

WOMEN'S HEALING SANCTUARY



RESTORE & RECLAIM

Breast Cancer Recovery Retreat

Survey Insights & Retreat Overview Report

14 – 16 October 2026

Women's Healing Sanctuary, Port Stephens Hinterland, NSW

In partnership with



Additional funding from



RETREAT OVERVIEW

The Retreat

The Restore & Reclaim Breast Cancer Recovery Retreat is a fully sponsored two-night wellbeing weekend, delivered by Women's Healing Sanctuary in partnership with The Otis Foundation, with additional funding from Westfund Health Insurance.

7

Women from regional NSW, selected by The Otis Foundation

2

Nights of fully sponsored accommodation & care

Oct '26

Retreat dates at Women's Healing Sanctuary

WEEKEND PROGRAM INCLUDES

- Gentle restorative yoga & sound healing
- Optional personal relaxation massage, or Reiki & sound healing
- Access to tranquil spaces, pool & gardens
- All meals, snacks and refreshments
- A chance to focus purely on wellbeing
- Connection with women on a similar journey



WOMEN'S HEALING SANCTUARY — TRACK RECORD

313+

women supported over 5 years

818+

nights of care provided

97%

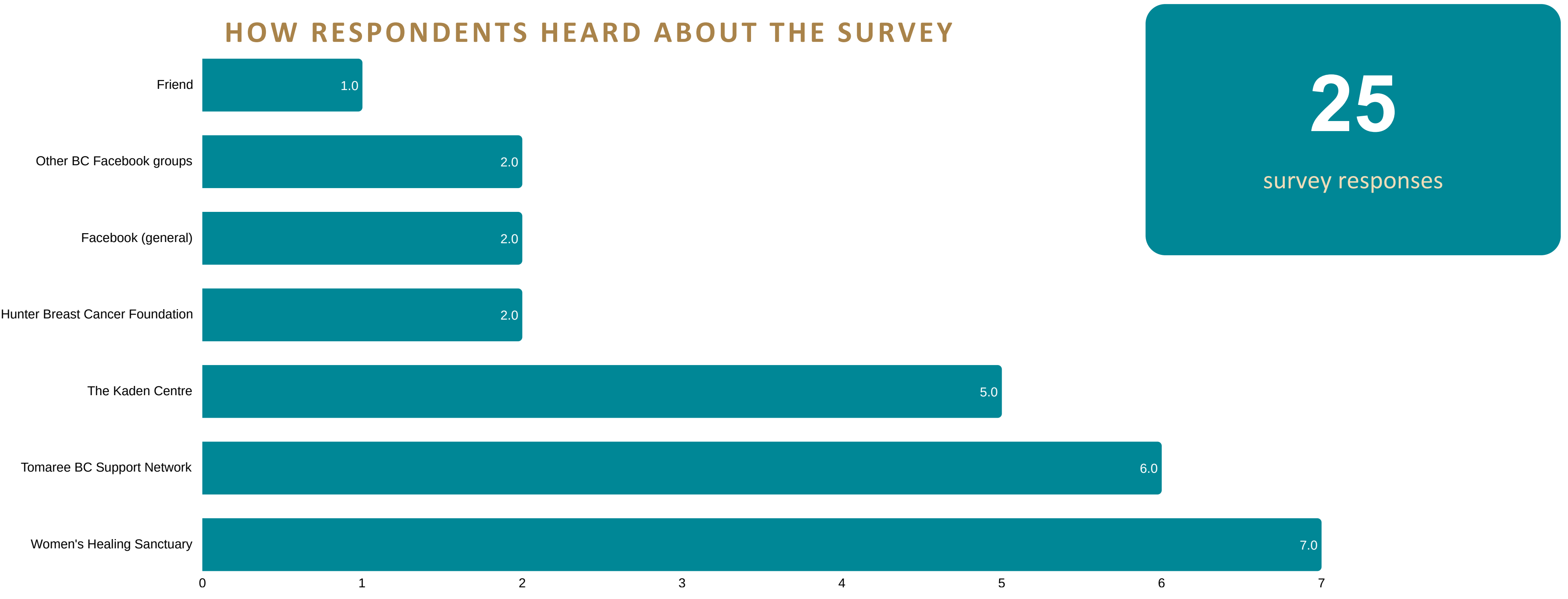
report positive mental health impact

4.6/5

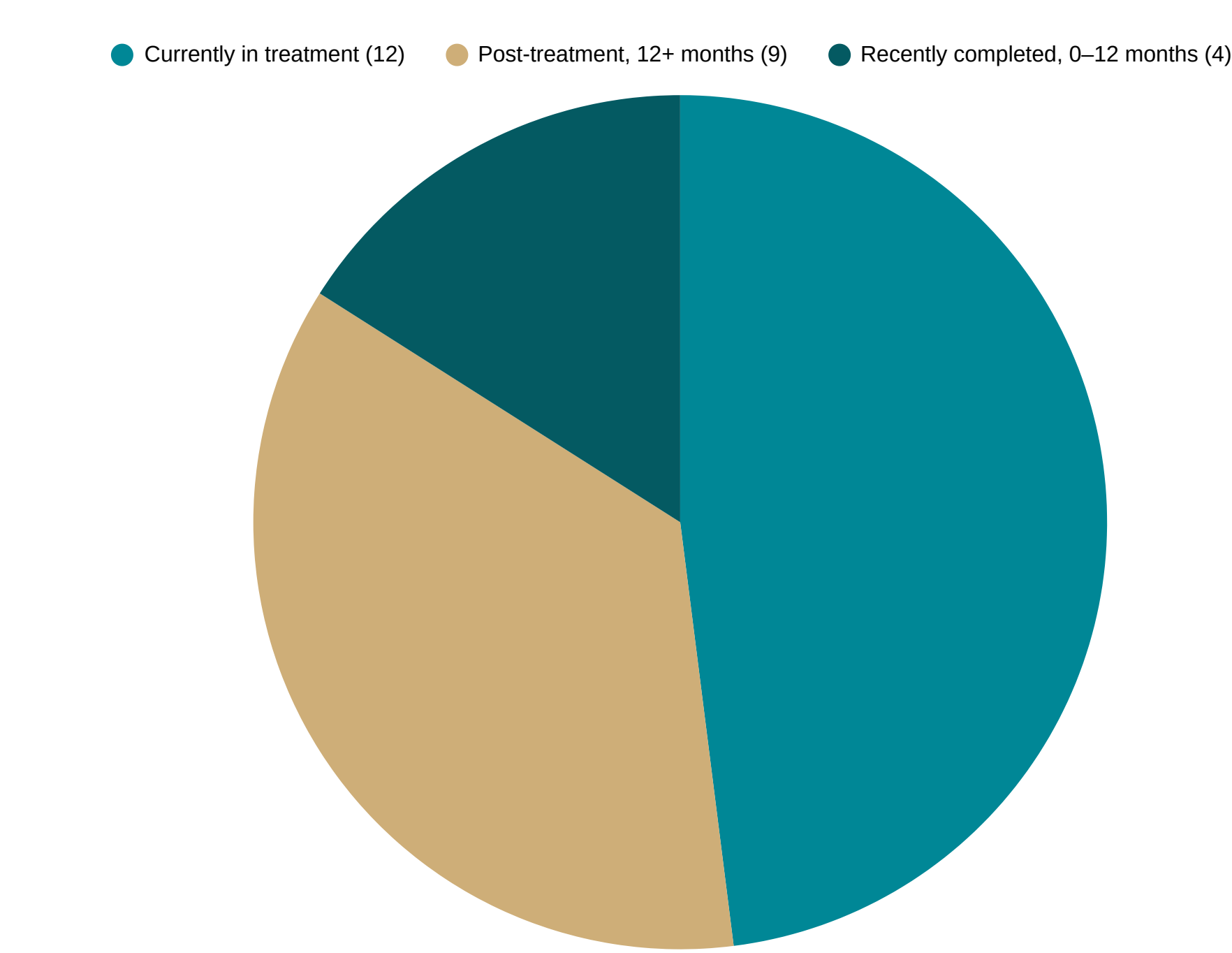
average wellbeing rating

Why We Asked

To make sure Restore & Reclaim reflects what women affected by breast cancer actually need, Women's Healing Sanctuary ran a community survey inviting women to help shape the design of the weekend before it was finalised.



