



laughing fox
writers

2023 Winter Retreat

Online Thursday February 2
In-Person February 3 to 6
Sleeping Giant Provincial Park

Come and warm up with fellow writers and artists during a weekend retreat that will provide the opportunity to focus on your latest project, socialize with others in a creative environment, and be inspired by the stunning beauty of the Park in winter. For more information contact Jean E. at jpendziwol@gmail.com.

Dates: Feb. 2-6 2023

Virtual workshop: Thursday Feb. 2

In-person Retreat: Sleeping Giant Park. Arrival after 1:00 pm Feb. 3, depart before 11:00 am Feb. 6.

Cost: \$375 per person

Includes:

- 2 hour virtual Master Class with Karen Connelly "The Flow and Focus Workshop: Writing with More Ease and Less Procrastination"
- *The Editor's Toolbox* resource from Karen Connelly – The Courageous Writers Academy
- 3 nights accommodations: basic private room
- shared bathroom/showers
- optional communal workspace
- meals (special diets will be accommodated as able)
 - Friday – evening appetizers
 - Saturday - breakfast/lunch/dinner
 - Sunday - breakfast/lunch/dinner
 - Monday - breakfast
- parking (carpooling encouraged)
- Radiant Yoga with Colleen
- skiing/snowshoeing trails
- social activities
- some facilitated sessions (all sessions are optional)
- a great group of like-minded creative people to connect with!

Bring your own:

- bedding, towels, beverages, snacks, ski equipment, computer, yoga mat, etc.

One-on-one Critiques and Critique Groups:

Participants may select to participate in a critique group or add a one-on-one critique with a professional author to their registration. See details on the next page.

Facility: Ranger Lodge – Sleeping Giant Park

12 people min (fewer than 12 people may result in cancellation/restructuring)

15 people max Paid registration is required to hold a spot. First come, first served.

NOTE: Ranger Lodge does not have wifi/cell service. Perfect for retreating! Rooms are basic and do not include a desk. Communal workspace is available, or you can bring a laptop desk. Some bedding is available but it is recommended that you bring your own.

Registration:

[Registration Form](#)

Registration deadline January 23.

Space available on first come first booked basis.

More info: laughingfox.com

Payment:

Deposit of \$150 required at registration. Balance due the week of the retreat.

Payment by e-transfer to: jpendziwol@gmail.com

Cancellation and COVID:

We encourage everyone to complete a wellness self-assessment before attending to ensure the safest possible environment for all. We will do our best to refund registration fees for cancellations in the event of illness. Keep in mind that this is a peer led, non-profit event running on tight margins. The cost of accommodations requires a minimum of 12 paid participants and is non-refundable.

The Flow and Focus Master Class with Karen Connelly

Thursday February 2, 2023

7:00 pm to 9:00 pm

Virtual Event – Zoom link will be provided

Co-sponsored by NOWW



Do you struggle with lack of focus or procrastination? Do you want an easy system that helps you to get down to work with less resistance and more joy? You'll find solid research-based answers in this Workshop! Join seasoned writer, educator and therapist Karen Connelly for this two hour Courageous Writers' Experience. This master class is a great way to set intention before heading into the retreat weekend at Sleeping Giant Park.

Learn how to use intentional grounding and mindfulness techniques to enter 'the courage room' of creative flow, especially when in a group setting. You will also learn time-management and habit-building techniques to change your procrastination and distraction patterns.

At the end of the session, Karen will offer participants The Editor's ToolBox (downloadable resource) for use after The Master Class is over. Sign up to receive this resource directly to your inbox by clicking the link in the Zoom Chat.

The Flow & Focus Workshop is from The Courageous Writers' Academy, Karen's online self-edit and self-care institute. A new CWA begins in April. Join us for a sneak-peek into this unique writers' support and educational mentorship experience.

This Master Class is included with Retreat Registration at no additional cost. Individuals not attending the retreat may sign up for this workshop at a cost of \$40.

Critique Groups

Participants have the option to choose to be part of a small critique group that will meet during the retreat. There is no additional cost to participate in a critique group. If selected at registration, participants will be matched with other writers working in the same category of their choice. Each member of the group will share a piece of writing prior to the retreat and receive submissions from other members of their group. Critique groups will be provided with guidelines for sharing their work, including word length, as well as recommendations for providing feedback both in-writing and in-person. Categories include adult fiction, non-fiction, poetry and children's. Select your preference during registration.

Professional Critiques

Are you looking for feedback on your writing or a specific work in progress? We are providing the option for retreat participants to add-on this service. See details under the profile for each professional writer. Manuscripts are to be submitted directly to each writer by January 20 and notes will be returned in the days leading up to the retreat weekend. Details on submission process and payment will be sent via email after registration.



Karen Connelly is a writer, educator and therapist in private practice. She has won national and international prizes for her books, which are published in a dozen countries. In her online institute The Courageous Writers' Academy, she teaches professional editing techniques and trauma-informed self-care, creative motivation, and time management in a supportive communal environment. Karen is the author of the acclaimed novel *The Lizard Cage*, which won Britain's Orange

Broadband New Novelist's Prize and the Governor General Award winning *Touch the Dragon*. As a psychotherapist, she specializes in trauma, creativity, and giftedness, and often uses the somatic and brain-based psychotherapy called Observed and Experiential Integration (OEI). You can read more about her work at www.thecourageroom.ca

Karen's critique will include a full substantive edit of up to 5000 words of fiction or non-fiction or 20 pages of poetry and will provide the writer with solid ideas about editing, expansion, possibility, and where to improve. The cost is \$180 plus HST.



Jean E. Pendziwol is the internationally bestselling and award-winning author of books for both adults and children including *The Lightkeeper's Daughters* and *Once Upon a Northern Night*. Her critique includes written feedback on an excerpt or complete manuscript of no more than 2500 words and can be for either adults or children. Critique will focus on paragraph and line edits for excerpts and substantive edits for complete (ie picture book) manuscripts. A one:one session of 15 minutes at the retreat is included. The cost is \$75 plus HST.

Marion Agnew is the author of acclaimed non-fiction including the essay collection *Reverberations: A Daughter's Meditations on Alzheimer's*. Her essays have been nominated for the Pushcart Prize and the National Magazine Award. Her critique will provide written feedback on 2500 words of non-fiction, either a complete piece or part of a larger work, including substantive suggestions and line edits, taking into account any specific questions or requests from the writer. A one:one session of 15 minutes at the retreat is included. The cost is \$75 plus HST.

Radiant Yoga with Colleen

Bring your yoga mat and join Colleen Dolce for gentle sessions focused on creativity and mindfulness on Saturday and Sunday. Don't have a yoga mat? No worries – we got you covered. More about Radiant Yoga here:

<https://www.radiantyogawithcolleen.com/>