Hollyhock exists to inspire and support people who are making the world better.

Each year we host over 90 programs and conferences on our Cortes Island campus and in urban locations across North America.

Whether you are looking for personal rejuvenation or to deepen your impact, we’ve got you covered.

**HOLIDAYS**
Recharge on your own schedule.

**CORTES ISLAND PROGRAMS**
Engage in deep learning.

**RESIDENCY**
Support us with a month of service.

**GROUPS**
Create your own conference or retreat.

**LEADERSHIP INSTITUTE CONFERENCES**
Connect with your people.

**VANCOUVER PROGRAMS**
Learn in the city.
Hollyhock is a non-profit educational institute dedicated to personal, professional and organizational development that advances consciousness. The natural world inspires deep learning. There’s no place on earth like Hollyhock.

Reconnect with self, health and calling, through brilliant teachers.

Future
Today
Beginning

Local Community
Who
What

hollyhock.ca/ourstory.

Find the whole story, which includes a gypsy fortune teller, at:

In 2008 ownership was donated into the Hollyhock charity. Hollyhock was designed to be used with equity among all people, and sustainability. Our vision is that this will lead to a better future for everyone. We connect to big ideas, to our bodies, and to the natural earth. Hollyhock offers programs and conferences to support people in developing skills and relationships that will help them to live healthy lives with positive impact. Through this work, together, we aim to create a movement of people who are united by values of personal growth, lives with positive impact. Through this work, together, we aim to create a movement of people who are united by values of personal growth, equity among all people, and sustainability. Our vision is that this will lead to a better future for everyone.

Will you help us test this theory? We can’t wait to connect with you.

Warmly,

Peter Wrinch CEO, Joel Solomon BOARD CHAIR, and the Hollyhock team

Dear friends,

Do you remember the first time you heard about Hollyhock? Did you just pick up this catalogue? Or have you been coming for a long time?

Over our 37 years, we have heard many people talk about Hollyhock as a “magical” place to go to, a place that “you just have to experience for yourself.” Most of our attendees come to know us through the whispers of their friends who have visited before. Many tell us that they’ve been wanting to attend for years, and have been dreaming of the day that they would make it happen.

What does Hollyhock mean to you? This is a question we’ve been deeply engaged with. With such a diverse audience—professionals, artists, spiritual seekers, entrepreneurs, healers, activists, family members, and more—we have come to mean many things to many people.

The heart of what we do is connection. At Hollyhock, we learn to deepen our connection with ourselves, each other, and society at large. We connect to big ideas, to our bodies, and to the natural earth.

Hollyhock offers programs and conferences to support people in developing skills and relationships that will help them to live healthy lives with positive impact. Through this work, together, we aim to create a movement of people who are united by values of personal growth, equity among all people, and sustainability. Our vision is that this will lead to a better future for everyone.

Will you help us test this theory? We can’t wait to connect with you.
Our Cortes Island Campus

The traditional, ancestral, and unceded territories of the toq qaymxʷ (Klahoose), Isʔamən qaymxʷ (Tla’amin), ɬəʔamən qaymxʷ (Homalco) Nations.

Located approximately 160 km (100 miles) north of Vancouver, BC this little island hosts some of the most breathtaking natural landscapes.

From garden-fresh meals and handcrafted accommodations to complimentary activities like yoga and rowing, it’s everything you imagined and more.

FOR RATES AND TRAVEL DETAILS, SEE PAGES 24–27
All-inclusive packages include:

- your choice of accommodations (from tenting in the woods to private oceanfront rooms)
- 3 gourmet vegetarian meals per day, with weekly wild seafood and oyster beach BBQs
- 24-hour fruit, toast, organic tea, and coffee bar
- Morning yoga most days
- Naturalist walks and garden tours*
- Presenter evenings and performances*
- Beach access, extensive island trails
- Ocean-view hot tubs
- Wireless Internet

Massage, private yoga, kayaking, sailing, and bioluminescence paddles are available at an additional charge.

hollyhock.ca/holidays

3 Perfect Nights

Enjoy a taste of adventure and relaxation with our Hollyhock Sampler:

- 2 one-hour massages or healing arts treatments
- 1 guided kayaking excursion or private yoga session

$250 CAD
accommodations & meals extra

$535–$1,324 CAD / 3 NIGHTS
all inclusive, price varies by room

Dates:
MAY 22–25
JUNE 14–17
JULY 12–15
AUG 28–31
SEPT 26–29
OCT 17–20

Hollyhock was not just my holiday, it was a transformational life journey.

STELLA PANAGIOTIDIS

Or visit anytime on your own schedule!

For rates and travel details, see pages 24–27

*These activities are scheduled weekly, please inquire for details
Cortes Island Program Guide 2019

Our curated educational programs develop inner leadership skills for outer impact. We also offer conferences across North America and programs in Vancouver, BC. See pages 33–35 for details.

Social Innovation

Conference
12 International Holistic Centers Gathering
Holistic Centers Network MAY 12–17
13 Activate: digital leadership
Holistic Leadership Institute MAY 26–30
14 Run for Office
Holistic Leadership Institute JUN 5–9
14 Creating a Climate for Change: Advocacy Training
Therapist, Berman MAY 5–9
15 Media That Matters: Tools for Thriving in the Climate Era
Hollyhock Leadership Institute JUN 5–9
15 IndigenEYEZ
Kim Naxtan (Potawatomi) JUN 5–9
15 Radical Dharma: The Conversation Revealed anger Kyodo vilkins JUN 23–28
19 The Art of Leadership
Robert Gass AUG 4–9
21 New Universal Gathering
Akaya Winters Sep 6–11
22 Embody Your Leadership through Conscious Movement
Bettino Ruhe SEP 25–29

Leadership
12 A Hidden Wholeness: Leading from Within
Don Mays MAY 8–12
12 Business Inside Out
Mike Romanov MAY 8–12
13 Indigenous
Kim Naxtan (Potawatomi) JUN 5–9
15 Radical Dharma: The Conversation Revealed anger Kyodo vilkins JUN 23–28
19 The Art of Leadership
Robert Gass AUG 4–9
21 New Universal Gathering
Akaya Winters Sep 6–11
22 Embody Your Leadership through Conscious Movement
Bettino Ruhe SEP 25–29