WHERE RESPONDENTS ARE IN THEIR BREAST CANCER JOURNEY

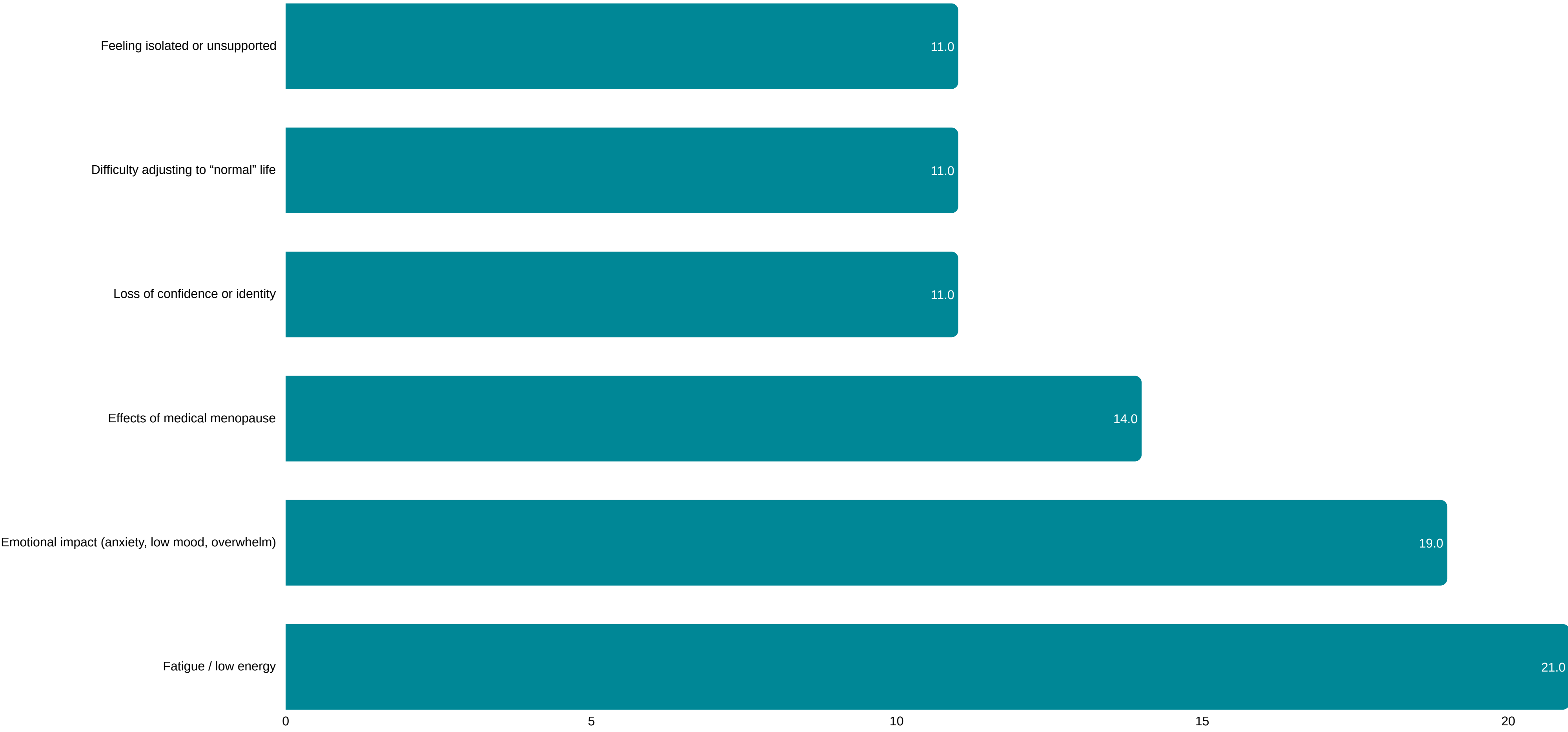


INSIGHT

68% of respondents are currently in treatment or within their first 12 months of recovery — reinforcing the need for a trauma-aware, low-demand program that adapts to energy levels.

