

THE TEAM

Dr Michael Golenhofen, Julian Cowan Hill and Christine Leahy come together to provide a group of 12 people with a unique blend of medical, practical and therapeutic holding to help your nervous system, ears and spirit find peace. The focus of the week will be on learning how to slow down, find your midline, deepen into stillness and develop a greater sense of well-being and safety. You will be encouraged to ask plenty of questions about tinnitus, its subtypes and specific healing strategies to ensure your individual needs are met.

DR MICHAEL GOLENHOFEN

has a PhD in Clinical Immunology and has practiced as an ENT surgeon and GP in Germany. He specialises in Naturopathy, Homeopathy, Osteopathy, Shamanism and Traditional Chinese Medicine integrating both ancient and modern techniques of medicine in his "4myear Tinnitus Centre" in Munich, Germany. To familiarise yourself with the subtypes of tinnitus, we recommend you click on the following tinnicare links: <https://www.4myear.com/dr-m-golenhofen/> and <https://www.tinni-care.com/>. He will help you find out your tinnitus sub-type and provide medical support and insights as well as specific therapeutic interventions.



JULIAN COWAN HILL

is a UK-trained Craniosacral Therapist and Psychotherapist based in London. He has published books on how to deal with tinnitus, after he succeeded to heal his own severe tinnitus symptoms after two decades with Craniosacral Therapy. He made it his mission to provide support for people worldwide and manages the Quieten app <https://www.quietenapp.com>. He has practiced Buddhist meditation for 34 years.



With techniques he developed in clinical practice he will help you let go of tinnitus. <https://juliancowanhill.co.uk>

CHRISTINE LEAHY

is a certified Pohltherapist and somatic practitioner specialised in treating chronic tension patterns and stress-related conditions. She trained directly under Dr. Helga Pohl, the founder of Pohltherapy®, a method that releases deep-seated muscular and fascial tension through a combination of manual work, movement training and sensory awareness.



In addition to running her private practice in Bad Tölz, Germany, since 2008, she is one of the main professional Pohltherapy trainers. Her creative background and years spent living and working in Los Angeles make her especially attuned to working with international clients. Her sessions combine precise structural work with sensitivity and presence to help ease discomfort and support well-being.

<https://schmerztherapie-bad-toelz.de>

PREPARING FOR THE WORKSHOP

Before you come to the retreat, please fill out the questionnaire called the "Tinnitus Functional Index" (TFI) which you can download here: https://tinnitushealingretreat.com/TinnitusFunctionalIndex_JCH2024-04-12.pdf

It will allow us to assess the level of your tinnitus and symptoms. We will also send you a health report to fill out and to return to Julian.

The good news: In our previous retreats in Sardinia, we saw an average improvement of 14 points on the TFI score over the course of one week.



HOTEL CONTACT DETAILS

Your hotel in Sardinia:
Cormoran Hotel & Residence
Via Del Porto, 37
09049 Villasimius, Italy
Tel.: +39 070 79340
E-mail: booking@hotel-cormoran.com
Website: <https://www.hotel-cormoran.com>

ORGANISERS' DETAILS

Our contact number is:
Julian Cowan Hill info@juliancowanhill.co.uk

PLEASE NOTE:

If you have to cancel the retreat for any reasons, please inform Julian as soon as possible so that he can offer the place to someone on the waiting list. Thank you!

We very much look forward to welcoming you into our healing space and to the charming island of Sardinia

Christine, Julian and Michael

TINNITUS HEALING RETREAT IN VILLASIMIUS SARDINIA

11-18 OCTOBER 2026



JOIN JULIAN COWAN HILL, CHRISTINE LEAHY AND DR MICHAEL GOLENHOFEN FOR A WEEK OF AWARENESS, WELL-BEING & PRACTICE

WHAT TO EXPECT

Step out of your hectic lifestyle and into a new rhythm. Enjoy the calming effect of the emerald and turquoise waters of the Sardinian sea, along with the grounding energy of the island's ancient Nuragic culture. We have carefully chosen this setting for our workshop, as it will support you in letting go of tinnitus on a deep level.

During this week the team will assist you with:

- ✦ developing of a better understanding of the different types and your specific tinnitus symptoms
- ✦ a practical approach allowing you to tackle your symptoms through meditation, increased focus and body-based practices
- ✦ one craniosacral therapy session by Julian, one sensory motor body therapy session by Christine, in combination with a diagnostic, hands-on therapy session with Michael (three sessions per person in total)
- ✦ the creation of a safe group space to share your experiences, discuss approaches and feel the support of the entire group
- ✦ overcoming conditioning and truly expressing yourself
- ✦ a medical report and an individual post-retreat action plan

YOUR PROGRAMME

Sunday

19.00	Welcome drinks at the Poolside Bar
19.30	Dinner

Monday

07.30-10.00	Breakfast
09.00-11.00	Group sharing
11.30-13:30	Individual therapy/assessment sessions
15.00-18.00	Individual therapy/assessment sessions
18.30	Boatmast meditation
19.30	Dinner

Tuesday

09.00-11.00	Group sharing
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The rest of the day follows Monday's schedule.

