



THRIVING AFTER BREAST CANCER

with Dr. Suzanne Gilberg-Lenz and Dr. Corinne Menn

Penha Longa Ritz-Carlton Premier Resort

Sintra, Portugal

June 5 - 10, 2025

SCHEDULE

All activities listed below are included but always optional. Free time is schedule every afternoon and a few evenings.

*this agenda is directional and is subject to change

DAY 1 - JUNE 5

- Retreat Check-In
- Welcome: Appetizers and Introduction to Program
- Private Dinner at Penha Longa

DAY 2 - JUNE 6

- Morning Yoga or Breathwork & Meditation
- Hormone Replacement Therapy After Breast Cancer
- Non-Hormonal Options for Menopause Symptoms
- Private Tour - Pena Palace, Sintra

DAY 3 - JUNE 7

- Morning Yoga or Breathwork & Meditation
- Sexual Health After Cancer
- Plants As Medicine & Creating Your Own Herbal Medicine Garden
- Edible Plants and Plant Medicine Nature Walk
- Appetizers & Educational Session: Ayurveda – The Science of Life & The Original Lifestyle Medicine
- Private Dinner at Penha Longa Resort



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DAY 4 - JUNE 8

- Morning Yoga or Breathwork & Meditation
- The Impact of Lifestyle: Nutrition, Exercise & Better Sleep
- Relapse Prevention
- Private Sailing Charter Cascais

DAY 5 - JUNE 9

- Morning Yoga or Breathwork & Meditation
- Personalizing Adjuvant Endocrine Therapy
- Q&A with Drs Menn and Gilberg-Lenz
- Private Dinner with Michelin Chef at the Noble Room, Penha Longa Monastery

DAY 6 - JUNE 10

- Morning Meditation & Farewell Circle
- Checkout
- Breast Cancer & Sexual Health Symposium for Healthcare Providers