Challenges After Treatment

What challenges have you experienced after treatment? (tick all that apply)



INSIGHT

Fatigue (84%) and emotional impact (76%) are by far the most widely felt challenges, well ahead of any other issue — confirming that rest and emotional support should anchor the weekend, not sit alongside it.

Two respondents also noted specific, less common challenges: managing side effects of hormone blockers, and recovery support following a mastectomy and for metastatic (advanced) breast cancer.

What Women Value Most

What would you most value in a weekend recovery program? (choose up to 3)



INSIGHT

Rest (64%) and connection with other women (60%) top the list — the two things this retreat is built around. Nutrition guidance, practical recovery support and emotional reflection cluster closely behind.

This mirrors Women's Healing Sanctuary's founding purpose: a safe, nurturing environment for rest, connection and guided recovery — validating the retreat's core design.

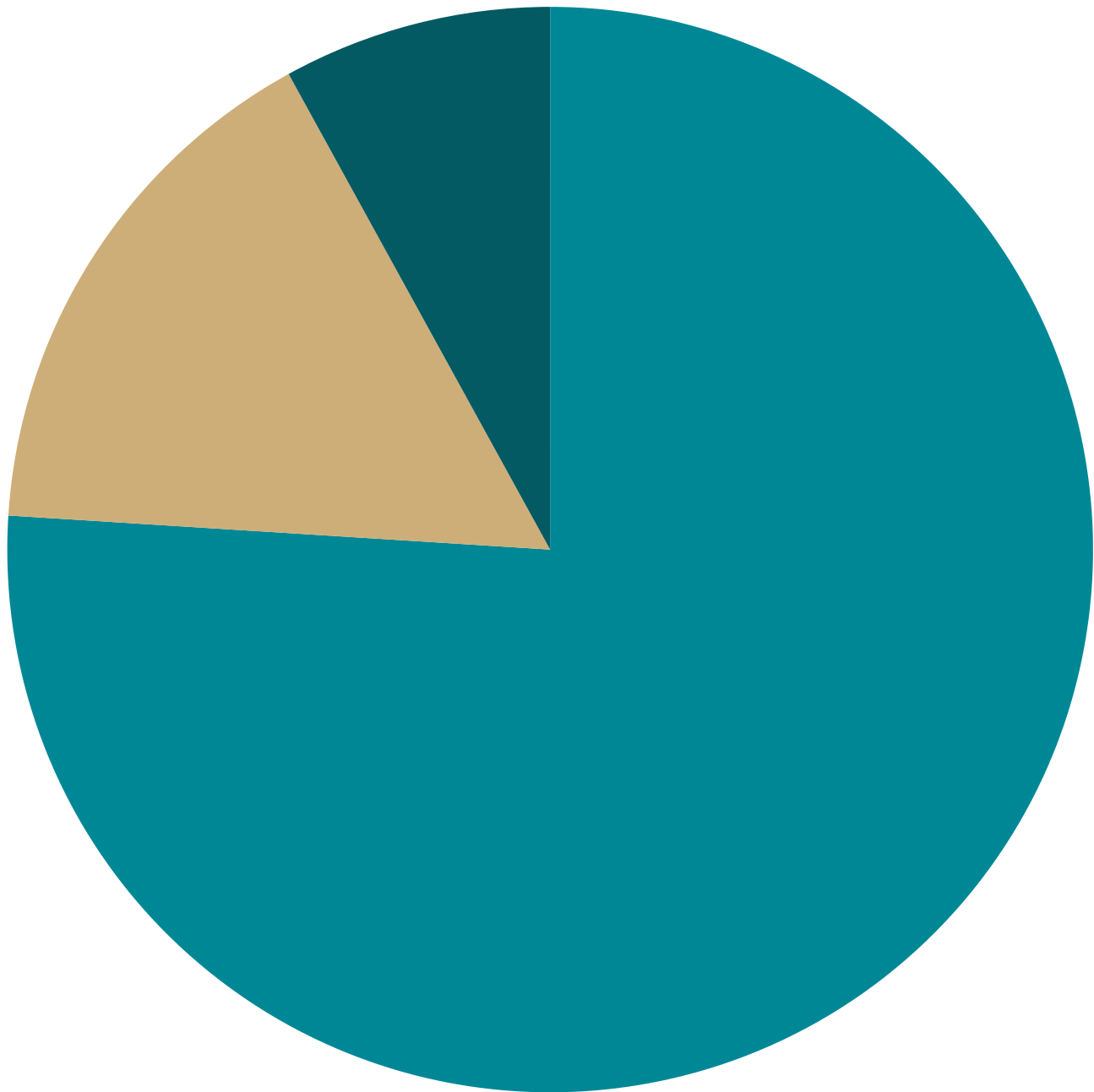
Preferred Activities & Style

Activities that would feel most supportive (tick all that apply)



PREFERRED WEEKEND STYLE

A mix of both (19) Gentle, low-pressure, optional (4) Structured, scheduled sessions (2)

