

*Write Your New Story*  
*at*  
*The Forsyth B & B, Kingston, NY*  
*with*  
*Tina Barry and Rochelle Rice – January 27-29, 2017*

*Agenda/Schedule\**

**Friday, January 27, 2017**

3pm on - Arrive at the Forsyth

6:00pm – Welcome from Tina, Tamara and Rochelle

- Light dinner
- Ice breaker

7:00pm – Overview of the weekend

- Opening Circle with Rochelle
- Expectations of teachers and participants
- Creative blocks
- Why movement may be helpful in facilitating the writing process
- Review of the schedule
- Q & A

7:30pm - First writing section

- How to lay out your writing plan for the weekend
- Begin the process or a first sample

8:30pm – Snack break

8:45pm – Option to continue writing, walk to town, snuggle up with a book in a nook, etc

9:30 – Finish for the evening

**Saturday, January 28, 2017**

Coffee and light fare will be available starting @ 7am.

8:00am – Yoga with Rochelle Rice

9:00am – Breakfast

10:00am – Writing Block of Time under the direction of Tina Barry

12:00pm – Lunch break – includes a brief walk depending on the weather

1:30pm – Writing Block of Time under the direction of Tina Barry

3:00pm – Stretch/Dance with Rochelle Rice

3:30pm – Snack Break

4:00pm – Writing Block of Time under the direction of Tina Barry

6:00pm – Close out the day

7:00pm – Dinner out at Mexican restaurant

**Sunday, January 29, 2017**

Coffee and light fare will be available starting @ 7am. Check out of rooms is at 11:00am.

8:00am – Yoga with Rochelle Rice

9:00am – Participant Reading

10:00am – Brunch

11:00am – Closing Circle with all participants

12:00pm – Write Your New Story comes to a close.

\*Schedule subject to change.