

## Writing Retreat



### 23-30 June 2024 - La Bergerie

La Bergerie  
1 Route de Lodève,  
34700 Soumont  
France

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Write and relax in a charming cottage with private pool in 15 hectares of woodland. The cottage has spaces to write or eat both inside and out, plus a large living room.

The Writing Retreat is organised to be fun and informal. Exercises will be organised each morning, with silent writing sessions throughout the day. There will also be the chance to visit the beautiful surrounds and participate in feedback sessions to gain invaluable insights from the host and other participants. All activities are optional.

This will be the fourth writing retreat we've run. My goal is to create an atmosphere of creativity and sharing, where your inspiration runs wild and your pens flow freely.



## La Bergerie



La Bergerie has a private pool in front of the cottage, a woodland on one side and paddock with horses on the other. There are spaces to write or eat both inside and out and a spacious terrace, plus trampoline and boules court.

Inside there is a dining room with well-equipped American kitchen and a spacious living room to relax in. There are three showers, one bathroom, and four toilets.



## Writing exercises

Each morning there will be a writing exercise led by Martin Woods. These will strengthen your writing skills in a fun, collaborative way. Martin has spent 17 years managing a team of copywriters for Indigoextra. He's written a sci-fi novel that's currently with agents and has a degree in Psychology.

Martin's run an [Online Writing Meetup](#) every week for the last five years. We highly recommend attending at least one Meetup before signing up for the retreat.

For this retreat, the focus is on enhancing your writing through the application of psychological theories. There will be a mix of group and solo exercises with the option to share your writing with others, should you wish.

## Meals



Evening meals are included for six of the seven nights. For the other night, we can go to a local restaurant in Lodève (15 mins) or at Lac du Salagou (30 mins).

Each meal will be vegan, organic where possible, with gluten-free options available.

As those who have previously come on the retreat will testify, Allison is a great cook. We will need everyone to volunteer on different evenings to help as sous-chef or with cleaning up afterwards.

The exact menu is to be confirmed. Meals will include:

### **Indian Night**

A butterless chickenless buttered chicken and a rich vegetable madras with dahl, pilaf rice and home-made naans.

### **BBQ**

Vegan sausages, burgers and skewered vegetables for the barbie plus a couple of colourful salads.



### **Mexican Night**

Delicious vegan chilli with roasted vegetables, guacamole and wraps.

### **Pile-on Pizza**

You will be given a selection of pizza toppings (tomato base, vegan cheeses, garlic oil, and an assortment of vegetables) to lather liberally on your pizza.

Please bring food for yourself / to share for breakfast and lunch and anything you'd like to drink.

## Prices

The price includes all the following:

- Accommodation (From 3pm on 23 June to 11am on 30 June 2024).
- Bedding and towels (please bring your own towel for the swimming pool).
- Creative writing exercises.
- Feedback sessions for those looking for insights into their own work.
- Evening meals for 6 nights.

Prices are as follows:

Beds	Price per person	Notes
<del>Single room</del>	<del>€550</del>	Sold out
Double room to yourself	€650	
Shared double room	€490	
Shared twin room	€490	

Partners not participating in the writing are welcome to share a room. The price for non-participating partners sharing a room is €390.

## Payment Terms

Places will be reserved on a first come, first served basis.

50% due on booking.  
50% due by 7 May 2024.

### Refund policy

- 100% for cancellations before 23 May 2024.
- 50% for cancellations before 16 June 2024.
- No refund for cancellations after 16 June.

### Payment

Payment by bank transfer (please contact me for details)

Or by PayPal to:  
[art@allisoncarmichael.com](mailto:art@allisoncarmichael.com)

We look forward to welcoming you to La Bergerie.

