



# PROCTOR

## Writing & Relaxation Retreat

2025 PROGRAM AT A GLANCE

### Tuesday, July 22

6:00 PM OPTIONAL DINNER

12:15 PM LUNCH

1:15 PM GUIDED WRITING

3:15 PM BREAK

3:30 PM FREE WRITING SESSION

6:00 PM DINNER

7:00 PM STRETCH & SHARE

8:00 PM TRIVIA (OPTIONAL)

### Wednesday, July 23

BREAKFAST (RANGE OF TIME)

7-8:30 AM BREAKFAST

8:30 AM REGISTRATION

9:00 AM WELCOME & INTRODUCTIONS

10:15 AM BREAK

10:30 AM SOMATIC WRITING

12:00 PM LUNCH

1:00 PM THE THREE E'S OF WRITING

2:00 PM BREAK

2:30 PM RELAXATION SESSION

3:30 PM FREE WRITING SESSION

6:00 PM DINNER

7:00 PM STRETCH & SHARE

### Friday, July 25

BREAKFAST (RANGE OF TIME)

7-8:30 AM BREAKFAST

8:30 AM WAKE-UP AND STRETCH

9:30 AM CREATIVE SESSION

10:30 AM BREAK

10:45 AM WRITING FOR PUBLIC AUDIENCES

12:15 PM LUNCH

1:15 PM OPEN DISCUSSION AND QUESTIONS

2:00 PM CLOSING ACTIVITY - SHARING

3:00 PM END

### Thursday, July 24

BREAKFAST (RANGE OF TIME)

7-9:00 AM BREAKFAST

9:00 AM THE LIFE OF A BOOK

10:45 AM COACHING SESSION