



Château de Verderonne Yoga & Writing Retreat (August 7-20, 2014)

Time	Thurs 8/7	Fri 8/8	Sat 8/9	Sun 8/10	Mon 8/11	Tues 8/12	Wed 8/13	Thurs 8/14	Fri 8/15	Sat 8/16	Sun 8/17	Mon 8/18	Tues 8/19	Wed 8/20
8am-9am	Morning Energizing Yoga and Meditation Classes with Elissa Lewis													
10am-11am	BRUNCH													
11am-1pm	Arrivals	Craft of Writing: Literary Taboo & Writing Contracts (Rita)	Free Writing Session	Craft of Writing: Shadow, Light & the Crepuscular (Norma)	Paris Tour & Café Character Sketches (Norma)	Craft of Writing: Character Development & Perspectives in Narrative (Rita)	Free Writing Session	Craft of Writing: What is at stake? (Norma)	Craft of Writing: Yearning & Character Motivation (Jessica)	Chantilly Tour	Craft of Writing: Emotion & Suspense in Theatre & Fiction (Rita)	En plein air: Watercolor Workshop (Elissa)	Craft of Writing: Manuscript Revision & Publication Strategies (Rita & Norma)	Departures
1pm-2pm	Free Writing & Tea													
2 pm-4pm	Orientation	Art Workshop: Journal Making (Elissa)	Craft of Writing: Evocative Objects (Rita)	Craft of Writing: Magic & Trauma – Writing from the Unconscious (Jessica)	Paris Tour & SpokenWord Paris Reading	Free Writing Session	Writing Workshop	Free Writing Session	Writing Workshop	Chantilly Tour	Experiments in French Writing (Norma) & Free Writing Session	Writing Workshop	Toasts & Farewells	
5pm-6pm	Evening Rejuvenating Yoga and Meditation Classes with Elissa Lewis													
7pm-8pm	DINNER													