



**KAMIN
MOHAMMADI**

Writer | Journalist | Speaker | Cultural Curator

WRITING RETREAT IN TUSCANY

7th – 14th October 2023



WRITING RETREAT

7th – 14th October 2023

If you are working on a book or have a burning idea for one, this is your chance to retreat from the pressures of daily life and devote yourself just to your writing. The retreat will be held in the pristine nature of the Colognole Country Wine Estate, located in an untouched corner of Tuscany and very close to where Kamin lives, and will offer you a week of good food (and wine!), daily writing workshops, long walks immersed in nature, a chance to see (and perhaps participate in) the olive harvest, and one-on-one tutorial with Kamin, as well as some extra seminars, and movement to help release creativity through the body. The group will be small and intimate, to support the deep inward nature of this work, and Kamin will also be providing daily yoga sessions, and other body work that will support your writing, and help overcome any writing blocks or challenges. The focus is on finding the space to write, without the interruptions of daily life, enjoying the combination of solitude and community that will be animate this week together.



WHAT'S INCLUDED:

Hotel Accommodation, Writing Workshops, Tutorials, Yoga Classes and Meals

- 6-night stay in Colognole
- Accommodation in a very comfortable, four-star country house hotel with nothing but birdsong outside
- A professional series of Writing Workshops led by Kamin (a total of five workshops and two seminars)
- A one-on-one tutorial with Kamin during the week to talk through your issues, ideas and brainstorm
- Yoga sessions and other exercises for accessing creativity through the body led by Kamin (all optional)
- A full day off in the middle of the week to immerse in writing
- All activities are planned to enrich and inspire your writing experience
- Wine tasting, horseback riding, foraging walks, photography workshops and walking meditation in nature all available at extra cost (these activities not included in price)
- All meals in the agriturismo's award-winning restaurant are included during the trip
- Add-ons can be arranged for a few days in Florence before or after
- If you wish to bring a non-writing partner, a supplement will apply. Email Kamin for details.

THE PROGRAMME COST – PRICES ARE PER PERSON:

Early bird discount if you book and pay in full before **30 July 2023**

- **US \$ 2,350 / GBP £ 1,795 / EUROS € 2,150 PP**

Full price booked/paid from **1 August 2023**

- **US \$ 2,650 / GBP £ 1,995 / EUROS € 2,350 PP**

BOOKING AND PAYMENTS:

- For the Early Bird Discount you must book and pay IN FULL before 30 July 2023.
- A deposit of **half the fee** is required to confirm your place on the retreat after July.
- The **balance payment** is due no later than 30 August 2023.
- There will be a maximum number of 5 participants in the group.
- Please note that deposits are not refundable.
- It is essential that you take out travel insurance (medical and cancellation).
- You can make payments by WISE transfer app or Bank Transfer. No Paypal.
- Please email Kamin to receive bank transfer details or be invited to the WISE app to receive bank transfer details or be invited to the WISE app..

Practical Information:

- Flights are not included and must be booked by each individual participant.
- Nearest airports are Florence (1 hour), Pisa (2 hours) and Bologna (2 hours).
- The retreat is in a very rural setting, the nearest train station is Rufina, regular trains to Florence take 30 minutes. Rufina is NOT within walking distance.
- Car hire is recommended, or the agriturismo can coordinate pick ups from Rufina and Kamin can put those who wish to share a car in touch with each other.
- Please note that our villa is immersed in nature – there are no shops nearby so bring everything you may need with you.
- Yoga mats can be provided.

OUR HOME IN TUSCANY

COLOGNOLE WINE ESTATE AND COUNTRY HOUSE HOTEL

Here in Colognole, love for this corner of the earth, for this land and its nature inspires and motivates everything.

The owners of Colognole are the Conti Spalletti Trivelli family who settled in Tuscany some 130 years ago, just a few decades after the Unification of Italy, purchasing 650 hectares northeast of Florence, in a small corner of paradise with a breath-taking view out over the valley of the Sieve river.

Cultivation of the grape and the olive grew in importance over these hills, and the many farmhouses spread over the property were restructured century after century and finally became today's Colognole Country Wine Estate. Kamin lives within this estate, in the hunting reserve that ranges over the hills and valleys just below the agriturismo, filled with wild animals, vines, olive plants and a wealth of flora and fauna.

Over all these years, the family's love for their land has never wavered; rather, they have passionately dedicated themselves, over five generations to steadily improving their wines and olive oil, together with a hospitality programme that in the last 30 years has assumed impressive dimensions and has made a significant contribution to the area. You are invited to taste the wine and olive oil of the estate as well as enjoying local produce from the Colognole area such as honey from local beehives, cheese and craft beer, all made within a few kilometres of the estate.



RETREAT DETAILED PROGRAMME

7th – 14th October 2023

DAY ONE Saturday 7 October

ARRIVAL

Arrive at the agriturismo after 2pm or at Rufina train station if you have arranged prior transfer with the hotel. Check in and relax, the villa is set in extraordinary and peaceful nature. Each bedroom has a desk and chair to facilitate your writing.

