



Hollyhock Retreat Centre

2010 Programs on Cortes Island

- **Register now** for any of these residential programs and be guaranteed your favourite room
- Register before Dec 19th, 2009 and receive 5% off the 2010 season rates
- A \$395 CAD deposit is required at time of registration and you will be sent a confirmation letter in January with firm costs and dates. **TO REGISTER CALL 800.933.6339.**

PRESENTER	PROGRAM	START	END
<i>Artists, Writers & Seekers of Refuge</i>		17-Mar	7-Apr
Michele McDonald, Steven Smith & Joy Kerfoot	Metta Vipassana Retreat with Mindful Movement	7-Apr	28-Apr
Amelia Kinkade	Animal Communication	28-Apr	2-May
JC Scott, John McQuaid & Jim Smith	Eco Design Now	2-May	6-May
Natasha Turner	Integrative Hormone Health	2-May	6-May
Rebeka Carpenter & Heidi Lescanec	Passionate Cook	6-May	10-May
Sharon Butala	Writing Your Memoir	6-May	10-May
Bettina Rothe	5 Rhythms: Facing Life Beyond Doubt	6-May	10-May
Julian Griggs	The Art & Craft of Effective Facilitation	10-May	14-May
Ross Laird	Creativity: Path of Illumination	10-May	14-May
Rachelle Lamb	NonViolent Communication	14-May	19-May
Bill Weaver, Sue Biely, Tracey Friesen & Pravin Pillay	Media that Matters	19-May	23-May
Joan MacLeod	Playwriting: Step by Step	23-May	27-May
Linda Solomon	Writing for the Web	27-May	30-May
Sarah Juliusson	Renewal: A Retreat for Mothers	27-May	30-May
Marc Ian Barasch	The Compassionate Life: Journey into Wholeness	27-May	30-May
Donna Martin & Ron Kurtz	Hakomi: Applied Mindfulness	30-May	4-Jun
Matthew Remski	Ayurveda: Everyday Nectar for Life	30-May	4-Jun
Alex Stark	Sacred Space	4-Jun	9-Jun
Ruth Ozeki & Kate McCandless	Writing & Meditation: A Way With Words	4-Jun	9-Jun
Julian Griggs & Michelle LeBaron	Conflict Resolution: Practical Strategies for Transformation & Relationship Building	9-Jun	13-Jun
Kim Rosen	Poetry and the Soul	9-Jun	13-Jun
Michael Moore	Sea Kayaking Adventures Aboard Misty Isles	9-Jun	13-Jun
Kate & Joel Feldman	Deepening Your Love	13-Jun	18-Jun

Janet Solyntjes	Mindfulness Based Stress Reduction	13-Jun	18-Jun
Matthew Cohen	Sacred Energy Arts	18-Jun	23-Jun
Puran & Susanna Bair	Living from the Heart	18-Jun	23-Jun
Caroline Sutherland	The Body Knows: Developing the Eyes of a Medical Intuitive	23-Jun	27-Jun
Dene Croft	Bending Light: Painting an Extraordinary View of the Ordinary	23-Jun	27-Jun
Donna Dryer & Richard Yensen	Heart of the Shaman: An Initiation Intensive	23-Jun	2-Jul
Brigitte Mars	Rawsome: Healing with Herbs and Raw foods	27-Jun	2-Jul
Elizabeth Claire Burr, Leslie Young & Sylvain Brochu	Vijnana Yoga	2-Jul	7-Jul
Ingrid Bauer & Jean-Claude Catry	Wild Peace Family Retreat	2-Jul	7-Jul
Michael Moore	Sea Kayaking Adventures Aboard Misty Isles	2-Jul	7-Jul
Bill Ophoff & Brian Fryer	Hollyhock Adventure Program	7-Jul	11-Jul
Sue Johnson	A Lifetime of Love	7-Jul	11-Jul
Steven Aung	Aung Medical Qi Gong & Intuition	8-Jul	11-Jul
Atum O'Kane	Time of Transition	11-Jul	16-Jul
Margie Gillis	Dancing from the Inside Out	11-Jul	16-Jul
Atum O'Kane	The Four Worlds of the Soul	16-Jul	21-Jul
Charles Steinberg	Digital Photography: Capturing the Light	16-Jul	21-Jul
Chloe Goodchild	Awakening Through Sound	16-Jul	21-Jul
Stephan Schwartz	Adventures in Consciousness	21-Jul	25-Jul
Joan Borysenko & Karen Drucker	Initiation into Power: How to be a Wild, Wise & Witty Woman	21-Jul	25-Jul
Bruce Sandy, Victor Wiebe & Nancy Monson	The Spiritual Pathway of Same Sex Love	21-Jul	25-Jul
Russil Paul	The Ecstasy of Chant	22-Jul	25-Jul
Robert Gass & Judith Ansara Gass	Sharing the Path: Couples Retreat	30-Jul	4-Aug
Cora Wen	Yoga: Stirring the Sea of Energy	30-Jul	4-Aug
Caroline W. Casey	Compassionate Trickster Training	30-Jul	4-Aug
Gordy Onayemi Ryan & Zoe Ryan	Rhythm & Dance Odyssey	4-Aug	9-Aug
Volker Steigemann	Beach Wood Carving & Sculpting	4-Aug	9-Aug
Linda Solomon	Completion: A Retreat for Writers	4-Aug	9-Aug
Raphael Cushnir	Total Immersion for Total Transformation	4-Aug	9-Aug
Judith Ansara Gass	Transformational Coaches Training	9-Aug	14-Aug
Ysaye Barnwell	Building Vocal Community: Singing in the African American Tradition	9-Aug	14-Aug
Robert Gass	The Art of Leadership	9-Aug	14-Aug
Farida Sharan	Creative Menopause: Illuminating Women's Health & Spirituality	14-Aug	19-Aug
Jay O'Callahan	Like Fireflies: The Art of Creative Storytelling	14-Aug	19-Aug
Jill Purce	Healing Family & Ancestors - Ritual & Resonance	14-Aug	19-Aug
Eric Posen & Larry Chan	Healthy Aging: An Integrative Approach to Preventing Cognitive Decline	19-Aug	23-Aug
Susan Salk	Pilates: Philosophy & Practice	19-Aug	27-Aug