Skills Training
12 Nonviolent Communication: A Language of Life
Rochelle Lamb MAY 17–22
13 Fundraising from the Heart
Lynda Saud & Sandi Verber MAY 31–JUN 4
14 Advanced Group Facilitation
Jonah Griggs & Michele LeBaron MAY 16–19
14 A Training in Lateral Liberation
Kim Archive & Kris Halfon JUN 9–14
20 Podcasting: The Story from Here
Jen Moss & Jenni Shore AUG 25–SEP 1
21 Create to Liberate
Khan McClelland & Rebekka Goldsmith SEP 6–11
22 Your Money or Your Life
Vicki Robin SEP 15–19
23 Mindfulness-Based Cognitive Therapy (MBCT)
Dr Mark Lau & Dr Andrea Grabovac OCT 7–12

Wisdom Teachings

Mindfulness
12 Metta Vipassana: Awareness as a Path to Liberation
Michele McDardell & Steven Smith APR 24–MAY 6
13 Consciousness & Healing:
The Hakomi Way
Dorina Martin & Georgia Moran MAY 17–22
13 Fostering Resilience for Health Professionals
Dr Mark Lau & Dr Andrea Grabovac MAY 31–JUN 5
16 Mindful Self-Compassion
Megan Proger & Martin Thomson-Jones JUN 28–JUL 3
21 Embodying Peace:
Foundation Practices
Farah Nazarali SEP 29–OCT 3
21 Mindfulness Meditation
Robert Bredy OCT 12–17

Spiritual Development
17 The Mystery of the Soul
Thomas Atum O’Kane JUL 21–25
18 Time of Transition
Thomas Atum O’Kane JUL 26–31
18 Science & Spiritual Practices
Rupert, Merlin, Cosmo Sheldrake JUL 31–AUG 4
20 The Art of Spiritual Guidance:
A Two-Year Training Program
Thomas Atum O’Kane AUG 23–28
20 Come of Age: Meditations from the World Tree, Withered
Stephen Armstrong AUG 28–SEP 1
21 From Age-ing to Sage-ing®
A New Paradigm for Growing Older
Anne Klein & Nancy Gray-Hemstock SEP 15–19

Relationships
16 Earth Mama, Soul Mama
Alina Frank & Dr Craig Weiner JUL 7–12
16 Tantra for Couples:
Cultivating Sacred Intimacy
Drew Wall Emeklian JUN 12–16
17 The Future of Children: Conscious Teaching
Philipp Moore JUL 17–21
18 Healing Family & Ancestors:
Ritual and Resonance
Jill Purce JUL 26–31
19 Sharing the Path: For Couples
Robert Gass & Judith Ansari AUG 14–19

Natural World
16 Discover Cortes:
Nature Adventures
Bill Ophoff JUL 7–12
17 Council of Waters & Trees
Emma O’Ball & Cindy Thomson JUL 17–21
19 Falling Awake:
The Ecology of Wonder
David Abram AUG 9–14
20 Forest to Sea:
Earth Based Medicine
Terrence Wiberg AUG 23–27
20 Into the Heart:
A Nature Retreat with Horses
Johnston SEP 1–4
23 Wild Mushrooms & the Mycology of Consciousness
Paul Stamets OCT 17–21

Leadership: Amanda Mary Creative, Skills Training: Bill Weaver, Group Work: Center for Conscious Teaching

Call 800-567-6772 for a free catalogue
Wellness

YOGA

15 Summer Solstice: Yoga, Ritual, Meditation
Mira Bronson. JUN 14–19
15 Finding Flow: Yoga, Dance, Pilates
Leotta Larrin. JUN 23–28
18 SUP Yoga: Breath, Stretch, Float
Jen Craig-Evans. JUL 31–AUG 4
22 The Gift of Ground: A Yoga & Nature Immersion
David Procyshyn & Fiji McAlpine. SEP 15–20
22 Shifting Tides: Autumn Equinox Yoga
Natalie Rousseau. SEP 25–29

MOVEMENT

13 Core Matter: ‘Yamuna’ Body Rolling & Pilates Essentials
Nanishi Rose May JUN 22–26
15 Sea Kayaking Adventures Aboard Misty Isles
Michael Moore. JUN 28–JUL 3
17 Aung Medical Qi Gong & Intuition Dr Steven K.H. Aung. JUL 13–21
19 Running with Balance, Mindfulness, & Strength
Marilyn Artisnstorf & Lindsay Lynx. AUS 14–19
22 Move Without Pain: Essential Somatics
Martin Peterson. SEP 20–25
23 Meditation & Internal Arts: Balancing Movement & Stillness
Dr Mark Sherman & Paul Bromley. OCT 12–17

HOLISTIC HEALTH

12 Eat Real to Heal: Boost Immunity & Reverse Chronic Disease
Alcotte Richer. MAY 8–12
12 The Wim Hof Method & Becoming Human
Daniel Cortez MAY 17–22
17 Radical Aliveness
Jody Holmes & Jonathan Godfrey. JUL 13–17
18 Going Under the Words: Creating Fiction & Memoir
Paul Heussenstamm. SEP 1–6
19 Holy Sh*t: Writing the Sacred
Sarah Selecky. SEP 15–20
22 Deep Noticing for Distracted Writers
Tracey Erin Smith. OCT 7–12

MUSICAL & SOUND

15 Science to Source: Mantras & Chanting
Pat Mofti Cook. JUN 28–JUL 2
16 Effortless Mastery: Liberating the Creative Spirit Within
Kenny Werner. JUL 3–7
16 The Joy of Ukulele
Kim Nusar. JUL 7–12
17 Music for Collective Sound
Morley JUL 17–21
18 Song of the Drum, Dance of Life
Gordy & Zoe Ryan. AUG 9–14
21 The Naked Voice Wisdom School
Christie Gow/SEP 1–6

