

PROGRAMME

WRITING ME-TREAT

TIGER ROCK, PANGKOR ISLAND, MALAYSIA

22-24 April 2019



Would you like to spend three days and two nights on a private writers' retreat in the lush tropical rainforest hills of a Malaysian island? Rebecca and David Wilkinson created Tiger Rock on the island of Pangkor as their own family home and still spend holidays there. Rebecca is an artist and has decorated the main house and guest rooms with exquisite, colourful yet quirky taste.

The retreat will be led by writer, author, publisher and writer's mentor, Jo Parfitt, herself an old hand at running writing retreats that feed the soul, create new friendships and foster self-belief. What could be more inspiring than sundowners by the pool, shushed by the chatter of cicadas and the trickle of running water?

Join a small group of no more than eight selected guests and enjoy the seclusion of this hideaway paradise as you are set writing tasks in the charming pool house, explore your talent and play with your natural voice. Exercises will be inspiring rather than onerous and there will be plenty of time for relaxing and eating the delicious food created by their renowned resident chef, Bavanni. The resort manager, Mohan, came to Tiger Rock from the luxury resort Pangkor Laut.

Find out more about the resort on www.tigerrock.info



COST

The fully inclusive cost of the retreat is £390 for single occupancy. Participants willing to share a room pay £370.

TRANSPORT

The boat will leave Lumut at 12 noon on Monday 22nd April for the short ferry ride to Pangkor Island where a car will meet us.

Travel to Lumut can be arranged from Penang (2-3 hours) or from Kuala Lumpur Airport (4-5 hours) at an extra MYR300/ 500 respectively.

You will be returned to Lumut around lunchtime on Wednesday 24th for the return trip.



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Monday 22nd

12 noon	Ferry Lumut-Pangkor
1.30 pm	Lunch
2.30 pm – 4.30 pm	Welcome and introductory session
4.30 – 6.00 pm	Free time with a spot of homework
6.00 pm	Sundowners and sharing
7.30 pm	Dinner with wine

Wednesday 24th

9 am	Last writing assignments
11 am	Brunch
12 noon	Departure for ferry

Tuesday 23rd

9 am	Breakfast
10 am	Island tour followed by writing session
1 pm	Lunch
3 pm – 4 pm	Writing session
4 pm – 6 pm	Free time with a spot of homework
6.00 pm	Sundowners and sharing
7.30 pm	Dinner with wine