



**Spring Academic Writing Retreat**  
**April 13 - 15, 2021**  
**Earthshine Lodge, Lake Toxaway NC**

The challenges of the past year have made it difficult to find time to focus on research and writing. There is nothing quite like trying to find quiet time to write while quarantined at home with virtual schooling kids and no dedicated office space. Our goal with this retreat is to offer a private, comfortable, and dedicated space to write and a community of faculty to support and encourage writing progress and goals. This is your time - this itinerary is *optional* and time spent in break-outs or time spent with other writers is by choice.

**Tuesday, April 13th**

- 1:00pm            Check in begins - guests may arrive anytime after this
- 5:00pm            Evening Community Conversation - Setting Intentions for Your Retreat  
You're here! Breathe deep of the cool mountain air and gather with fellow faculty writers for a casual conversation guided by Guest Host Katherine Scott Crawford. Here we'll spend a brief time getting to know one another and have a chance to both develop and share our individual intentions for the retreat. If you're tactile, bring a pen and notepad or whatever you like to use to collect your thoughts.
- 6:00pm            Dinner

**Wednesday, April 14th**

- 7 - 9:00am        Coffee starts at 7am and breakfast is available starting at 8am
- 9 - 10:00am      Morning Yoga led by Clare Desmelik  
Clare's approachable and revitalizing vibe is geared to people of all levels and abilities. She will help revitalize and refresh your body and mind.

- 10:00am      Guided meditation
- Deepak Chopra once wrote that, "Mediation is not a way of making your mind quiet. It is a way of entering into the quiet that is already there--buried under the 50,000 thoughts the average person thinks every day."
- Academic life is a constant push and pull of needs: Your students', your fellow faculty and administrators', and yourselves. But this Retreat is for you. After yoga, join us for a 10 minute guided meditation with the goal of, if not quieting our minds, then helping us to anchor into the present moment in this place, and ready ourselves for the retreat ahead.
- 11:00am-noon      Breakout Session I: What's Your Roadblock
- What is keeping you from gaining ground towards or meeting your writing goals? Is it dread, exhaustion, lack of time or inspiration, burnout, or even fear of failure? Some combination of the above, or something else entirely? In this session we'll discuss techniques you can play with in order to jumpstart your writing, build new (or better) habits, and overcome roadblocks.
- Noon - 1pm      Lunch - "stay and eat" or "grab and go"
- 4 - 5:00pm      Breakout Session II: Finding Motivation & Inspiration
- Motivation and inspiration does not have to look like a spreadsheet or a page in your weekly planner. It can be found anywhere, especially when you're not necessarily looking. Join us for an afternoon hike (easy to moderate) on Earthshine's trails. We'll walk and talk about ways to get our creative juices flowing, and as a bonus, will hear from a local naturalist. Trust us: these mountains are magic.
- 6pm      Dinner

### **Thursday, April 15th**

- 7 - 9:00am      Coffee starts at 7am and breakfast is available starting at 8am
- 9:00am      Morning Closing Conversation - Closing the Circle
- As you ready yourselves to leave the mountains behind, how do you feel? In what ways will you take the retreat with you? Let's have another casual conversation to close out the retreat, share, and set accountability for the days ahead.
- noon      Check-out