

HOLISTIC SUPPORT FOR THE CANCER JOURNEY



An integrative, trauma-informed restorative program dedicated to whole-person care that regulates the nervous system, honors physical transitions, and fosters emotional resilience alongside clinical treatment.



EXPERIENCES



Restorative Half-Day

A restful four-hour experience of gentle movement, creative expression, and meaningful connection.



Empowerment Full-Day Journey

A transformative eight-hour immersive journey starting with restorative practices, followed by deep personal reclamation and strength.

Both experiences include lunch, tea, snacks, gentle movement, breath work, and a mix of activities including: forest bathing, art exploration, engaging discussions, authentic connection, community building, sound healing and reflective journaling. An empowerment portraiture session is included in the Full-Day Journey.

Empowerment Portraiture

Our intentional retreat schedule builds a gentle bridge from inner reflection to outward expression. The deeply restorative practices ensure patients are embodied and connected to their personal strength, before celebrating their journey through our uplifting portrait experience.





Integrative Mind-Body Care

Suzanna brings a warm, grounded presence to every space she holds, weaving heart-centered care with integrative, mind-body practices. A Master of Arts in Clinical Counseling student (graduating August 2028), Certified Somatic & NLP Coach, and 500-Hour Registered Yoga Teacher, her work focuses on honoring the whole person—regulating the nervous system, nurturing emotional resilience, and supporting clients through life transitions.

Restorative Retreats

As the founder of Hearts Alive (heartsalive.com) and Alive in the Lens (aliveinthelens.com), Suzanna builds on her proven experience designing and facilitating restorative 1–4 day immersive retreats to now support cancer oncology centers.

She brings this vision to life through half- and full-day retreats that integrate somatic awareness, coaching, and expressive arts—culminating in an empowering, celebratory photo session designed to honor strength, visibility, and body connection.

Collaborative Healing Community

To ensure a deeply rounded experience, Suzanna collaborates with a trusted network of experienced facilitators offering complementary modalities.

Empathetic, intuitive, and deeply welcoming, Suzanna creates a safe, nurturing environment where patients feel truly seen, held, and empowered on their path toward healing.

QUALIFICATIONS

- **500-hour Certified Yoga Teacher**
- **Certified Somatic & NLP Coach**
- **MA Clinical Counseling Student**
- **Professional Photographer**
- **Retreat & Circle Facilitator**
- **Reiki Master**

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VALUE TO YOUR PRACTICE & PATIENTS:

- **Complements Advanced Treatment:** Bridges advanced medical therapies with mind-body care.
- **Enhances Quality of Life:** Boosts morale, community connection, and emotional resilience throughout treatment and recovery.
- **Industry Leadership:** Establishes your clinic as a forward-thinking practice that honors true whole-person care.
- **Drives Positive Visibility:** Fuel authentic storytelling by showing how your clinic honors the human experience, not just the clinical diagnosis.

SAFETY PROTOCOLS

Partnering with your care team to ensure a safe, fully supported experience.

- ✓ **Requires signed medical release from participants' oncologist.**
- ✓ **Safe, contactless patient movement for any mobility level.**
- ✓ **Small cohorts (6–10 max), sanitized materials, and indoor spaces equipped with HEPA purification.**
- ✓ **Restores complete agency, allowing participants to dictate how they visually celebrate their surgical and personal milestones.**
- ✓ **General and Professional liability.**

FLEXIBLE PAYMENT OPTIONS:

- **Full Sponsorship:** Finance an exclusive cohort block dedicated entirely to your patient community.
- **Patient Subsidies:** Fund a percentage of individual seats to reduce out-of-pocket patient costs.

Guaranteed Minimums:

Secure a private date via a non-refundable deposit.

LET'S CONNECT

Reach out to discuss how we can co-create healing offerings into your patient care practice.



Suzanna Mannion

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