

THE DRAGONFLY WRITERS RETREAT —

FRIDAY—

ARRIVAL DAY

8am- 12 noon – Breakfast/ Registration/ Orientation /WELCOME

12-1pm – LUNCH – AT HEARTWELL INSTITUTE

1-3Pm - SESSION #1 - FIRST WORKSHOP - INTROS

3:15- 4:30pm - CRAFT TALK

4:30- 530pm — FREE WRITING/ YOGA / MEDITATION

5:30- 7pm – DINNER – OPEN TO EXPLORE AREA RESTAURANTS

—TRAVEL TIME —

7:30- 8 pm – OPEN MIC PERFORMANCE/SIGN_UP

8PM- 9pm _ ROCHELLE SPENCER PERFORMANCE (**OPEN TO PUBLIC**)

SATURDAY

7AM- 9AM — BREAKFAST + OPEN KITCHEN –HEARTWELL INSTITUTE

9am- 12 SESSION #2 WRITERS WORKSHOP W/ LEADER

12 NOON- 1PM - LUNCH AT HEARTWELL INSTITUTE

1PM- 3PM - SESSION #3 WORKSHOP

3:15PM- 4:30 pm- CRAFT TALK

4:30– 6PM PM – PAINT NIGHT ACTIVITIES/ DRAGONFLY PAINTING/ WINE+CHEESE
OR FREE WRITE (CHOICE)

6PM to 8PM - DINNER – OPEN TO EXPLORE LOCAL RESTAURANTS OR
CAN USE HEARTWELL KITCHEN

8PM - NIGHT – OPEN MIC & TARA BETTS– POETRY PERFORMANCE AT HEARTWELL INSTITUTE **OPEN TO PUBLIC**

SUNDAY

7AM- 9AM — BREAKFAST + OPEN KITCHEN –HEARTWELL INSTITUTE

9am- 12 SESSION – #4 WRITERS WORKSHOP W/ LEADER

12 NOON- 1PM - LUNCH AT HEARTWELL INSTITUTE

1PM- 3PM - FREE WRITING TIME/ MEDITATION/ YOGA/ SOUND BOWLS

3:15PM- 4:30 pm- CRAFT TALK

5:00 PM– 7 PM – - KEYNOTE PERFORMANCE– TBA - **OPEN TO PUBLIC**

+ PLUS PARTICIPANTS OPEN MIC + BOOK SIGNING

730PM and BEYOND —OPEN DINNER + DEPARTURES