



WRITE IT DOWN!

Inspirational and therapeutic writing holidays

'I have been on many creative writing courses and this was the best'

'Every session is wonderful; funny, therapeutic, inspiring and lots more besides'



**** NEW LOCATIONS FOR 2016 ****



Creative and empowering writing holidays with a relaxed, house-party atmosphere in stunning venues.

Write it Down! holidays combine supportive writing workshops with mindfulness practices and luxury accommodation, all situated in beautiful natural landscapes and inclusive of classes, fantastic food, drinks, excursions and treatments.

These courses encourage everyone, irrespective of their writing experience or academic skills, to write down their lives on paper for the wide-ranging and scientifically-acknowledged therapeutic benefits of personal, self-driven penmanship; to leave a sociological record of their lives for future generations and to re-discover their creativity and unique writing voice.



La Serrania, Pollensa, Mallorca

May
Writing and Active Dreaming
with Elaine Kingett and reiki
master Monika Evans

Location recommended by *Condé
Nast Traveller* and *Harper's and Queen*



Finca Buenvino, Andalucia, Spain

May, June and September (two)
Writing, walking and meditation
with Elaine Kingett

With cooking recommended by
Thomasina Miers and Darina Allen



Little French Retreat, Gascony, France

July and October
Writing, yoga and digital detox
with Elaine Kingett and classical
hatha yoga teacher Tamsin Chubb

Cleansing and nourishing
vegetarian, dairy/gluten free menus



About the course leader, Elaine Kingett

Elaine is an award-winning journalist. She has been a features writer for *Woman and Home* magazine for over 16 years, and has written for publications including *The Guardian* and *Archivist* magazine. She has over 30 years experience in the fashion business as a designer, journalist, PR and creative consultant. For five years, she helped to run walking holidays in the UK, Europe and North Africa. She has an MA Professional Writing, has studied autobiographic writing at the University of Sussex, poetry therapy with Charmaine Pollard, therapeutic and reflective writing with the Professional Writing Academy and mindfulness meditation in Nepal and London. She is a member of Lapidus –the writing for wellbeing organisation, a Hoffman graduate, and volunteers for Mind.



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