

Healing

lifestyles & spas
magazine

Featuring: Hollyhock

*Sometimes refuge is
just what you need
to find inspiration*

An Artist's Pilgrimage

By Laurel House



Situated on Cortes Island in British Columbia, nestled between the glaciers of Vancouver Island and the Coast Mountain range of the mainland, lies **Hollyhock**, a quiet healing oasis.

Spread across forty-four acres of old-growth forests, Hollyhock is home to an abundance of wildlife from bald eagles and black-tailed deer to barred owls. Guests spend their days traversing the trails that lead through the trees to the water's edge where gaggles of geese congregate. When not exploring the grounds, optional yoga, tai chi, and meditation classes, as well as massage appointments are available to help unfurl frayed nerves and mangled muscles.

While every day at Hollyhock offers an abundance of healing activities, specialty weeks are also offered to help guests focus on a particular element of wellness. Minds are encouraged to expand and bodies are led to dance at an array of expert-led workshops.

"Artists, Writers, Seekers of Refuge: Pure Air, Clean Water, Ahhh..." is a one- to three-week retreat that encourages

guests to hone in on their creative energy. Many of us have writing or art projects that have been neglected due to time, energy, or a combination of the two. This is your opportunity to focus on that side of you that begs to be unbridled. To help you along your path of artistic liberation, Hollyhock experts will guide you on hikes through the forest; invigorate your senses with a tour of the organic flower, herb, and vegetable garden; seduce your tastebuds with a weekend oyster cookout on the beach; and stretch your muscles and free your mind in group and private yoga classes.

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