VISUAL ARTS

19 Watercolour as a Path to Awareness
Mark Vonesch & Tiffany Moses. AUG 9–14
20 Deepening and Expanding Vision: Painting & Drawing
David McEown. SEP 1–6
22 Mandalas: Art as a Spiritual Path
Kathleen Horne & Tamara Teeter Knapp. OCT 23–27

PERFORMING ARTS

15 Improv for Life
Joshua Townsend-Hedder. JUL 3–7
17 Dance of Oneness: Yoga, Dance, Pilates
Stella Maris. JUL 14–18
18 Aisticalis Wore: Storytelling, Myth, & Intuition
Natalie Rousseau. JUL 26–31
19 Flying Souls: Your Story on Stage
Francis King Smith. OCT 7–12
20 Seriously Funny: In Writing, In Life
Sarah Selecky. SEP 15–20
22 Morning Altars: The Landscape of Expressive Arts
Janelle Hanchett & Lisa Page Rosenberg. OCT 12–17

WRITING

13 Core Matter: ‘Yamuna’ Body Rolling & Pilates Essentials
Nanishi Rose May JUN 22–26
15 Sea Kayaking Adventures Aboard Misty Isles
Michael Moore. JUN 28–JUL 3
17 Aung Medical Qi Gong & Intuition Dr Steven K.H. Aung. JUL 13–21
19 Running with Balance, Mindfulness, & Strength
Marilyn Artisnstorf & Lindsay Lynx. AUS 14–19
22 Move Without Pain: Essential Somatics
Martin Peterson. SEP 20–25
23 Meditation & Internal Arts: Balancing Movement & Stillness
Dr Mark Sherman & Paul Bromley. OCT 12–17

MIXED MEDIA

13 The Landscape of Expressive Arts
Kathleen Horne & Tamara Teeter Knapp. MAY 31–JUN 5
14 Morning Altars: Impelement Earth Art
Dale Schield. JUN 14–19
19 Real Youth Inter-Generational Film Project
Mick Vorovich & Tiffany Moses. AUG 9–14
19 Art Inspired by Ancient Alphabets
Jolin McAuliffe. AUS 14–19

VISUAL ARTS

19 Watercolour as a Path to Awareness
Mark Vonesch & Tiffany Moses. AUG 9–14
20 Deepening and Expanding Vision: Painting & Drawing
David McEown. SEP 1–6
22 Mandalas: Art as a Spiritual Path
Kathleen Horne & Tamara Teeter Knapp. OCT 23–27

The Naked Voice Wisdom School
Christie Gow/SEP 1–6

A TYPICAL DAY

MORNING
6:00 – 6:45 Self-Guided Meditation
6:45 – 8:30 Weekly Morning Row
7:00 – 8:00 Morning Yoga
8:30 – 9:30 BREAKFAST
9:00 – 9:30 Weekly Garden Tour
9:30 – 12:15 Program Session

AFTERNOON
12:30 – 13:00 LUNCH
13:00 – 3:00 Weekly Naturalist Walk, Massage*
3:00 – 6:00 Program Session

EVENING
6:00 – 6:30 Weekly Oyster BBQ
6:30 – 7:30 DINNER
8:00 – 9:30 Program Session, Presenter Evenings, Evening Paddle*

*A’la carte

Please Note: Hollyhock programs are educational experiences and are not to be mistaken for medical or psychological counseling or treatment. Some people may find some programs too physically or psychologically challenging. In cases of doubt, we recommend that a physician or trusted counselor be consulted. Hollyhock is not responsible for injury or loss arising from participation in program activities.

Individual program schedules may vary. See website for details. All programs start with dinner on the first day and end with lunch on the last day. Activities are optional.
May 8–12
Eat to Heal is a new way of eating and living based on a 100-year-old meditational nutritional approach. Rebuild your metabolism, kick-start your immune system, regenerate your tissues, and heal your body from the inside out. Don Henes is a Courage & Embracing® author, speaker, and political activist. donhenes.com
$495 + $30 CAD MATERIALS FEE / 5 NIGHTS

May 8–12
There is a built-in longing to be who we are; the ongoing discovery of our unique soulhood. Guided by principles and practices of a safe, respectful, quiet, and disciplined methodology, we are invited to realize our potential. Revitalize resilience and courage so you can sustain your passion, compassion, and conviction.
Nicolete Richer and Dan Hines are the founders of Richer Health. NicoleteRicher.com
$1,377–$2,395 CAD / 6 NIGHTS
includes registration, meals & accommodation
pre-Registration fee and deposit for the 5-day retreat is $295
This program is sold out. Call to join the waitlist.
I’ve never found a place more open, friendly, accepting, engaging, and non-judgemental in my life.

STEVE MALLOUK
JULY 26–31
Life changes are times of passion and opportunity. Working with teachings from Jungian psychology and various spiritual traditions, dating and break free from old roles and expectations. Ritual, reflection, and wisdom guide your journey and passage toward your new sense of self.

THOMAS ATUM O’KANE
MARGIE GILLIS

Time of Transition

JULY 26–31
Move into your body’s experiential wisdom to reveal itself in music. Listen to your body’s inner impulses, conversations, and emotions to deepen your well-being along with your artistic and creative expression. An exceptional opportunity. All levels welcome.

MARGIE GILLIS is an internationally acclaimed dancer/choreographer performing for 45 years, and an Officer of the Order of Canada. Assisted by Lynda Gerty, Margie Gillis on July 29–30. Page 11.
margiegillis.com
$585 CAD / 5 NIGHTS
$645 CAD / 5 NIGHTS
NO REGISTRATION FEE.

Dancing from the Inside Out

SCIENCE & SPIRITUAL PRACTICES
JULY 26–31
Science sheds new light on many spiritual practices, including rituals, pilgrimage, meditation, chanting, and rites of passage. Explore spiritual traditions and reconnect with the natural world through singing, listening, looking, telling stories, thinking, and having fun.

johnschladek.com
$585 CAD / 4 NIGHTS
$645 CAD / 5 NIGHTS + $20 Materials Fee
NO REGISTRATION FEE.

