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Harmony Hill Retreat Center

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Harmony Hill Retreat Center provides a place to escape the stresses of daily life and focus on you—a goal epitomized in the center’s Cancer Program.

Modeled after the internationally acclaimed Commonwealth Cancer Help Program, Harmony Hill offers its own cancer retreat at no cost to patients, their companions, and caregivers. The program includes three-day residential retreats and one-day retreats. Built on a 12- acre facility along Hood Canal in Washington, Harmony Hill focuses on helping participants recover quality of life despite the physical, emotional, and spiritual challenges presented by cancer.

During the three-day retreats, participants learn about stress reduction skills and selfcare through meditation, art projects, and group support. In addition to healthy meals, other physical benefits include nutrition classes, yoga, massage, qigong, and other techniques that participants can take home to facilitate their own healing as a supportive adjunct to medical treatment. The number of participants has more than doubled over the past three years, contributing to the growing waiting list for the three-day retreats.

The Center’s one-day retreats include “Tools for the Journey: Living with Cancer,” which provides practical resources and information on healing tools, and “Thriving Beyond Cancer,” which caters primarily to Harmony Hill program graduates. One-day and weekend retreats are available for caregivers.

Harmony Hill also offers special retreats and workshops for minority populations, including African Americans, Native Americans, and lesbians. Visit www.harmonyhill.org for details on upcoming retreats.