

REPLENISH

Luxury Writing and Wellness Retreat, Daylesford

Retreat. Restore. Replenish.

Lake House

10–12 September 2018

WORD

HOUSE

Daylesford in spring is one of the most beautiful places in the country.

“There’s a rhythm to life at our house on the lake,” says Lake House owner Alla Wolf-Tasker, “a sequence of ongoing daily rituals...Bread is rolled, fresh flowers are arranged, coffee is ground, tables are set...The rhythm continues on through the day and into the evening, with the soft murmur of guests and the clink of glasses. Final lights out offers a mere few hours respite before the bakers return and the rhythm resumes once again.”

Join Cath Crowley and Alison Arnold—writers, hosts and creative explorers—at the one-of-a-kind Lake House and discover its beautiful rhythms for yourself.

This two-night, three-day getaway will be a balance of:

- Writing. Tools for journalling, mapping, and exercises to enhance wellness and inspire joy.
- Food. The Two Chefs Hats Lake House restaurant is famed for its cutting edge, seasonal menu.
- Conversation. Discussions about wellness, writing

and the creative life with like-minded people.

- Time to enjoy your surrounds: your luxury Waterfront room, the Lake House’s six acres of country garden sloping down to the lake, and the gorgeous town of Daylesford itself.
- Relaxation. A massage at the award-winning Salus Spa on the grounds of the Lake House. A cup of tea in the lobby. A walk around lake if you feel so inclined.

Turn to itinerary (p 6) to see how the days will unfold.

You will leave feeling:

- Replenished and restored, having discovered the link between creativity and wellness, and able to bring this into your everyday life.
- Proud of what you’ve achieved.
- Supported and nurtured.
- A little bit more in love with yourself and with life.



Dates

10–12 September 2018 (Monday–Wednesday)

