



*"We can't always change what happens to us, but we can change how we respond to the events and challenges in our lives."*

**Petrea King**  
Founding Director and CEO  
Quest for Life Foundation

for more information  
**1300 941 488**

The **Quest for Life Foundation**, founded by Petrea King, provides programs to address the challenges of cancer, grief, depression or other trauma and provides practical self-help strategies for increasing peace, healing and wellbeing.

## Take a Stand for Life

**A residential program for those who have already attended a Quest for Life program and who would like to take the next steps on their path of personal and spiritual development**

### Program Overview

None of us know how much time we have left. What is important is that we learn to live each day as fully as we can and make sure we are putting our energy into what is most important for us. This requires us to take a stand for our life, what we want to achieve and how we want to develop the important relationships in our lives.

This program is specifically designed to build on the material covered in the other programs and to further develop skills to support a rich and rewarding life, physically, mentally, emotionally and spiritually.

All the things that we found so valuable before – the stretching and meditation before breakfast, the wonderful delicious food, the juice breaks, the access to one-on-one massage and counseling will be included in the program. Plus there is the added bonus of spending 5 days with the company of others who are travelling along similar paths. We will be building on your life-skills through a deepening of your understanding of how human beings grow, developing greater mastery over our feeling states, discovering how to tap into your innate personal power and build on your interpersonal skills. This nurturing and skill development is all in support of the central theme of our time together – getting clear on what is really important for you right now, and what sort of stand you are willing to take for it.

Like all Quest for Life programs, you will be supported to find your own answers to these questions and go at your own pace as you come to terms with what's important for you now.

### 23 - 27 August

The Harmony Centre, Bundanoon NSW

**with StJohn and Alexia Miall**

\$1755 in shared room | \$1955 in single room  
includes accommodation, meals and program  
subsidised places are available for people on low incomes  
*Supported by NSW Health*