



TRAVEL MEDIA



Last updated: Oct 01, 2009

Retreat to British Columbia - Mind, Body and Spirit

by Cathryn Atkinson

While the word “retreat” means to withdraw from battle, it can also signal a far more holistic escape for reflection and rejuvenation. British Columbia – a haven of mountains, forest and sea - is home to many examples of this other important type of retreat. Such places offer the ultimate refuge: experiences can shape new ways of living, aid in the pursuit of good health and inspire one to reflect on their own personal wealth – one that has nothing to do with dollars and cents.

Here follows five vastly diverse opportunities for calm, seclusion, and, ultimately, the chance to breathe.

Vancouver Island and the Gulf Islands

Hollyhock Centre, nestled on Cortes Island in hauntingly beautiful Desolation Sound, positions itself as Canada’s leading educational retreat centre.

Despite its isolation, the centre has been going strong for 27 years and is now a charitable foundation dedicated to learning and well-being. Here, you’ll unearth a wealth of activities, including yoga, kayaking, cooking and spa treatments; special weeks are also set aside for artists, writers and those seeking refuge from the pressures of daily life.

Hollyhock is also renowned for its ongoing series of speakers who fall under their theme of social change programming: each explore and explain alternative lifestyles, teach a variety of art forms and indulge in spa therapies.

“We find programs that bring together personal and professional skills have such a high value for people,” says Dana Bass Solomon, Hollyhock’s CEO. “The aim is to inspire and nourish people who are trying to make the world a better place.”

Bass Solomon says the ongoing stresses of everyday life are leading more people to take stock in what is important to them.

“Life is a little bit confusing right now and we are finding the types of gatherings we offer are a strong draw,” she says.

For more information: www.hollyhock.ca or call: 1-800-933-6339.