Cost

General: \$2950

Early bird: \$2700

Over 65: \$2700

Inclusions

2 nights accommodation at Lake House, Daylesford

All tuition & materials

Delicious seasonal food

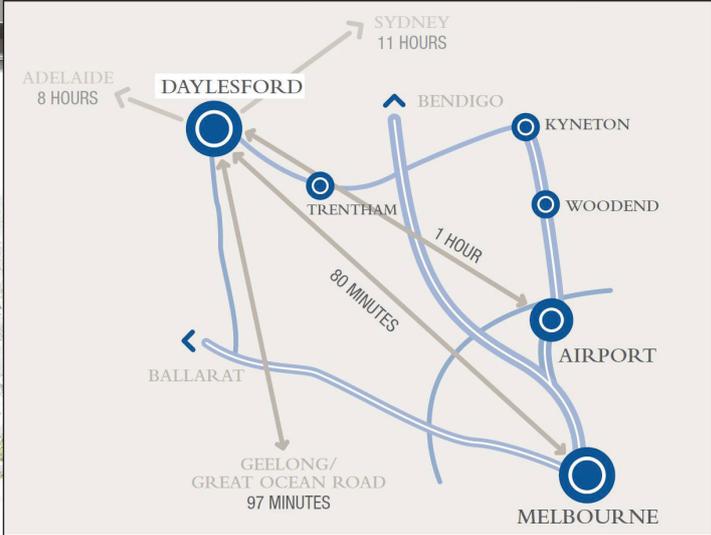
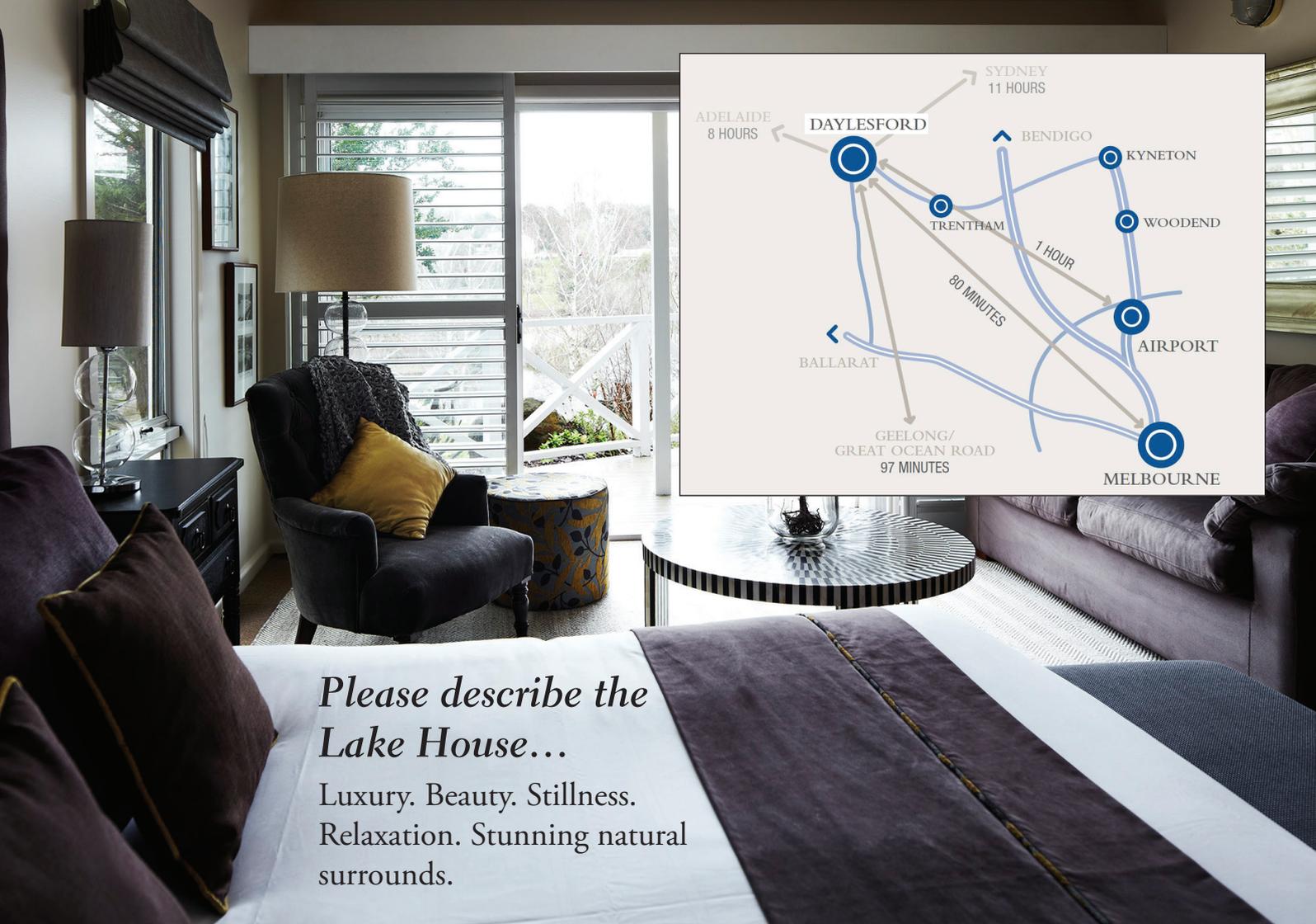
A creative care package

A one-hour massage at the award-winning Salus Spa

A solo conversation with Ali and Cath about your project, writing, creative life.

For a full list of inclusions and our terms and conditions, please see:

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*Please describe the
Lake House...*

Luxury. Beauty. Stillness.
Relaxation. Stunning natural
surrounds.



ITINERARY

Day 1

Arrive (after lunch) at 12.30 p.m. to check in and meet us. We will have a tour of the lovely gardens of the Lake House, then be ready to begin our 'work', while our bags are taken to our rooms.

1.30 p.m. As we get to know each other (and have afternoon tea), we will also begin our writing for wellness sessions.

4.30 p.m. Solo time. Unpack in your luxurious Waterfront Room, with a view of the lake and artwork by resident artist Allan Wolf-Tasker. May we recommend a walk around the lake or a book on your balcony?

6.30 p.m. Our food happiness continues with dinner—a 5-course chef's tasting in the private cellar of the Lake House.