Healing Family & Ancestors: Ritual & Resonance

JULY 26–31
Science sheds new light on many spiritual practices, including rituals, pilgrimage, meditation, chanting, and rites of passage. Explore spiritual traditions and reconnect with the natural world through singing, listening, looking, telling stories, thinking, and having fun.

johnschladek.com
$585 CAD / 4 NIGHTS
$645 CAD / 5 NIGHTS + $20 Materials Fee
NO REGISTRATION FEE.

From Point-and-Shoot to Brilliant Photography

JULY 27–AUGUST 4
Experience the magical combination of stand up paddleboarding (SUP) and yoga. Move fluidly with the ocean beneath you and feel the invigorating saltwater breeze on your skin. Guided forest meditations and SUP yoga evokes relaxation and empowers you to move naturally. Prepare to be inspired and humbled to a laugh.

JEN CRAIG-EVANS

SUP Yoga: Breathe, Stretch, Float

JULY 27–31
Gather with Hollyhock Founders + Friends for a few wondrous summer days on the shores of Cortes Island. Celebrate Hollyhock’s history of catalyzing, inspiring, and training change makers. Learn about our history, current activities, and future; in a relaxed mix of culture, conversation, and scrumptious meals. Enjoy the company of great people, bask in the beauty of this special place, and experience Hollyhock’s next chapter.

HOLLYHOCK

From Point-and-Shoot to Brilliant Photography

AUGUST 1–4
Master the magic of light, composition techniques, and visual storytelling. Make quantum leaps in skill and creativity with a fun, supportive group of new and experienced photographers. All equipment and devices welcome, including smartphones.

DR. CHARLES STEINBERG
CharlesSteinberg.com
$565 + $20 CAD MATERIALS FEE / 5 NIGHTS
$625 CAD / 5 NIGHTS

Deep Noticing for Distracted Writers

AUGUST 1–9
AS A writer, learn how to drop into a state of wordless receptivity, and bring presence into language and story. The writing will be generative and unexpected! Experience ripples of insight and a renewed love for your craft.

SARAH SELECKY
SarahSelecky.com
$750 | $850 | $950 CAD / 5 NIGHTS
TIERED TUITION
SCHOLARSHIPS AVAILABLE.

From Point-and-Shoot to Brilliant Photography

AUGUST 4–9
As a writer, learn how to drop into a state of wordless receptivity, and bring presence into language and story. The writing will be generative and unexpected! Experience ripples of insight and a renewed love for your craft.

SARAH SELECKY
SarahSelecky.com
$750 | $850 | $950 CAD / 5 NIGHTS
TIERED TUITION
SCHOLARSHIPS AVAILABLE.

Deep Noticing for Distracted Writers

AUGUST 9–14
Reconnect and deepen the joy and intimacy of your loving part- ner. Break free from negative patterns while learning practices of authenticity, self-responsibility, empathy, deep listening, problem solving, and sexual expression. Enjoy a deeply connecting time together and take home profound tools to support your love as a couple.

ROBERT GASS and AUDITY ANGAMA

The Art of Leadership

ROBERT GASS and AUDITY ANGAMA

RUPERT SHELDRAKE

AUGUST 9–14
Inspirarte meaningful intergenerational project is for leaders actively engaged in making a difference in the world. Through this powerful training, learn to empower others in effective action to broaden the impact of your work.

RUPERT SHELDRAKE

AUGUST 9–14
Awaken your animal intelligence, shake your senses free from outmoded concepts and invigorate your felt experience. Through elemental encounters with the land, creativity, shapeshifting, and heartfelt conversation, open a new relationship between the body and the breathing earth.

FALLING AWAY: THE ECOLOGY OF WONDER

AUGUST 9–14
Activate the fire in your hands, the heat in your feet, and the love in your heart. Sing, dance, and play with drum masters, in a soulful jour- ney to the well of inspiration and creativity. Everyone welcome.

SASKI MAFUNDIKWA

AUGUST 14–19
Reconnect and deepen the joy and intimacy of your loving part- ner. Break free from negative patterns while learning practices of authenticity, self-responsibility, empathy, deep listening, problem solving, and sexual expression. Enjoy a deeply connecting time together and take home profound tools to support your love as a couple.

ROBERT GASS and AUDITY ANGAMA

The Art of Leadership

AUGUST 14–19
Since the dawn of humanity, along with the need for food, clothes and shelter, the urge to communicate has been encoded into our DNA. Learn about all the known scripts and the breathing earth.

AUGUST 14–19
Reconnect and deepen the joy and intimacy of your loving part- ner. Break free from negative patterns while learning practices of authenticity, self-responsibility, empathy, deep listening, problem solving, and sexual expression. Enjoy a deeply connecting time together and take home profound tools to support your love as a couple.

ROBERT GASS and AUDITY ANGAMA

The Art of Leadership

AUGUST 14–19
Purposeful running and breathing eases the mind and body. Learn to balance alignment and stability in the body, while minimizing injury. Enjoy functional daily movement practices, creative running techniques, and meditative trail running.

SAINFORD YOUNG JR.

AUGUST 14–19
Purposeful running and breathing eases the mind and body. Learn to balance alignment and stability in the body, while minimizing injury. Enjoy functional daily movement practices, creative running techniques, and meditative trail running.

SAINFORD YOUNG JR.
Awaken the herbalist within and deepen your connection to the healing power of the natural world. Learn to recognize health and disease, stagnation and flow as you sharpen your senses and build relationships with the medicinal plants, mushrooms, and seaweeds of the west coast.

Forest to Sea: Earth Based Medicine

THOMAS ATOM O’KANE PhD

AUGUST 23–28

Spiritual Guidance is an art, a gift, and a calling that has been long practiced in contemplative traditions to support spiritual development. Take an interfaith approach with insights from transpersonal and Jungian psychology.

Rebecca Carpenter has led the Hollyhock kitchen on several major kitchen. Jen Moss is a radio producer, writer and award-winning creator of interactive podcasts.

Into the Heart: A Nature Retreat with Horses

ORIANE LEE JOHNSTON

SEPTEMBER 4–11

In these times of growing uncertainty, climate change, and social upheaval, it can be difficult to hold our centre and maintain hope. Explore the art of cultivating joy, acceptance, and collective action. Foster the personal and community resilience needed to face these unprecedented times, boldly and creatively.