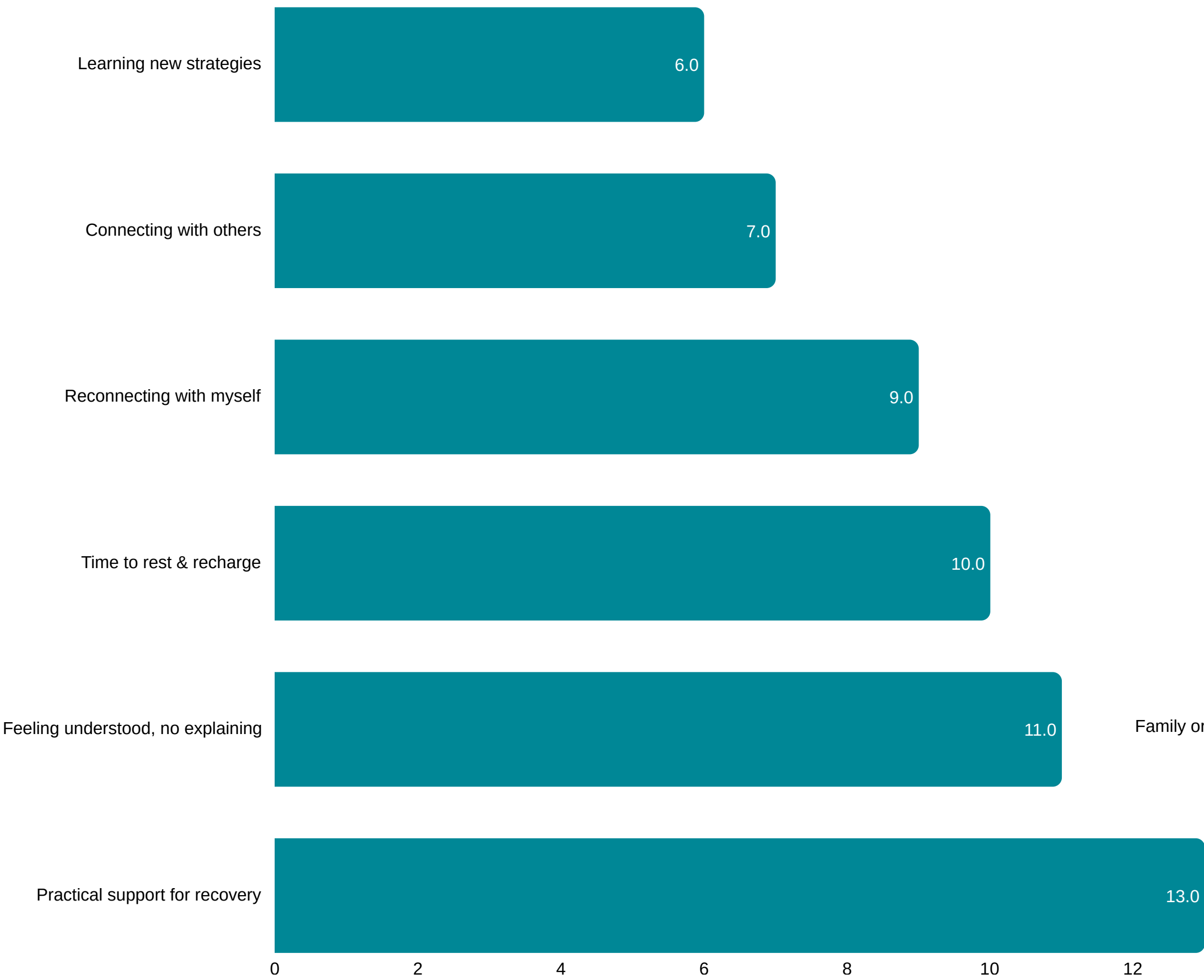


INSIGHT

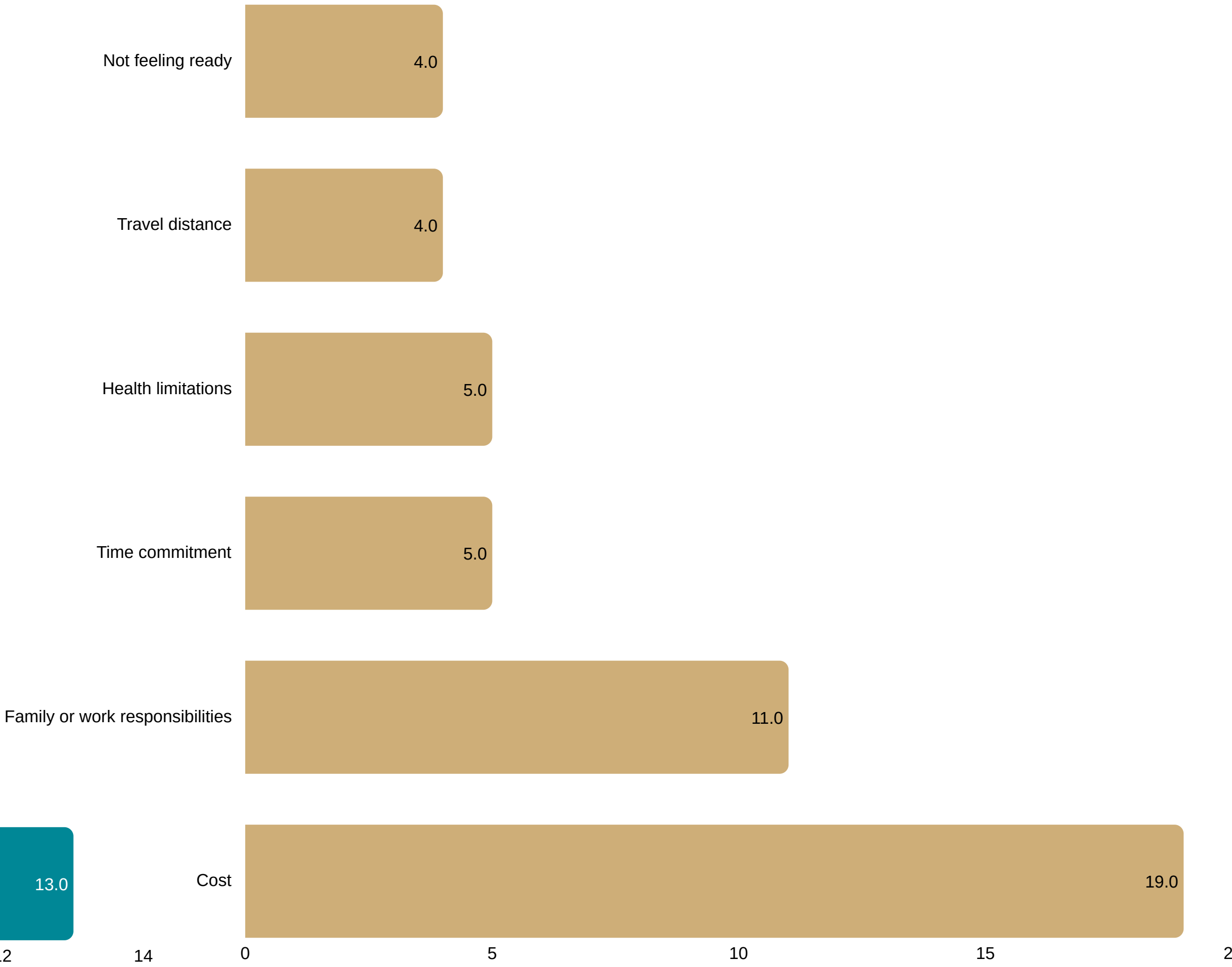
76% want a blended weekend — structured sessions available, but never compulsory. The program should offer a clear optional schedule women can opt in or out of freely.

