



SUMMER 2013 | CAMBRIDGE WRITERS' WORKSHOP

# Yoga & Writing Retreat

at the

# Château de Verderonne

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**JULY 24 – AUGUST 7, 2013**

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Come join us for our second annual writing retreat in France. This year, we will stay at the Centre Artistique de Verderonne (45 min from Paris), a lovely and spacious 17th century manor house, which became a museum in 1999, displaying some of the world's most unique artist books. The French newspaper, *Le Parisien*, has said the Lady of the Manor, Madame Caroline Corre, creates "an unparalleled universe between surrealism and impressionism." A French chef will prepare all of our meals on site, and we will dine together in the large kitchen or on the terrace. Enjoy walks through the museum at your leisure, take refuge writing in the drawing rooms, or relax in the sprawling gardens.

The ancient discipline of yoga directly benefits the creative process. Yoga heals and strengthens posture and chronic tensions common to writers, making writing time more productive. Calm the nervous system through meditation and breathing exercises.

Can you paint yourself into this setting for two weeks? Apply now for early decisions. There are a limited amount of seats, so early applications are encouraged.

Early Registration and Scholarship Deadline is April 30th and then rolling admissions until filled.

Writers & Co-Directors of Cambridge Writers' Workshop Diana Norma Szokolyai and Rita Banerjee will be your guides and help you create the space you need to nurture your writing projects. Certified yoga instructor/visual artist Elissa Lewis will guide participants in daily yoga and meditation exercises. The retreat is tailored for allowing participants to relax and access their creative process. We will offer the following options to those electing to participate:

- ☛ Craft of writing mini-classes
- ☛ Creative writing workshops
- ☛ Manuscript review
- ☛ Yoga
- ☛ Meditation
- ☛ Beginner/intermediate/advanced French conversation groups
- ☛ Fine art mini classes and crafts
- ☛ Excursions to Paris & Chantilly (known for whipped cream and genuflecting horses) and nearby medieval towns

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**APPLY BY APRIL 30TH**

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Register for retreat at: [cww.submittable.com](http://cww.submittable.com)