Climate Hope: Tools for Thriving in the Climate Era

DEPAA HARIYAN

SEPTEMBER 1–6

Embody your well-being potential! Create your own personalized optimum for living, based on your unique needs. Explore the full spectrum of integrative and functional medicine, mind-body medicine, and leading-edge neurobiology.

Join entrepreneurs and leaders working in social ventures at our breath-taking Cortes Island campus. Connect with peers and build skills that will equip you to face the day-to-day challenges of running a socially conscious enterprise. From case studies to topical workshops to peer learning circles, SVP provides a confidential setting to support the growth of your business and mission. Designed for leaders of established business and non-profit enterprises. Pre-approval required.

From Age-ing to Sage-ing®

Rebekka Goldsmith is an artist and facilitator.

SEPTEMBER 6–11

SEPTEMBER 1–6

Enjoy hands-on culinary play inspired by the harvests of the garden, dig into the depths of French-intensive gardening, and refresh with gentle yoga and mindful movement. A rare opportunity to discover the process from garden to table, and to create and taste dishes of Hollyhock’s extraordinary vegetarian dishes!

SEPTEMBER 6–11

Learn to recognize health and disharmonies, and old. For elders in training, young. For elders in training, young. For elders in training, young.

AUGUST 23–28

A Two-Year Training Program

Writing to Awaken: Memoir as a Path of Transformation

THOMAS ATOM O’KANE PhD

SEPTEMBER 4–11

Somatic Therapist.

Dr. Lawrence Cheng MD, CCFP(EM), MPH, is a former senior teacher in the Sufi Order International. He is a former senior teacher in the Sufi Order International.

Dr. Devon Christie, MD, CCFP, RTC, is a Certified Functional Medicine Practitioner.

Dr. Devon Christie, MD, CCFP, RTC, is a Certified Functional Medicine Practitioner.

Dr. Devon Christie, MD, CCFP, RTC, is a Certified Functional Medicine Practitioner.

Whole Human Health: Functional Medicine 2.0

Clinical Nutritionist.

SEPTEMBER 1–6

Embody your well-being potential! Create your own personalized optimum for living, based on your unique needs. Explore the full spectrum of integrative and functional medicine, mind-body medicine, and leading-edge neurobiology.

SEPTEMBER 1–6

Embody your well-being potential! Create your own personalized optimum for living, based on your unique needs. Explore the full spectrum of integrative and functional medicine, mind-body medicine, and leading-edge neurobiology.

MEMORIAL DAY GATHERING

JENNIFER MESS

SEPTEMBER 1–6

Embody your well-being potential! Create your own personalized optimum for living, based on your unique needs. Explore the full spectrum of integrative and functional medicine, mind-body medicine, and leading-edge neurobiology.

SEPTEMBER 1–6

Embody your well-being potential! Create your own personalized optimum for living, based on your unique needs. Explore the full spectrum of integrative and functional medicine, mind-body medicine, and leading-edge neurobiology.

SEPTEMBER 1–6

Embody your well-being potential! Create your own personalized optimum for living, based on your unique needs. Explore the full spectrum of integrative and functional medicine, mind-body medicine, and leading-edge neurobiology.
SERIOUSLY FUNNY: In Writing, In Life
BETTINA ROTHE
LISA PAGE ROSENBERG
SEPTEMBER 15–20
Humorous writing is dead writing. Learn how to incorporate humor into your own work as we celebrate the comedic in art, literature, film, theatre, and even political analyses. Infuse your narratives with humor, even in the most difficult of subject matters.
Jenelle Huchton is creator of the blog movember.com and author of The Art of Humor: The Science of Laughter: Why We Do It and What It Does for Us. diesel is currently blogging at smock.com.

THE GIFT OF GROUND: A Yoga & Nature Immersion
LISA PAGE ROSENBERG
SEPTEMBER 15–20
Find your ground—physically and mentally—through the practice of yoga, pranayama (breathwork), meditation, and guided nature immersion. Learn to source the stability, energy, and harmony of the earth to discover a newfound lightness in your practice and in your life.
Drew Denny is a yoga instructor, massage therapist, and founder of GollumYiddle. Drew teaches yoga, meditation, and, Japanese wooden sword practices.

MOVEMENT THROUGH PAINTING
EMBODY YOUR LEADERSHIP THROUGH CONSCIOUS MOVEMENT
NATALIE ROUSEAU
BETTINA ROTHE
SEPTEMBER 25–29
Gather together in honour of shifting tides, the autumn equinox, and our movement towards the darkest season of the year. Explore yogic wisdom practices and teachings to support your transition from summer to fall, with an emphasis on personal, social, and true self care.
Kate Goldenberg is a yoga teacher, artist, and writer who makes her home in the woods of Cortes Island. She leads classes of all levels.

MOVEMENT WITHOUT PAIN: Essential Somatics
MARSHA PETERSON
SEPTEMBER 20–25
Learn to use your brain to reprogram your muscles and defy your caldron age. Create a routine of easy, safe, and essential somatic movements to eliminate chronic pain and keep you moving fluidly and effortlessly throughout your life.
Martin Peterson, OD, MD, author of Move Well, Play: “The healing” for chronic pain before being Homeo-Scholar.

YOUR MONEY OR YOUR LIFE
VICKI ROBIN
SEPTEMBER 20–25
Put money in service to your values rather than in service to money. Develop a clear-eyed, compassionate, and systematic way to see and transform your beliefs and behaviors. Save more, spend less, and flatten debt. Expect lecture, games, conversations, journaling, and even laughter.
Vicki Robin is co-author of the personal bestseller What Your Money Can Buy: Finding Healthy Wealth. She is also author of Bending the Heron: Lessons from a FN. $45 CAD / 4 NIGHTS

ENVISIONING PEACE: Foundational Practices
FARAH NAZARALI
SEPTEMBER 29–OCTOBER 3
Bridge the inner practices of yoga, Buddhism, and meditation with the outer relational skills of nonviolent communication and conflict resolution. Use body, mind, and speech to envision peace, communicate with courage, and contribute to a fair and just future for all.
Farhan Nazarali is a pioneer in integrating yogic practices and Buddhist wisdom with relational work. 