Rupert Sheldrake	A New Science of Life: Morphic Resonance, Creativity & Consciousness	19-Aug	23-Aug
Rick Jarrow	Creating the Work you Love	23-Aug	27-Aug
Bill Ophoff & Brian Fryer	Hollyhock Adventure Program	23-Aug	27-Aug
Kazuaki Tanahashi	Zen Calligraphy & Brush Painting	23-Aug	27-Aug
Peggy Baker	The Art of the Dancer: Nurturing Creative Physicality	27-Aug	1-Sep
Rebeka Carpenter & Heidi Lescanec	Passionate Cook	27-Aug	1-Sep
Rhiannon	Vocal Improvisation: The Mystery & Technique	27-Aug	1-Sep
Mark Matousek	When You're Falling Dive: A Writers Retreat	1-Sep	5-Sep
Robert Moss	The Way of the Dreamer	1-Sep	5-Sep
Julie Motz	Hands of Life: Energy Medicine	1-Sep	5-Sep
Andrew Harvey & Banafsheh Sayyad	Live your Passion	5-Sep	10-Sep
Gabor Mate	Taming the Hungry Ghost	5-Sep	10-Sep
Shakil Choudhury & Sandy Yep	Diversity & Equity Leadership Institute (with Train the Trainers)	10-Sep	15-Sep
SARK	Wild Succulent Wisdom	10-Sep	15-Sep
Michael Moore	Sea Kayaking Adventures Aboard Misty Isles	10-Sep	15-Sep
Joel Solomon & Pam Chaloult	Social Venture Institute	15-Sep	19-Sep
Ruth Payne	Art is your Business	19-Sep	22-Sep
Jaime Kowal	Photography: The Art of Visual Storytelling	19-Sep	22-Sep
Gail Larsen	Transformational Speaking	19-Sep	22-Sep
Jason Mogus	Web of Change	22-Sep	26-Sep
Tami Simon	Meditating with the Body	26-Sep	1-Oct
Erica Ariel Fox	Negotiation: The Art of Personal Mastery	26-Sep	1-Oct
James & Jane Baraz	Awakening Joy	1-Oct	6-Oct
Stephen Jenkinson	Homecoming: A Master Class in Living and Dying	1-Oct	6-Oct
Annahid Dashtgard & Tammy Neilson	The Leadership Crucible: Foundations for Social Change	6-Oct	10-Oct
Rebeka Carpenter & Heidi Lescanec	Passionate Cook	6-Oct	10-Oct
Terry Chantler & Lama Jhampa Tenzin	Tibetan Buddhism: The Pure Nature of Mind	10-Oct	15-Oct
Robert Bateman	Master Artists Seminar	10-Oct	15-Oct
Atum O'Kane	The Art of Spiritual Guidance Training	15-Oct	20-Oct
Joseph & Amanda Boyden	TBD	15-Oct	20-Oct
Paul Stamets	Mushrooms: Wild & Mysterious	20-Oct	24-Oct
Hollyhock	Social Change Institute	20-Oct	24-Oct
Jan Zwicky	Poetry & Contemplation	24-Oct	29-Oct
Elizabeth Claire Burr	Restorative Yoga: Path of Nourishment	24-Oct	29-Oct
Robert Beatty	The Buddhist Path to Love & Happiness	24-Oct	29-Oct
<i>Artists, Writers & Seekers of Refuge</i>		29-Oct	19-Nov

Vancouver Programs

- **Register now** - advanced registration is required and space is limited. Register for two or more Vancouver programs and receive a 10% discount on each one

PRESENTER	PROGRAM	START	YEAR
Julian Griggs	Alchemy of Group Facilitation	Nov 25, 26 & 27	2009
Heidi Lescanec	Conscious & Creative Cooking	Mar 19 & 20	2010
Margie Gillis	Dance: The Radiance of the Body	Apr 9	2010
Dimitri de Morea	The Art of Living	Apr 24	2010
Deena Chochinov	Talent Management	May 7 & 14	2010
O.L. Johnston & Michelle Atterby	Earth Wisdom, Horse Wisdom	May 28 & 29	2010
Gabor Mate	Attachment, Addiction & Liberation	Jun 11 & 12	2010
O.L Johnston & Linda-Ann Bowling	Earth Wisdom, Horse Wisdom	Jun 18 & 19	2010
Ruth Ozeki	Writing Fact into Fiction	Sep 10 & 11	2010
Andrea Seale	Your Major Gifts Campaign	Sep 30	2010
David Whyte	What to Remember when Waking	Oct 16	2010
Rachelle Lamb	Just Listen for a Change	Nov 13 & 14	2010
Atum O'Kane	The Soul of Christianity	Apr 2-4; June 18-20; Nov 26-28; Dec 17-19	2010
Social Media for Social Change – Training Series		Dates to be announced	2010