Wednesday to Saturday

07.30-10.00	Breakfast
09.30-11.00	Group session with Julian
11.30-13.00	Group session with Michael
16.45-18.15	Group session with Christine
18.30	Boatmast meditation
19.30	Dinner
After dinner	Yawning, humming and face massage

DEDICATE TIME TO YOURSELF

To fully benefit from the retreat, we highly recommend that you attend the retreat alone, as this intensifies and speeds up your healing process.

PAYING FOR THE HOTEL

The retreat will take place in the Cormoran Hotel & Residence. To book your accommodation, please send an e-mail to:

booking@hotel-cormoran.com

Booking reference: [Tinnitus Healing Retreat from 11-18 May 2025](#)

The cost of the hotel, including hotel accommodation, breakfast, dinner, water, etc. for the week is:

EUR 1,540 (≈ GBP 1,338 | USD 1,816) excluding tourism tax

The hotel will send you their payment details and the amount due in euros. Any incidental costs for extra drinks, spa, airport transfers and the applicable tourism tax of approx. EUR 4 per night will be charged to your room for payment before departure.

HOTEL CANCELLATION POLICY

To cancel your stay, please inform the hotel directly.

Full refund for cancellations by	27 September 2026
50% refund if cancelled between	28 September and 4 October 2026
No refund after	after 4 October 2026

PAYING FOR THE RETREAT

To pay for the retreat itself (including congress hall and group breakout rooms), we kindly ask you to make a separate payment. If you pay before [4 July 2025](#) you will get a **10% early bird discount**:

EARLY BIRD RATE: EUR 1,800 (≈ GBP 1,565 | USD 2,118)

For any booking from 5 July 2025 the following rates apply:

REGULAR RATE: EUR 2,000 (≈ GBP 1,740 | USD 2,355)

To make a payment, please call Julian or send him an e-mail. He will provide you with the bank details.

Payment reference: [Tinnitus Healing Retreat and your full name](#)

Please ensure that we will receive the above funds in full by taking care of any applicable bank charges. Thank you!

RETREAT CANCELLATION POLICY:

To cancel the retreat, please inform Julian immediately.

Full refund for cancellations by	10 August 2026
80% refund if cancelled before	10 September 2026
50% refund if cancelled before	27 September 2026
No refund if cancelled	after 4 October 2026

TRANSFERS & DIETARY REQUIREMENTS

Please make your own arrangements to get from Cagliari Airport (Elmas) to the hotel. Generally, the transfer takes 1 hour and costs approx. EUR 70.00. Local taxi drivers expect to be paid in cash. They mostly have no credit card machines on board.

If you wish to book a transfer through the hotel, please contact the front desk or concierge to assist you, providing them with your flight number and arrival/departure time.

Please also inform the hotel of any food allergies or dietary requirements they should be aware of (booking@hotel-cormoran.com).

ARRIVAL AND DEPARTURE TIMES

Please make sure you arrive in time for our welcome drinks at 19.00 (7pm) on Sunday 11 October 2026. We will then have dinner together at 19:30 (7:30pm).

On the departure day, enjoy a leisurely breakfast before vacating your rooms by 10.00 in the morning. You may use the hotel facilities until after lunch. The concierge will gladly assist you and store your bags.

LEISURE TIME ACTIVITIES

Enjoy the stunning hotel beach with your own parasol and sunbed, a visit to the amazing beach of Porto Giunco, a boat trip around the peninsular or some diving or snorkelling.

BOOKING YOUR RETREAT

We will offer places on a *first come, first serve basis*. To secure your place, you need to pay for both, the half-board hotel arrangements and the retreat itself. B&B options are also available on request.

TRAVEL INSURANCE

We advise you to take out an appropriate travel insurance to protect yourself against cancellation fees as well as any health emergency or accident.

WHATSAPP GROUP

During the retreat you will most likely find some like-minded people with whom you wish to remain in touch to support one another and practice the newly learned techniques, even after the retreat. To do so, we encourage you to form a WhatsApp or similar group.

ANY FURTHER QUESTIONS?

If you need any assistance finding hotels in Sardinia for either side of the retreat or if you have any other questions, please e-mail us at: info@juliancowanhill.co.uk