MEDITATION & INNER ARTS: Balancing Movement & Stillness
DR. MARK SHERMAN
PAUL HEUSSENSTAMM
OCTOBER 12–17
Wake up from the trance of everyday life. You are not your moods, anxiety, depression, past wounds or addictions. Awaken to the freedom, love, compassion, and peace that is your natural state. This program is held in silence (except sessions). Common areas on campus are shared spaces.
Robert Beatty, MPhil, BScN is a British national and Canadian-trained mindfulness practitioner with over 25 years of experience.
Michelle Rose is a British-trained and Canadian-trained mindfulness practitioner with over 20 years of experience.

LIVING AWAKE: Grateful, Grief, and Gratitude
LEILI BETH ROYAL
KATHRYN HENSHAW
OCTOBER 17–21
Take your next step on the transformative journey to becoming a MBCT Teacher. MBCT is an empirically validated group program designed to prevent depressive relapse. For mental health professionals. Pre-registration required. Leil BETH Royal & Kathryn HENSHAW.

MINDFULNESS-BASED COGNITIVE THERAPY (MBCT)
HANNAH KATE GRABOVA 
ANDREA GRABOVA
OCTOBER 7–12
$425 CAD / 4 NIGHTS

YOUR STORY ON STAGE
TRACEY ERIN SMITH
OCTOBER 7–12
$40 CAD / 5 NIGHTS

FLYING SOUL: Your Story on Stage
TRACEY ERIN SMITH
OCTOBER 7–12
Transform your life’s stories into a Solo Show Theatre or Keynote. Through improvisation, writing exercises, and one-on-one coaching, uncover the stories that need to be told and reveal your truth in a powerful and entertaining show.
See traceyesmith.com

PAINTING & DRAWING: Transforming the Ordinary
LORI GOLDBERG
SEPTEMBER 25–29
Paint your way through the Fall with an emphasis on per - sonal, social, and true self care. Through Conscious Movement & Stillness
ROBERT BEATTY
OCTOBER 12–17
$195 CAD / 5 NIGHTS

PAINTING & DRAWING: Shifting Tides: Autumn Equinox Yoga
NATALIE ROUSEAU
BETTINA ROTHE
SEPTEMBER 25–29
$465 CAD / 4 NIGHTS
ART SUPPLIES AVAILABLE FOR PURCHASE. MORE INFO AT hollyhock.ca/painting-drawing

PAINTING & DRAWING: Mandalas:
Embodying Art through Conscious Movement
PAUL HEUSSENSTAMM
SEPTEMBER 29–OCTOBER 3
$525 CAD / 5 NIGHTS
The practice of painting sacred art and Mandalas is healing, medita - tive, and a vehicle for personal growth. Learn to immerse yourself in the subtle energies of colour, line, shape and form.

PAINTING & DRAWING: Mandalas: Art as a Spiritual Path
PAUL HEUSSENSTAMM
SEPTEMBER 29–OCTOBER 3
$495 CAD / 4 NIGHTS
The practice of painting sacred art and Mandalas is healing, medita - tive, and a vehicle for personal growth. Learn to immerse yourself in the subtle energies of colour, line, shape and form.

PAINTING & DRAWING: Mandalas: Foundational Practices
PAUL HEUSSENSTAMM
SEPTEMBER 29–OCTOBER 3
$495 CAD / 4 NIGHTS
The practice of painting sacred art and Mandalas is healing, medita - tive, and a vehicle for personal growth. Learn to immerse yourself in the subtle energies of colour, line, shape and form.

PAINTING & DRAWING: Mindfulness Meditation
PAUL HEUSSENSTAMM
OCTOBER 12–17
$565 CAD / 5 NIGHTS
This program is sold out. Call to join the wait list.

PAINTING & DRAWING: Mindfulness Meditation
PAUL HEUSSENSTAMM
OCTOBER 12–17
$565 CAD / 5 NIGHTS
This program is sold out. Call to join the wait list.
Inclusive Room and Meals Package
All packages include accommodations, meals, hot tub access, wifi, 24-hour toast, fruit, coffee, and tea bar, and scheduled complimentary activities such as morning yoga, guided nature walks, morning rows, and presenter evenings. Bodywork, kayaking, sailing, and program tuition are charged separately.

Rates are per adult, per day. Prices are in Canadian dollars (taxes and fees additional). Gratuities welcome.

<table>
<thead>
<tr>
<th>PACKAGES</th>
<th>CAD/PERSON/NIGHT</th>
<th>INCLUDES MEALS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single with private washroom</td>
<td>$328</td>
<td></td>
</tr>
<tr>
<td>Single with shared washroom</td>
<td>$263</td>
<td></td>
</tr>
<tr>
<td>Twin/Couple with private washroom</td>
<td>$221</td>
<td></td>
</tr>
<tr>
<td>Twin/Couple with shared washroom</td>
<td>$191</td>
<td></td>
</tr>
<tr>
<td>Family/Three-Shares with private washroom</td>
<td>$180</td>
<td></td>
</tr>
<tr>
<td>Family/Three-Shares with shared washroom</td>
<td>$160</td>
<td></td>
</tr>
<tr>
<td>Dorm (bunk beds) with shared washroom</td>
<td>$133</td>
<td></td>
</tr>
<tr>
<td>Tent site single*</td>
<td>$111</td>
<td></td>
</tr>
<tr>
<td>Tent site double*</td>
<td>$195</td>
<td></td>
</tr>
<tr>
<td>Children (4–12) any room</td>
<td>$70</td>
<td></td>
</tr>
<tr>
<td>Children (4–12) tent site</td>
<td>$50</td>
<td></td>
</tr>
<tr>
<td>Ocean-front room, add $30/person/night</td>
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<td></td>
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</tbody>
</table>

*Tent sites have access to shared washrooms and showers. Bring your own tent, bedding, and towels. No campers or RVs.