EVENING

This evening there will be a 'Welcome Dinner' in the hotel. Meet your fellow writers and say hello to Kamin. The writing programme for the week will be discussed and everyone will be encouraged to talk a little about what they are working on, their writing experience and journey and what they hope to get out of the course.

MEALS INCLUDED TODAY:

Dinner



DAY TWO Sunday 8 October

MORNING

- 7.30am yoga class (optional)
- Breakfast served in the restaurant
- 10-12.30pm: Writing Workshop One: introduction to memoir, what it is, why we want to write from personal experience and what are the pitfalls.

AFTERNOON

- 1pm: Lunch
- Time to write
- One-on-one tutorial with Kamin (optional)
- Nature immersion meditation walk (optional)

EVENING

- 6.30pm: Early-evening mind/body movement
- 7pm: Aperitivo
- 8pm: Dinner

MEALS INCLUDED TODAY:

Breakfast, Lunch, Dinner

DAY THREE Monday 9 October

MORNING

- 7.30am yoga class (optional)
- Breakfast served in the restaurant
- 10-12.30pm: Writing Workshop Two
Finding your theme(s), what is it, why does it matter, and how do you identify your themes?

AFTERNOON

- 1pm: Lunch
- Time to write
- One-on-one tutorial with Kamin (optional)
- 5pm: Seminar – Worrying about what others will think? Does a writer have to wait until certain people are dead before they can write about them? (optional)

EVENING

- 6.30pm: Early-evening mind/body movement
- 7pm: Aperitivo
- 8pm: Dinner

MEALS INCLUDED TODAY:

Breakfast, Lunch, Dinner



DAY FOUR Tuesday 10 October

MORNING

- 7.30am yoga class (optional)
- Breakfast served in the restaurant
- 10-12.30pm: Writing Workshop Three
When did that happen? Placing your story in time, historical context, and research

AFTERNOON

- 1pm: Lunch
- Writing time
- One-on-one tutorial with Kamin (optional)

EVENING

- 6.30pm: Early-evening mind/body movement
- 7pm: Aperitivo
- Dinner

MEALS INCLUDED TODAY:

Breakfast, Lunch, Dinner



DAY FIVE [Wednesday 11 October](#)

MORNING

- 7.30am yoga class (optional)
- Writing day, no classes, workshops, tutorials or seminars

AFTERNOON

- 1pm: Lunch
- Free time to write

EVENING

- 6.30pm: Early-evening mind/body movement
- 7pm: Aperitivo
- 8pm: Dinner

MEALS INCLUDED TODAY:

[Breakfast, Lunch, Dinner](#)

DAY SIX [Thursday 12 October](#)

MORNING

- 7.30am yoga class (optional)
- Breakfast serves in the restaurant
- 10-12.30pm: Writing Workshop Four

All To Do With Structure: do you need to structure your work before starting or after? What is structure and why will it help you to write and your readers to navigate. Different ways to structure your book.

AFTERNOON

- Lunch
- Time to write
- One-on-one tutorial with Kamin (optional)
- 5pm: Seminar – presentation of assignments and feedback from Kamin

EVENING

- 6.30pm: Early-evening mind/body movement
- 7pm: Aperitivo
- 8pm: Dinner

MEALS INCLUDED TODAY:

[Breakfast, Lunch, Dinner](#)

DAY SEVEN Friday 13 October**MORNING**

- 7.30am yoga class (optional)
- Breakfast served in the restaurant
- 10-12.30pm: Writing Workshop Five
Traditional publishing or self publishing? This workshop will tell you all you need to know about how to go forward in the publishing world, how to find an agent, build a profile and approach a publisher.

