

WRITE - YOGA - EAT - SLEEP



weekend escape to Cornwall

WRITE YOUR BOOK RETREAT

05-07 OCTOBER 2018

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WRITE TIME AND PLACE

Are you craving the time and headspace to just focus on your writing?

Are life's on-going distractions making it impossible to make progress on your book or writing project?

Would you like to hang out with other writers to swap ideas and inspiration?

Then escape with us to Cornwall for a weekend writing retreat where there's nothing for you to do but write, read, and relax in nature... a little yoga and meditation are optional extras.

Writing retreats are a vacation from regular life when you can escape into your imagination and let your creativity flow.

Spending time in a natural setting awakens your intuition and enhances your creativity.

By connecting to nature, we find balance and reduce stress, which allows our creative right-brain and imagination to come to the fore while our analytical left-brain takes a much-needed break from organising, planning, stressing...





BEGIN A NEW CHAPTER

A typical day will look something like this, although you're also welcome to just spend the entire weekend writing, if you prefer.

Unlimited refreshments such as coffee, tea and snacks are available through the day.

- Morning pages (stream of consciousness writing) with tea or coffee or hot lemon water
- Half an hour of light yoga and meditation
- Breakfast (vegetarian and vegan)
- Writing warm-up exercise
- Solo work on own project
- Lunch and discussion of our projects (a chance to get feedback, ask advice, swap tips, etc)
- Meditation and writing warm up
- Solo work on own project
- 5pm – optional yoga
- 7pm – light dinner
- Storytelling or watching a writing-related movie

Book your place now! Send an email to tamara@tamarapitelen.com or call/msg 07493 207 378 to talk to Tamara more about the retreat.

ORCHARD AIR

You'll be staying at the Orchard, a secluded nature sanctuary near Wadebridge in Cornwall.

Set in an acre of established garden and woodland including two tropical gardens.



REAL FOOD

Let us worry about the cooking and washing up - all your energy goes into your writing.

Good, quality, wholesome food is essential on a weekend like this. We'll be enjoying plenty of vegan and vegetarian deliciousness to keep your vibration high and your creativity flowing!