For details about staying off-site: hollyhock.ca/off-site

Specials
• Early Bird Discount—10% off room & meals when booking a program by January 31, 2019.
• Seniors Discount—15% off room & meals for ages 65+.
• Shoulder Season Discount—Reduced rates on room and meals in May, June, and October.
• Hollyhock Loyalty Program—10% off Hollyhock Store purchases and 10% off morning bodywork sessions if you’ve stayed on campus in the past two years (2 night min).

holyhock.ca/rates

Restaurant
Our vegetarian fare features ingredients from our garden and local BC growers. Dinner menus include organic garden-fresh salads, an array of creative internationally-inspired fusion dishes, and delicious desserts. Wild seafood dinners and beach-side oyster BBQs are a weekly treat. For upcoming meal themes, see hollyhock.ca/day-visit

Accessibility & Childcare
Our rural setting with hilly and irregular terrain may present difficulties for people with physical challenges. We provide onsite transportation on arrival and departure days only. Contact us to discuss accessibility.

We welcome families. Children under 12 must have full-time supervision. List of local caregivers is available.

Financial Accessibility
We believe finances should not be a barrier to education, leadership, and personal development.

**TIERED TUITION**
For select programs with high social impact. Pick a tier that fits your budget.
• Supported—low income, made possible by our generous donors
• Standard—mid income, regular price
• Shared—high income, helps support another participant to join

**PAY IT FORWARD**
For select programs with secured funding. Choose the level of pricing that is right for you.
• Reduced—made possible by our generous donors
• Pay It Forward—pay fully for another participant to join

**SCHOLARSHIPS**
Full and partial scholarships are available for most programs, based on financial need. We prioritize Indigenous people, people of colour, people who identify as LGBTQ2IA+, youth, elders, and those who can articulate how their Hollyhock experience will support positive impact in their life and communities.

Our Dana Bass Solomon Fund supports full tuition, room, and meals for individuals who demonstrate financial need and extraordinary potential in community innovation, arts and culture, or social and environmental change.

APPLY ONLINE: hollyhock.ca/scholarships
GETTING HERE

Where?
Located in the Discovery Islands archipelago off the coast of British Columbia, Canada, our Cortes Island Campus is approximately 160 km (100 miles) north of Vancouver, BC.

How?
Choose your journey, quick or leisurely.
- Float Plane directly to Cortes Island
- Fly to Campbell River (or to Comox and shuttle to Campbell River), then water taxi to Cortes Island
- Drive and ferry to Cortes Island
- Bus to Campbell River and water taxi to Cortes Island

Travel Tips
Download a detailed travel guide at hollyhock.ca/getting-here
- Share a car or watertaxi: hollyhock.ca/rideshare
- Check-in is 3:00–4:30pm or 3:00–6:00pm on program start dates

The singular most inspiring week of my life thus far.

RAY CAMPBELL

TRAVEL PROVIDERS

Air
TO CORTES ISLAND
Cortes Seaplanes 888.267.6356 | cortair.com
Kenmore Air Seaplanes 866.435.9524 | kenmoreair.com
Van City Seaplanes 604.796.0036 | vanityseaplanes.com

TO CAMPBELL RIVER
Central Mountain Air 888.665.8595 | flycm.com
Pacific Coastal Airlines 800.663.2872 | pacificcoastal.com

TO COMOX
WestJet 888.937.8538 | westjet.com

Land
Ambassador Shuttle Comox to Campbell River 877.339.5252 | ambassadortransportation.net
Bolt Bus Portland, Seattle, and Bellingham to Vancouver 877.265.8287 | boltbus.com
Campbell River Airport Shuttle 250.914.1010 | crairport.ca
IslandLink Bus Services Victoria and Nanaimo to Campbell River islandlinkbus.com
Sky High Shuttle Comox to Campbell River 250.339.4737

Hollyhock Shuttle for Onsite Guests
Complimentary shuttle between Hollyhock and Cortes Island ferry, seaplane, water taxi docks.
Book 24 hours in advance.
800.933.6339

Sea
BC Ferries 888.223.3779 | bcferries.com
Discovery Launch Water Taxi Campbell River to Cortes Island 250.287.7577 | discoverylaunch.com
Lund Water Taxi Sunshine Coast to Cortes Island 604.483.9749 | lundwatertaxi.com
Hollyhock exists to inspire, nourish, and support people making the world better. Together, we are working for a more just and resilient future. We rely on the philanthropic support of our donors each year to support this work. Every gift is meaningful.

Become a Friend of Hollyhock for as little as $10/month. Become a Garden Friend of Hollyhock for $25/month.

A $4.1 million Capital Campaign to propel our mission and just future as their personal legacy.

A $4.1 million Capital Campaign to propel our mission and just future into the future.

Legacy Circle.
to join our important Future Fund.

penny@hollyhock.ca

Dena Naryan & John Brixwell
Eddy & Deeda Sridhar
Bruno & Jenine Rodin
Bill Duguid & Kavita Shri

A gift in your will or designation to Hollyhock leaves a future legacy for a more collaborative and resilient world. A gift in your will or designation to Hollyhock leaves a future legacy for a more collaborative and resilient world.

Annual Fund

Hollyhock is a registered not-for-profit. Charity #885450205

Support our work

Thank you to all our friends who have pledged to support a fair and just future as their personal legacy.

Hollyhock Fund

A $41 million Capital Campaign to propel our mission forward. Gifts to the Future Fund will ensure a legacy for future generations. Now more than ever, the world needs places like Hollyhock.

Future Fund

Thank you friends keeping Hollyhock vital into the future 2017 / 2018

Thank you friends keeping Hollyhock vital into the future 2017 / 2018

Thank you friends keeping Hollyhock vital into the future 2017 / 2018
Resident Service Program

Support our work and get behind-the-scenes experience with our month-long immersion program!

- 30 hours/week of active service alongside our staff, including experience in our kitchen, housekeeping, garden, hosting, store, maintenance, and production departments.
- 3 delicious gourmet meals each day
- Shared accommodation with other residents
- 4 hours/week of dedicated yoga, personal growth, mindfulness practice, island adventures, and guided nature immersion
- Enjoy Hollyhock amenities and activities, including ocean-view hot tubs, presenter evenings, oyster BBQs and more.

