

Sumanas Retreat in Santa Barbara, CA is the home of integrative and compassionate care for those coping with cancer.

Sumanas Retreat is a health and healing center that offers a nurturing sanctuary for rest, recovery, and renewal.

The residential program provides a safe and comforting environment for the healing processes, helping to overcome trauma and to reinforce a positive outlook on life.

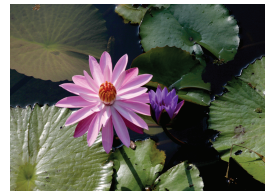
The powerful combination of art, relaxation practices, and playful activities within this healthy environment offers an opportunity to re-discover the joy of well-being.

A cancer diagnosis and treatment can be a life-changing event. All too often one feels pressured to return to the demands and responsibilities of daily life before body, mind and spirit have even begun to recover.



Included in your stay are the following:

- A cohesive team of therapists, naturopathic doctors and healers, to address cancer-related concerns.
- One-on-one counseling for emotional support.
- Weekly support groups open to all participants.
- Arts & Crafts studio with guest artists.
- Yoga and movement sessions, beach and nature walks.
- Poetry and writing groups.
- Deep relaxation, dream & imagery work.
- Healthful diet and nutritional counseling.
- Private recitals with local musicians.
- Demonstration of complimentary healing modalities
- Talent nights for residents to share their offerings.
- Guest speakers on topics concerning wellness, nutrition and recovery from cancer.



We will help you design your own retreat experience, including as much participation and privacy as desired, to support your recovery.

Length of stay is based on individual needs.

We are conveniently located within 10 minutes of The Santa Barbara Cottage Hospital, The Cancer Center, The Breast Resource Center as well as other programs and resources providing services to cancer patients.

We are easily accessible by our local airport with connections to Los Angeles, CA.

With replenishment comes new energy and enthusiasm for life

Please visit
www.sumanasretreat.org or phone
the Sumanas Retreat's Founder,
Thea M. Goepfert, PhD
at (805) 722-8043
for a free consultation
We are open year-round.

