

Writing the Body, Dancing the Soul

“To write is to note down the music of the world, the music of the body, the music of time.”

Hélenè Cixous,
Rootprints



“Twelve Women with Birds” courtesy of Emily Ballet

A Fall Body Soul Writing Retreat November 10 - 15, 2024

Our daily lives are often so rushed and busy that we lose touch with our own depths. Please join us for a Body Soul Writing Retreat this November. Rivendell Retreat Centre is an oasis of peace and tranquility on beautiful Bowen Island, a twenty-minute ferry trip from Vancouver. Come and sink into your own creative process. A variety of writing prompts and exercises, the gentle support and inspiration of the group, the quiet beauty of the setting, delicious food, and abundant spaciousness for reverie and reflection will nourish your body and soul.

The retreat will provide freedom to move, dream, and write according to your own rhythm. In a sacred circle of women, we will write and share, meditate and move, dance and draw, ripen and deepen, as we explore our stories with wild and audacious abandon. We will invite, attend, and dance our stories and poems onto the page as mirrors of our soul’s journey. If you are a beginning writer, this retreat will get your creative juices flowing. If you are immersed in an ongoing writing project, it will offer inspiration and the opportunity to carry it forward.

“Let your body become the music. Let her sing. Let your pen walk in the twilight between consciousness and unconscious. There, it will find such images, such ideas as you could never find.” Marion Woodman, *Coming Home to Myself*

Our sessions will take place in a large, carpeted workshop room with comfortable easy chairs. There will also be unscheduled time to relax and write, and enjoy a cup of tea with others in the spacious lounge with fireplace. Evenings will include open readings and informal discussion of the writing process.

Join us for this time of nurturing retreat, creative exploration, and soulful companionship. Please bring a large journal or notebook, a dream you are curious about, a yoga mat, comfortable clothes to move in, and a dancing skirt.

The all-inclusive program fee includes six days/five nights in Rivendell Retreat Lodge, comfortable single rooms with private bathrooms, all meals and snacks, workshop tuition and materials, and several surprises. Please email or call if you are interested in joining us. The registration form is attached. Plan to arrive on Sunday November 10th by 3 pm. Our opening session will take place after dinner. We will finish on Friday at 11 am.

Ideally participants will have taken a course or workshop with Marlene before. Anyone new may contact me to arrange an individual consultation hour. If your participation is confirmed the consultation fee (\$175) will be applied to your registration payment.

Program fee: Before September 1st
\$1725 CAD in Canada
\$1725 USD outside Canada

After September 1st
\$1875 CAD in Canada
\$1875 USD outside Canada

This includes five nights accommodation and all meals, workshop tuition and materials, and a book. The group will be limited to 16 participants.

In Canada payment can be made via e-transfer or personal cheque.

In the USA payment can be made via Paypal or personal check.

Elsewhere, please pay via Paypal.

*Cancellation policy: If you withdraw before October 1st, your payment minus \$250 will be refunded. Please note that if you withdraw after October 1st, your payment minus \$250 will be refunded only if I can find someone else to fill your space. After November 1st, refunds are not possible.

*In early October a Welcome email will be sent to registered participants. At that time we can discuss car-pooling to Rivendell Retreat Centre from Vancouver.



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