$595 CAD / 1 MONTH SESSION includes meals, accommodations, and program activities

BY APPLICATION: hollyhock.ca/residency

Dates:
APRIL 22–MAY 23
MAY 23–JUNE 24
JUNE 24–JULY 24
JULY 24–AUG 25
AUG 25–SEPT 23
SEPT 23–OCT 21

Group Bookings

Hollyhock offers the perfect backdrop for trainings, planning sessions, and team-building. Let us take care of the details so you can focus on what matters.

Our group packages offer meeting spaces, production supplies, meals, accommodations, and activities such as morning yoga and naturalist excursions.

15–110+ PEOPLE
Minimum 3 nights. Discount for non-profits.
hollyhock.ca/group-bookings
Creating a Climate for Change: Advocacy Training
Learn successful campaigning strategies, immerse in nature, and practice self-care and community resilience with others who are also advocating for a safe and just climate future.
CORTES ISLAND
JUNE 9–14
$545 CAD / 5 NIGHTS
See page 14 for more details

Run for Office
What does it take to run for public office? Learn how to build an effective political campaign from a network of past and present politicians, campaign staffers, and other change makers.
CORTES ISLAND
JUNE 5–9
$695 CAD / 4 NIGHTS
See page 14 for more details

Activate: digital leadership
Join the sharpest digital minds from political and advocacy campaigns, creative agencies, and progressive causes for hands-on training in digital tactics and leadership.
CORTES ISLAND
MAY 26–30
$695 CAD / 4 NIGHTS
See page 15 for more details

Run for Office
What does it take to run for public office? Learn how to build an effective political campaign from a network of past and present politicians, campaign staffers, and other change makers.
CORTES ISLAND
JUNE 9–14
$545 CAD / 5 NIGHTS
See page 14 for more details

Climate Hope: Tools for Thriving in the Climate Era
In an unprecedented time of climate change and social upheaval, explore tools to strengthen your capacity for cultivating joy, acceptance, and collective action.
CORTES ISLAND
SEPTEMBER 1–6
$645 CAD / 6 NIGHTS
See page 15 for more details

I keep discovering new truths every time I come to Hollyhock.
DAN POLLOCK

I feel rejuvenated both physically and intellectually. My whole time here has been mind blowing.
CHRIS PARRI
Vancouver Programs

The traditional, ancestral, and unceded territories of the Skwxwú7mesh (Squamish), x̱məθkwəy̓əm (Musqueam), Səl̓ílwəta/Selilwitulh (Tsleil-Waututh) Nations.

ACCESSIBLE. AFFORDABLE. HIGH IMPACT. EVENING, DAY, AND WEEKEND COURSES.

hollyhock.ca/vancouver

Social Venture Institute Vancouver

HOLLYHOCK LEADERSHIP INSTITUTE

APRIL 24–26
CONCLUDING STUDY TRIP TO RREW UNIVERSITY'S VANCOUVER AND SIMON FRASER UNIVERSITY'S CULTURAL PROGRAMS.

Vancity

Connect with other mission-based entrepreneurs and social venture leaders for our SVI program in an urban setting. Network and build skills that will equip you to confidently tackle the day-to-day challenges of running a socially conscious enterprise. SVI is a practical, peer-learn ing, alternative "business school" within a confidential and supportive setting. Designed to engage and connect leaders of established business and non-profit enterprises. Pre-approval required.

SVI will also be offered on Cortes Island in the Bay Area, and in Alberta. See page 32

hollyhocktrainingprogram@hollyhock.ca/two

$575 CAD

TRAINING

Effective Grant Writing

MIRABAI STARR

JULY 6

Learn where to locate funding, how to network with partners and funders, and the language of successful written proposals. This story- filled, information-packed training includes extensive resources, inventories, and templates.

ELLEN HUSE

APRIL 11–12

$150 – $155 CAD MATERIALS FEE

The Art of Stillness

ROBERT SCHWARTZ

SEPTEMBER 7–8

What soul plan did you make before you were born? What circumstances and relationships did you choose and why? Find the answers in a "Between Lives Soul Regression," along with insight, healing, and a greater capacity for joy. Recognize life's challenges as the great teachers and healers your soul intended them to be.

yoursouplan.com

ROBERT SCHWARTZ

MAY 10–12

Take a breath in the city through silent Vipassana (mindfulness) and Metta (loving kindness) meditation. Join new and experienced meditators on guided meditations, sitting and walking meditations, Dharma talks, and meditation instruction.

Alchemy of Group Facilitation

JULIAN GRIGGS

MAY 6–8 OR NOVEMBER 18–20

Finding meaningful and enduring solutions to real-life problems requires engagement with multiple interests across many lines of difference. Learn to empower groups with divergent perspectives to resolve conflicts, find creative solutions, and function at their full potential.

hollyhocktrainingprogram@hollyhock.ca/two

$80 per day

TRAINING

Heliotrope Academy

Cultivating Love & Wisdom

MAY 10–12

Michele McDonald & Even Smith

Hello Again: A Fresh Start for Parents & Their Adult Children

GABOR MATÉ, MD

MAY 11 & 12

WHAT does it take to outgrow and transform the parent/adult-child relationship grounded in authenticity and mutual compassion, unencumbered by what came before? Daniel Maté is the founder of “Walk with Daniel,” and a mental chiropractic service. Dr. Gabor Maté is the author of 4 bestselling books and recipient of the Order of Canada. His work is a fusion of “talking with doctors” and a mental chiropractic service.

MAY 6–8 OR NOVEMBER 18–20

The Wisdom of the Feminine

MIRABAI STARR

APRIL 5–6

As the fierce and tender voice of the feminine rises again, we are gifted with renewed access to the women mystics and wisdom beings across spiritual traditions. Engage in contemplative readings, group reflections, evocative writing exercises, and inter-spiritual chant-
groups across spiritual traditions. Engage in contemplative readings, group reflections, evocative writing exercises, and inter-spiritual chant-
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$150 – $155 CAD MATERIALS FEE

TRAINING

Wild Mercy: The Wisdom of the Feminine

MIRABAI STARR

APRIL 5–6

$150 – $155 CAD MATERIALS FEE

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hollyhocktrainingprogram@hollyhock.ca/two

$80 per day

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