Priorities & Barriers

Most important in the weekend (choose up to 2)



What might prevent attending



INSIGHT

Cost is the single biggest barrier by a wide margin — cited by 76% of respondents, more than double the next factor. A fully sponsored program directly removes the largest obstacle to attending.



Family and work responsibilities (44%) were the next most common barrier — supporting the choice of a short, two-night weekend format over a longer stay.

Contribution & Engagement

What would you feel comfortable contributing to a 2-night supported weekend? (optional)



ONGOING ENGAGEMENT WITH WHS

84%

Want to be notified when the program becomes available (21 of 25)

88%

Want to hear more from Women's Healing Sanctuary (22 of 25)

76%

Entered the draw for a 2-night WHS stay (19 of 25)



INSIGHT

Most respondents see \$100–\$250 as an accessible contribution for a future paid program, and engagement beyond the survey is high — a strong, ready-made audience for future retreats and WHS communications.

What Respondents Told Us

Beyond the tick-box questions, open comments surfaced recurring themes that go beyond what a single weekend format can offer — but are valuable for shaping this retreat and future programs.



Stage-specific support

Requests for a program tailored to advanced (stage 4) breast cancer, and support for those not expecting full recovery.



Younger women's cohort

Several respondents under 45 described feeling isolated in general breast cancer spaces and asked for an age-matched group option.



Family & partner education

Interest in resources helping partners and family understand the realities of recovery and how to support them.



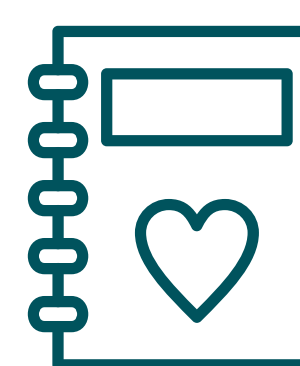
Identity & body image

Support adjusting to physical changes — hair loss, body shape, medical menopause — and wound care.



Flexible intensity

Requests for options beyond “gentle”, including strength-based movement, for women who want a more active program.



Legacy & reflection activities

Suggestions included journalling, scrapbooking and letter-writing as meaningful creative outlets.

From Insight to Retreat Design

How the survey findings are reflected in the Restore & Reclaim program for 14–16 October 2026:

SURVEY FINDING Fatigue & emotional overwhelm are the top challenges	RETREAT RESPONSE Gentle restorative yoga, unstructured rest time, and quiet garden spaces built into every day
SURVEY FINDING Rest and connection are the two most valued outcomes	RETREAT RESPONSE Shared meals and small-group format bring together 7 women on a similar journey
SURVEY FINDING 76% want a blend of structure and flexibility	RETREAT RESPONSE Optional structured sessions (yoga, sound healing, Reiki/massage) alongside free time
SURVEY FINDING Cost is the #1 barrier to attending (76%)	RETREAT RESPONSE Fully sponsored weekend — accommodation, meals and activities at no cost to attendees
SURVEY FINDING Practical recovery & nutrition guidance valued highly	RETREAT RESPONSE Wellbeing guidance woven into the weekend, not delivered as a lecture

NEXT STEPS

Beyond This Retreat

14–16 October 2026

Deliver the Restore & Reclaim weekend for 7 women selected by The Otis Foundation

Build the interest register

Follow up with the 21 respondents who asked to be notified as future programs open

Scope future cohorts

Explore a stage 4 / advanced breast cancer weekend and a younger women's (under 45) cohort

Extend the offering

Investigate partner & family education resources, and flexible-intensity activity options



womenshealingsanctuary.com.au
0456 150 619