

## Dr. Ian Gawler and Dr. Ruth Gawlers' 2013 New Zealand Tour

Do you want to experience natural good health? Learn how to deal with stress? Hear inspiring stories of people who have overcome life-threatening conditions?

Dr. Ian Gawler's 2013 New Zealand tour provides an opportunity for you to learn about all these things, ask questions about health and well-being, and take home some crucial insights into "A New Way of Living".

Particularly if you or a loved one are interested in Mind-Body medicine, maybe are suffering from stress, managing chronic illness or simply seeking long-lasting happiness and well-being, these events will be well worth attending.

All New Zealand events are listed here:

<https://www.facebook.com/driangawler/events>

"Join" the event pages to stay informed of event updates and "Share" the events with your friends who may also want to attend.

"Like" Dr. Ian Gawler's page to stay informed about his research and events, and invite others to like his page who may benefit from this knowledge:

<https://www.facebook.com/driangawler>

Here are the key dates and places:

### Auckland – Thursday November 14 at 7:00pm (arrive 6:30) to 10:00pm

#### Evening Public Lecture: Medicine of the Mind

Facebook: <https://www.facebook.com/events/498282930267636>

*Learn of the latest breakthroughs in understanding the mind such as the vast and practical implications of neuroplasticity. Take home valuable techniques that have transformed the lives of many.*

- *Experience relief from stress, rapid relaxation and deep natural peace*
- *Be inspired by stories of recovery, and be informed by the science behind them*
- *Deepen your understanding and experience of mindfulness, meditation and imagery.*
- *Discover how recent research combines with the power of your mind to generate good health, healing and wellbeing*
- *Take home positive psychology techniques that are highly relevant and practical in a modern, busy life*

### Rotorua – Saturday, November 16 at 10:00am - 4:30pm

#### HEALTH, HEALING & WELLBEING An Inspiring and Practical Day Workshop

Facebook: <https://www.facebook.com/events/173975682799106>

*This is the essence of what Ian has found to work. A GENTLE BLEND OF THEORY AND PRACTICE:*

- *Dissolve every day stresses; experience mindfulness, relax effortlessly, meditate profoundly*
- *Discover how the mind activates the immune system, prevents illness and generates healing*
- *Clarify all your food questions; be confident of eating well and being well - and enjoying it!*
- *Take home reliable techniques for personal transformation*
- *Hear inspiring stories of surviving against the odds!*
- *Explore the meaning and purpose in life, find a greater clarity and confidence*

**Wanaka – Monday, November 18 at 11:00am until Friday,  
November 22 at 2:00pm**

**CANCER and BEYOND A 5 Day Residential Follow-up Program with Drs Ian and Ruth Gawler**

Facebook: <https://www.facebook.com/events/172433666290000>

*Presented by Canlive, this program is specifically designed for those with cancer, along with their support people who have attended a previous Canlive or Gawler Foundation program*

*Over the years, Drs Ian and Ruth Gawler have led many cancer related programs together. This is the first residential program they have presented in New Zealand specifically for people dealing with cancer.*

*Clarifying practical questions relating to the Gawler program eg: nutrition, exercise, positive thinking, pain management, meditation, healing, balancing medical options, and so on. A key question is how much is enough? How much attention to these things is most advisable for someone in the active phase of healing? What about when you are in remission? And what about the family?*

*Dealing with setbacks. Ian had many setbacks during his recovery. He and Ruth have helped many through these challenging times. What works best?*

*Those who attend will be asked to return a simple questionnaire to help Ian and Ruth fine tune a program specific to your needs. Topics to consider and provide feedback upon could include:*

**Christchurch – Sunday, November 24 at 10:00am until 4:30pm**

**INNER PEACE, OUTER HEALTH An inspiring and practical FREE Day  
Workshop**

Facebook: <https://www.facebook.com/events/172433666290000>

*Join us to hear a renowned pioneer of Mind–Body Medicine and teacher of meditation reveal how to find peace and clarity amidst troubled times. With over 30 years experience and author of 6 bestselling books in this field, this is the essence of what Ian has found to be most useful.*

*This is an invitation to be inspired by stories of personal transformation and informed by the science behind them*

- *Learn how to let go of stress and relax easily*
- *Discover how recent research combines with ancient wisdom to generate good health, healing and wellbeing*
- *Deepen your understanding of mindfulness, meditation and imagery, and be led by Ian into the direct experience of them*
- *Take home positive thinking techniques that are highly practical and relevant in a modern, busy world*
- *A gentle blend of theory and practice, with plenty of time for questions and discussion*

**Nelson – Tuesday, November 26 at 7:00pm until 10:00pm**

**MIND–BODY MEDICINE in DAILY LIFE An inspiring and practical evening talk**

Facebook: <https://www.facebook.com/events/184099591778839>

*Knowing how to use the power of the mind to prevent illness, to heal, to be well and to flourish offers something for everyone. Experience all the benefits of deep natural peace along with a calm and clear mind. What possibilities!*

*Join us to hear a renowned pioneer of Mind–Body Medicine and teacher of meditation reveal how to find peace, healing and clarity amidst troubled times. With over 30 years experience, this is the essence of what Ian has found to be most useful.*

- *Learn how to let go of stress, relax easily and generate deep natural peace*
- *Discover how recent research combines with the power of your mind to generate good health, healing and wellbeing*
- *Be inspired by stories of personal transformation and informed by the science behind them*
- *Deepen your understanding of mindfulness, meditation and imagery, and be led by Ian into the direct experience of them*
- *Take home positive psychology techniques that are highly relevant in a modern, busy world*

**Auckland – Saturday, November 30 at 10:00am until December 1 at 4:30pm**

**Weekend workshop: A New Way of Living**

Facebook: <https://www.facebook.com/events/218534801641788>

**Saturday 30th November - 10am (arrive 9.30) to 4.30pm**

*These days, many people have had some introduction to meditation and the power of the mind. Soon comes the realisation of the extraordinary depth and breadth of it all. We often get a sense there is more to it!*

**Sunday December 1st - 10am (arrive 9.30) to 4.30pm**

*Many people have heard stories of people who have recovered against the odds from major illness. We all want to be at our best, to feel well and to be well. Many know of others, or are themselves dealing with major illness. Carers and Health Professionals are always thinking of how they can be most helpful. What to do? What works best?*

***Mana Retreat Centre, Coromandel – Monday, December 2 at 4:00pm until December 8 at 2:00pm***

***MEDITATION under the LONG WHITE CLOUD 7 Day Meditation Retreat with Ian and Ruth Gawler***

Facebook: <https://www.facebook.com/events/171748543030746>

*Attending a meditation retreat provides the unique opportunity to take time out from daily life, to slow down, draw breath, regain balance and experience a new level of inner peace and mental clarity.*

*Over the years, Drs Ian and Ruth Gawler have led many meditation retreats together. However, this is the first chance to be with them “Under the Long White Cloud” - and in the beautiful, meditative space of Mana Retreat Centre, Coromandel, New Zealand*

- *Join like-minded people as you deepen your understanding and experience of relaxation, mindfulness and meditation.*
- *Be guided into the direct experience of inner peace and immerse yourself in it.*
- *Take the time to spend time with your self. Become reacquainted with who you really are.*
- *Reflect, contemplate, meditate - regain perspective, vitality, balance and clarity.*