AFTERNOON

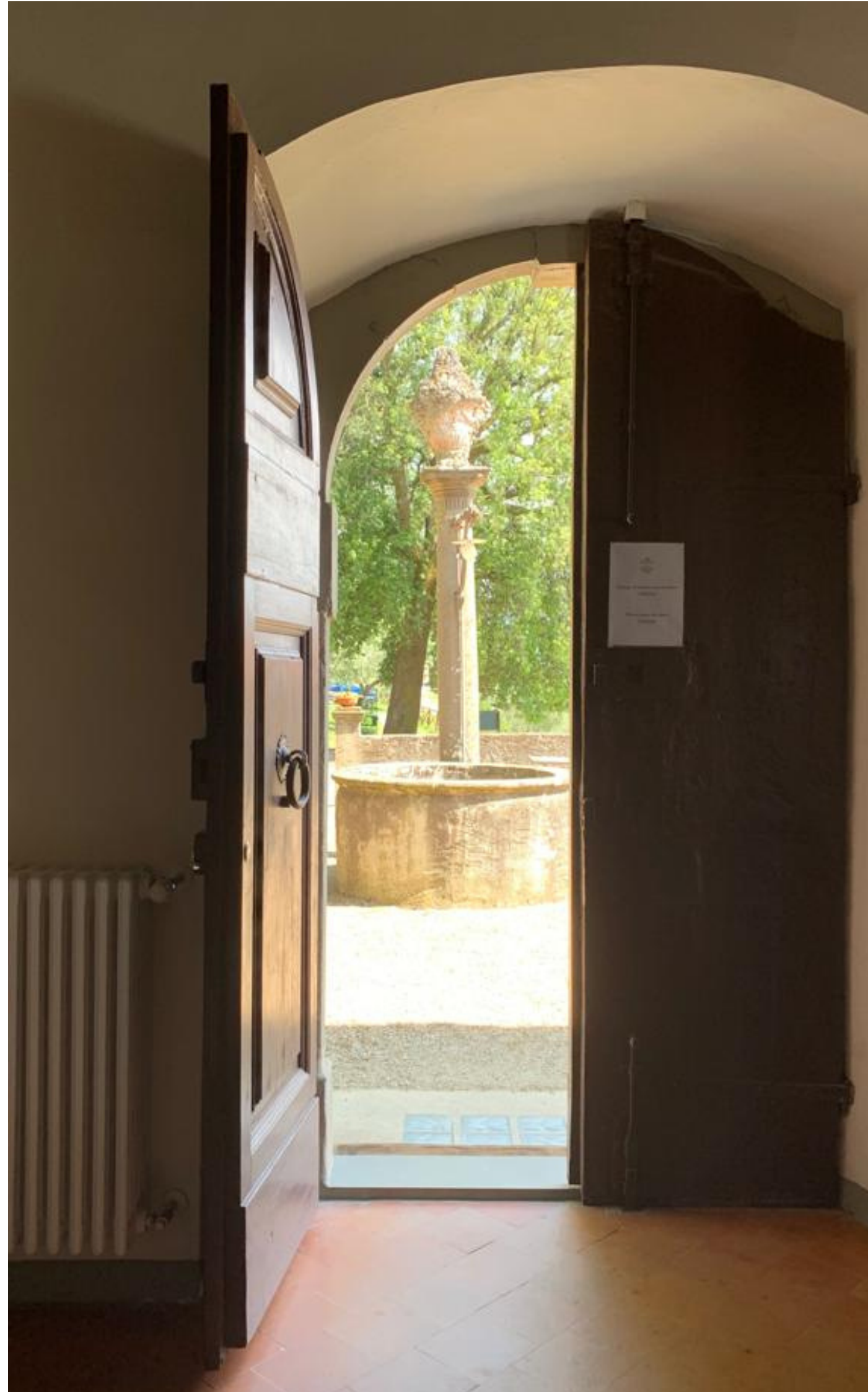
- Lunch
- Time to write
- One-on-one tutorial with Kamin (optional)

EVENING

- 6.30pm: Early-evening mind/body movement
- 7pm: Aperitivo
- 8pm: Dinner
- 9.30pm: Singalong!

MEALS INCLUDED TODAY:

Breakfast, Lunch, Dinner

**DEPARTURE DAY** Saturday 14 October**MORNING**

This morning is our departure day. By prior arrangement with the hotel, vehicles will be available to transport you to the train station or the airport.

MEALS INCLUDED TODAY:

Breakfast

IF YOU'D LIKE TO EXTEND YOUR STAY:

BEFORE or AFTER

To experience Florence the Bella Figura Way, Kamin can recommend a special hotel in San Niccolo in Florence with an exclusive discount code for her students only, and can give half-day tours of the city that combine the Bella Figura philosophy with writing guidance and advice. Kamin will help you discover the Florence that few other tourists see, with visits to spaces not usually open to non-locals. She will also incorporate Bella Figura wellbeing practices as well as work in writing exercises to prepare for/continue the experience of the writing retreat.

The cost will be
US \$ 330 / GB £ 250 / Euros € 300 PP for half day with Kamin
Maximum booking: 3 half days available at special discount of US \$ 900 / GB £ 680 / Euros € 820 PP

YOUR HOST



Kamin Mohammadi is a prolific author, journalist, editor, broadcaster, activist, cultural curator and yoga teacher.

Born in Iran, she moved to the UK in 1979. Her journalism has appeared in all the major British and international press including The Times, the Financial Times UK and China), The Guardian, Harpers Bazaar, Marie Claire, Vogue, GQ, Men's Health, GQ Style, The Sunday Times (UK), The Sunday Times of India, The Mail on Sunday, Grazia magazine (Italy), Donna Moderna (Italy), Virginia Quarterly Review, Truthdig, Switchyard, Newsweek, The Week, The Markaz Review and Truthdig as well as co-authoring The Lonely Planet Guide to Iran alongside many other guidebooks for Cadogan Guides.

Her journalism has recently won two awards from the LA Press Club, and has also been nominated for an Amnesty Human Rights in Journalism award in the UK, and for a National Magazine Award by the American Society of Magazine Editors in the U.S.

Kamin has authored two books: BELLA FIGURA: HOW TO LIVE, LOVE AND EAT THE ITALIAN WAY (published in 16 countries and in development as a television series); and THE CYPRESS TREE: A LOVE LETTER TO IRAN (Bloomsbury). She has contributed original stories to the anthologies Pensiero Madre (NEO Edizioni), and The Ordinary Chaos of Being Human (Penguin).

www.kamin.co.uk

For more information or to book, email Kamin on:
kamin@kamin.co.uk

