a variety of indoor/outdoor activities (indoor pool and event center, garden, lake/island, yoga, walking trails, bocce ball, shuffleboard, domesticated animal area, bonfire).

## WHAT IS THE RETREAT SCHEDULE?

**10 am, September 8<sup>th</sup> – 2:30 pm, September 9<sup>th</sup>.** **A full agenda will be forwarded to attendees upon acceptance to Retreat.** Dress is casual and comfortable - you can wear loose fitting clothing such as yoga pants and tennis shoes. Possible activities include yoga, support group settings, a creative workshop, massage/facials, pool/jacuzzi, and free time to relax and enjoy meals with new friends.

## HOW TO APPLY? Applications accepted June 22<sup>nd</sup> – July 31<sup>st</sup>.

- **All selected qualified attendees will be notified by August 10<sup>th</sup>.**
- Applications to be emailed to: Info@ThrivingPink.org, mailed to Thriving Pink at PO Box 73646, Davis, CA 95617, or dropped off at the Thriving Pink office at 302 G Street in downtown Davis. Questions? Call Mary Liu at (916) 952-0406.
- We will contact you to review the retreat schedule to see if you are available this year or in the future to attend the retreat

**ABOUT THRIVING PINK:** The Executive Director, Mary Yin Liu, is a local McDonald’s business owner. The Renewal Retreat Chair, Laura Murray, is a Realtor/Office Manager at Lyon Real Estate and a breast cancer survivor. Along with other board and committee members, they are inspired to support our community through this local non-profit 501(c)(3) organization dedicated to helping breast cancer survivors thrive. We engage our community, as well as provide a network of support for local women.



# 2018 RENEWAL RETREAT APPLICATION

(Apply June 22<sup>nd</sup> – July 31<sup>st</sup>)

Info@ThrivingPink.org | www.ThrivingPink.org | NonProfit ID #81-2972130

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

How did you hear about the Retreat? \_\_\_\_\_

Month/Year of original diagnosis \_\_\_\_\_

Month/Year of subsequent diagnosis, if applicable \_\_\_\_\_

Rooms can be individual or shared. Would you be able to share a bedroom with another attendee?

Yes or No

If yes, please indicate name of roommate (other applicant, if any) \_\_\_\_\_

I am able to fully care for myself and can participate in Retreat activities. Yes or No  
(gentle yoga, walking, creative art workshop, support group settings, daily meals, massages/facials)

Are you able to participate in gentle yoga without assistance? Yes or No

Please list any food or other allergies. Share if you are vegan, vegetarian, or gluten free, and anything else which would help us to plan better.

\_\_\_\_\_  
\_\_\_\_\_

In order for us to plan ahead for Retreat sessions:

Please circle if you would be interested in one or both:                      Massage                      Facial

I understand that the Renewal Retreat is not therapy or health care. It is not a substitute for counseling, psychotherapy, psychoanalysis, health care or substance abuse treatment, and I will not use it in place of any treatment or therapy. I am responsible for my own choices.

We look forward to meeting you. Thank you for applying for this year's retreat!

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date



## 2018 RENEWAL RETREAT WAIVER FORM & AGREEMENT

I recognize and acknowledge that there are certain risks of physical injury or other injury during the Renewal Retreat held September 8, 2018 – September 9, 2018; and I agree to assume the full risk of any injuries, damages, or other loss I sustain to myself or to my property.

In consideration for being invited to attend this Retreat, I agree to waive and relinquish any and all claims I may have as a result of participating in the activities or workshops organized by Thriving Pink and hosted by Yin Ranch (CC & Regina Yin). I further agree to indemnify, hold harmless and defend Thriving Pink (including program chairs, board and committee members, volunteers, and paid staff), the Yin Ranch, CC & Regina Yin, and all other participants at the Retreat, from any and all claims resulting from injuries, damages, and losses sustained by myself or anyone, and arising out of, connected with, or in any way associated with conduct and activities from this Retreat.

I understand and agree that photos/videos will be taken by Thriving Pink during the Retreat to use these on their website, social media, and other materials. I also understand that I will have a chance to review the photos/videos to approve their use by Thriving Pink. I understand that discussions and conversations during the Retreat are confidential.

I understand that the Renewal Retreat is substance free, smoke free, and alcohol free.

Thank you!

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Signature

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Date

Please submit Waiver Form with Application Form.  
(This Waiver Form is applicable if the applicant is selected to attend Retreat)

Thriving Pink Office & Community Room | 302 G Street, Davis CA 95616 | NonProfit ID #81-2972130  
[www.ThrivingPink.org](http://www.ThrivingPink.org) | LIKE our FB page to join our Pink Team | [Info@ThrivingPink.org](mailto:Info@ThrivingPink.org)