

# Writing & Wellness Luxury Retreat

*Find your creative flow!*

**6-9<sup>th</sup> June 2024, Nr Framlingham Suffolk**

*This luxury four day (three night) retreat set in the stunning Suffolk countryside is the perfect place to find the time and space to write while also focusing on your mind, body, and wellbeing.*

## **Thursday 6<sup>th</sup> June**

### **Arrival time: 12.30 onwards**

On your arrival you'll be greeted by your hosts, Lucy and Lauren, and welcomed into the luxury six-bedroom refurbished farm house. There will be time to settle into your room, open your luxury gift bag, explore the stunning grounds surrounding the property, or simply start writing in one of the individual or communal writing areas. A light lunch will be available at one p.m. alongside an opportunity to take part in some goal setting for your time with us.

### **Pilates, 5.30 p.m.**

Your first opportunity to enjoy a relaxing session of Pilates with Lucy. The studio overlooks the picturesque Suffolk countryside providing perfect views as Lucy guides you step by step through a range of mind and body exercises for all fitness levels focusing on strength, posture and wellbeing.

### **Dinner, 7.30 p.m.**

A delicious and locally sourced dinner will be provided, catering for any dietary requirements. This will be a wonderful opportunity to get to know your hosts and fellow guests.

## **Friday 8<sup>th</sup> June**

**Morning Pilates – stretch, mobilise and rejuvenate, 8 am**

There is no better way to awaken your creativity than by starting the day with Pilates to stretch and awaken your body and mind.

### **Breakfast, 09.00**

A buffet breakfast will be served as well as fresh fruit, juices, teas and coffees. There will also be an opportunity to check in with the goals you set on arrival.

### **Time to write!**

Our large retreat property has ample writing spaces both in the communal living room where you can sit at the 14-seat dining table, or take a space at one of the smaller and more private tables situated throughout the property. There are also plenty of comfy sofas and armchairs, as well as outdoor spaces.

### **Lunch 1.pm.**

A buffet lunch will be provided where you can take a break or make it a working lunch.

### **Afternoon**

The afternoon will bring another opportunity to continue your writing, or take a break and explore the beautiful Suffolk countryside. If you've requested a 1-2-1 critique, brainstorm or career talk with Lauren then these will take place on either Friday or Saturday afternoon (your time slot will be confirmed on arrival).

### **3pm – Time for a break with short stretch and posture reset from Lucy (15mins)**

### **Wellness activity 6pm**

Join us on Friday evening for a meditative sound bath with our guest instructor, Michelle. A Sound Bath is a deeply-immersive, full-body listening experience that uses sound to relax, reset and nurture your mind and body. It is an incredibly relaxing but powerful meditation technique.

### **Dinner, 7.30 p.m.**

A delicious dinner will be provided, catering for any dietary requirements.

## **Saturday 9<sup>th</sup> June**

### **Morning Pilates – stretch, mobilise and rejuvenate, 8 am**

There is no better way to awaken your creativity than by starting the day with Pilates to stretch and awaken your body and mind.

### **Breakfast, 09.00**

A buffet breakfast will be served as well as fresh fruit, juices, teas and coffees. There will also be an opportunity to check in with the goals you set on arrival.

### **Time to write!**

Our large retreat property has ample writing spaces both in the communal living room where you can sit at the 14-seat dining table, or take a space at one of the smaller and more private tables situated throughout the property. There are also plenty of comfy sofas and armchairs, as well as outdoor spaces.

### **Lunch 1.pm.**

A buffet lunch will be available. Take a break or continue writing.

### **Afternoon**

The afternoon will bring another opportunity to continue your writing, or take a break and explore the beautiful Suffolk countryside. If you've requested a 1-2-1 critique, brainstorm or career talk with Lauren then these will take place on either Friday or Saturday afternoon (your time slot will be confirmed on arrival).

### **3pm – Time for a break with short stretch and posture reset (15mins)**

### **Wine tasting, 6.30 p.m.**

For our final night of the retreat, enjoy a wine tasting with four delicious wines while learning about the grape, region and body of the wine run by an experienced wine enthusiast. For non-drinkers, there will be a mocktail tasting with four delicious non-alcoholic mocktails to taste and critique.

**Dinner, 7.30 p.m.**

A delicious dinner will be provided, catering for any dietary requirements.

**Sunday 10<sup>th</sup> June**

This may be the final day of your retreat but you'll have ample time to enjoy the surroundings and keep writing.

**Morning Pilates – stretch, mobilise and rejuvenate, 8 am**

There is no better way to awaken your creativity than by starting the day with Pilates to stretch and awaken your body and mind.

**Breakfast, 09.00**

A buffet breakfast will be served as well as fresh fruit, juices, teas and coffees. There will also be an opportunity to check in with the goals you set on arrival.

**Time to write!**

Our large retreat property has ample writing spaces both in the communal living room where you can sit at the 14-seat dining table, or take a space at one of the smaller and more private tables situated throughout the property. There are also plenty of comfy sofas and armchairs, as well as outdoor spaces.

**Lunch 2 p.m.**

A slightly later lunch today as Lucy cooks her famous roast dinner with delicious local produce. Our farewell lunch will be a wonderful time to say goodbye to your fellow retreat buddies and reflect on your writing goals and your wellbeing.

**NOTE**

*We've designed this retreat to give you the space, time and creative flow to work on your writing, while also providing wellness activities that will support and build on your mental resilience and wellbeing. Please do note that all activities are voluntary and it is completely your choice how little or how much you do!!*