Day 2

7.30 Breakfast

10 a.m. The seeds have been planted, and now it is time for them to grow. A series of writing exercises will leave you inspired and, we suspect, proud of what you achieve.

Following a working lunch, served to us in our lovely light-filled retreat room, you will have the afternoon to:

Enjoy a massage in the award-winning Salus Spa. We'd love it if you let your mind roam over the morning and the connection between writing and wellness. Falling asleep is good too.

Seek out Cath and Ali for a cup of tea and a chat.

We have half an hour to spend with each person this arvo, in addition to all the other time we will carve out to get to know you and where you are at with writing/life. Meet us in the lobby or on one of our balconies. (Purely optional!)

Have an additional treatment at the Salus Spa — (not part of the package: please remember to book well in advance.)

Rest, reflect, sleep, walk, explore, write.

6.30 p.m. Dinner — a la carte in the Lake House restaurant.

And sleep—did someone mention a king-sized bed all to ourself?

Day 3

7.30 Breakfast

10 a.m. Sit down for our last writing session; we'll do just a little more.

Over our last morning tea, we would love to hear everyone read their favourite piece from the retreat. This is only if you'd like to.

11.30 a.m. Wrap up. Let's review where we are now at in terms of wellness. Are we feeling replenished? Restored? How can we take these writing practices into our everyday lives to promote our general happiness?

12.30 p.m. Farewell.

Ask us a question or see the website for FAQs

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Cath Crowley

Cath Crowley is an author of young adult fiction, a lover of story and of words. Her writing is more than a way to pay the mortgage. It's the reason she gets up at five am. Writing and reading help her make sense of the world, help her relax, and reflect. It's another form of mindfulness, a way to escape the noise. And listening to other people's stories is one of her favourite things to do.

Ali on Cath: She is the most beautiful of writers and the kindest of human beings. Spending time with Cath is like being wrapped in a hug. I've run creative writing workshops with Cath for a long time now, and I am always astonished at just how present she is, how much she gives of herself, how wise she is, and how she makes everyone around her feel better. She is also very funny, frequently at her own expense. In case either of us sound overly saintly, please be assured that Cath and I both like to complain about things. We are expert complainers, but we try to be entertaining about it.



Alison Arnold—Ali—is a constant reader and lover of words. She has been a book editor for seventeen years, and hosts writing masterclasses with Cath. Over that time she's learnt many things about writing, both technical and otherwise. How it can bring joy, connection and a stronger sense of self. How it can help us make sense of our lives and our slightly crazy world. How it can help us grieve and be kind and embarrass ourselves laughing on the train. She thinks writers are both brave and mad. They are her favourite people.

Cath on Ali: I know that whenever I go to Ali with a problem, be it work or life related, I'm in safe hands. She's kind. She's a solver of things. Practical and funny. A great cooker of soup. And she's the best listener I know. She's got insightful eyes for fiction because she has this wonderful appreciation of what it is to be human – we succeed, we mess up, we get up. Part of the reason I love working with Ali is that she approaches life with intelligence and a sense of humour. It's what makes her a brilliant editor, writer and teacher.



Alison Arnold

What next?

Several people have asked us if they can extend their trip to either do some more writing or more relaxing. The Lake House has let us know they are happy to discuss our guests staying on at a special retreat rate.
Please let us know if you would like to do this.

There is plenty of accommodation in Daylesford.
You could also consider taking your work to another hotel, guest house or Airbnb, meet with other writing friends, and generally extending the retreat.

Extended tutorial?

Both Cath and Ali, either together or separately, are available the morning of the first day and the afternoon of the third if you would to meet one-on-two or one-on-one to talk about your project.
Cost: \$180 for one of us, \$320 for both. (The first 10,000 words of your manuscript read prior to the meeting. We will need this two weeks in advance.)
Duration: 1 hour.

Afterwards?

We are both available as ongoing mentors. Chat to us about it.



*We'd love to see you here!
Any questions or requests?
Email us: alison.c.arnold@gmail.com
cathcrowley@me.com*