

*From Process to Page with  
Claire Galligan & Laura McAuley*

**Day 1**

**4.00 pm**

**Check-in time is 4 pm, arrive at your leisure and check in at Harvey's Point.**

**5.30 pm**

**Introduction, meet and greet with Claire Galligan and Laura McAuley.**

**7.00 pm**

**Dinner is served in our Lakeside Restaurant, and the evening is at leisure.**

**Day 2**

**8.30 am - Breakfast is served in our Lakeside Restaurant.**

**10.00 am - 1.00 pm- The Writing Process with Claire: Narratives and Nature.** *Deep relaxation to prepare the imagination and to destress the body to write with confidence. Unleash the power of landscapes to explore how inanimate objects have a story to tell.*

**1.00 pm - Light lunch is served in our Lakeside Restaurant.**

**2.30 pm - 5.30 pm - Writing with Laura: Putting the words on the Page - poetry and prose.** *Using inspiration from the morning's process workshop.*

**7.00 pm - Dinner is served in our Lakeside Restaurant.**



## Day 3.

**8.30 am - Breakfast is served in our Lakeside Restaurant.**

**10.00 am - 1.00 pm- The Writing Process with Claire:** *Observation and Awareness* Deep relaxation. Generative exercises to sharpen our sensory perception and using our eyes as a camera lens as writers.

**1.00 pm - Light lunch is served in our Lakeside Restaurant.**

**2.30 pm - 5.30 pm -Writing with Laura:** *PuttIng the words on the Page – The Short Story* Using inspiration from the morning's process workshop.

**7.00 pm - Dinner is served in our Lakeside Restaurant.**

## Day 4.

**8.30 am - Breakfast is served in our Lakeside Restaurant.**

**10.00 am - 1.00 pm- The Writing Process with Claire:** *A Character Prepares* Storytelling through a variety of mediums. Participants will be asked to choose a fictional or non-fictional character and bring their choice to life through clay, memorabilia, symbols and colour.

**1.00 pm - Light lunch is served in our Lakeside Restaurant.**

**2.30 pm - 5.30 pm -Writing with Laura:** *Putting the words on the Page the short story* - Using inspiration from the morning's workshop.

**7.00 pm - Dinner is served in our Lakeside Restaurant.**

**\*Refreshments served during the workshop\***