

SEPTEMBER 16 ~ 21

WORKSHOP

# Cinema Alchemy Movies for Healing & Transformation

BIRGIT WOLZ



WOLZ

**Movies can affect us powerfully—the synergistic impact of imagery, dialogue, sound effects, and camera angles bypasses our usual defense censors.**

Drawn into an experience, we simultaneously retain an observer's perspective. To be consciously aware of this can be a potent means of personal and spiritual growth. Bridging insights in "reel" life and experiences in real life can help us change negative outlooks and beliefs, manage difficult emotions, identify positive and negative projections, and grow in the face of loss.

Learn how watching movies can elevate our sights, enlarge imagination and creativity, and evoke qualities like courage,

tenderness, flexibility, and authenticity. Viewing movies and film clips, guided meditations, personal reflection, deep inquiries in dyads, and writing exercises combine to set a new context for finding meaning and fulfillment in one's own life.

**TUITION:** \$475 CDN, \$396 US (meals & accommodation extra), 5 nights

*Birgit Wolz is a psychotherapist, hypnotherapist, grief counsellor, and author of E-Motion Picture Magic: A Movie Lover's Guide to Healing and Transformation. Her own profound experiences of change and loss taught her compassion and led her to various spiritual traditions. [www.cinematherapy.com](http://www.cinematherapy.com) and [www.bwolz.com](http://www.bwolz.com)*

## Hollyhock Retreat Centre

exists to inspire, nourish and support people who are making the world better. Programs, retreats, and conferences focus on well-being, wisdom practices, arts and culture, leadership, business, and world/change/service. Powerful experiential learning is supported by dedicated staff and a magnificent setting on British Columbia's wilderness coast. Enjoy cozy accommodations in handcrafted wooden buildings and gourmet vegetarian cuisine. Sailing, kayaking, bodywork and massage are also available. Complimentary yoga classes, meditation sittings, and guided nature walks.

*Please note: U.S. prices may vary and are a good value.*



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