



“

Å skrive seg innover
i Sør-Afrika ble
en opplevelse som toppet
enhver forventning.

Britt Nøren

WRITE & TRAVEL SOUTH AFRICA

A writing workshop in the midst of whales and wildflowers
Facilitated by Kristin Flood and Merle Levin



With the writers

KRISTIN FLOOD MERLE LEVIN

Since 2002, Kristin Flood and Merle Levin have held workshops and retreats in scenic locations like Venice, a monastery at the foothills of the Italian Alps, the French Pyrenees, and in various cities in Norway, and now South Africa. They are thrilled to present this “Write and Travel” workshop, to be hosted once again at the tip of Africa, in Merle’s native country.

This workshop is not intended to be a rushed, tourist experience. It has been planned carefully to provide time for the participants to draw inspiration from the natural beauty and diversity of nature and local culture. The days will be relaxed, with time for meditation, walks on the cliffs and on the beaches, whale watching, and writing. The teaching will be in both Norwegian and English, and the writing in Norwegian.





Hermanus and Cape Town have been chosen as the location for the workshop. Hermanus is a small town two hours out of Cape Town. It is home to many of South Africa's most famous writers and is known as the "Riviera of the South" for its dramatic setting between mountains and seascapes, and its champagne air. It is also called the "whale capital of the world". Each year, Southern Right whales, Humpbacks and Brydes migrate into these coastal waters of the Western Cape to calve and nurse their young. October is the ideal month to view the whales. An adult whale can measure up to twenty metres (ten elephants) long and weigh up to sixty tons. They can often be seen just metres from the shore, which makes this a unique whale-watching town.

The participants will be accommodated in cottages, in a secure estate called Hermanus Beach Club, which has sensational views of the crashing Atlantic. The cottages are simple but comfortable, with the option for single bedrooms. Past participants have spoken of the whales breaching out of the water right in front of the cottages while they were sitting and writing. At night, they could hear the eerie sounds of them blowing through their blowholes. There are many places of great natural beauty in the region and at that time of the year, the mountains are covered in the Cape Fynbos wildflowers. There are long, white beaches to walk, and many participants love going for morning swims in the ocean.

Close to Hermanus is the picturesque "Hemel en Aarde" (Heaven and Earth) Valley, which is a wine route with superb restaurants and world-class wines.

“

Thank you for making this week so wonderful. The way it all was arranged, your generous sharing of knowledge and experience, your hospitality, African Nature and atmosphere, the good spirit within the group - all made it very special. I thank you with all my heart. Especially thanks to you, Merle, for so warmly inviting us into your home and environment and making this whole trip possible.

I am grateful.

Anne Hernes Olsen





PROGRAM:

Each day begins with teaching, meditation, and writing. The afternoons and evenings are free to write, hike, and explore the beauty of the area.

The first five days are spent in Hermanus, and then the group will travel to Cape Town via the coastal route, which is one of the scenic drives of the world.

In Cape Town they will be accommodated at a small hotel (3 stars) in Sea Point, close to Merle's apartment. Each day the group will gather in her home, deepening the writing and mindfulness process, with free time to enjoy the spoils of Cape Town in the afternoons and evenings.

OPTIONAL TOURS:

Whale viewing boat trip, Wine tasting tour, Kirstenbosch Botanical Garden.

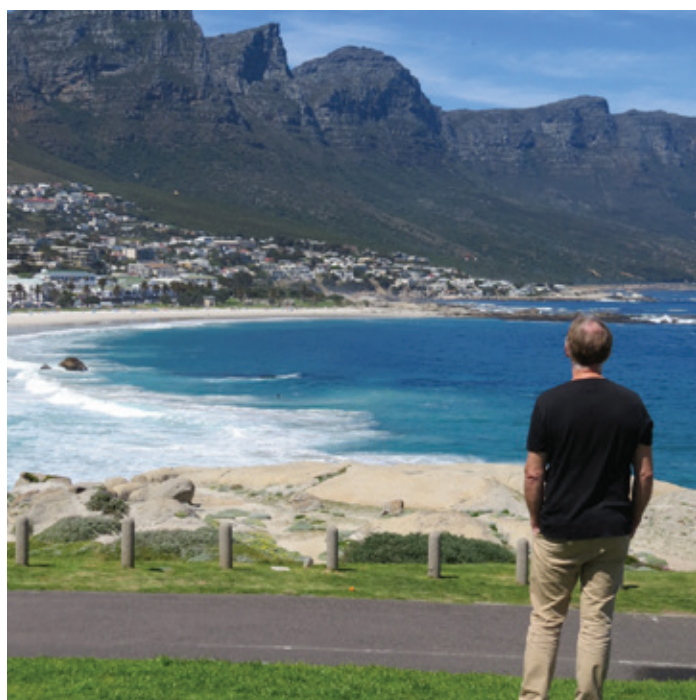
FLIGHTS:

There are good flight offers with Qatar Airways, Emirates, British Airways and that fly to South Africa. For this trip you will fly to Cape Town.

SUBSCRIPTION:

If you are interested to know more details about costs, dates, and program, please write to merle@merlelevin.com. We welcome you to this unique and inspiring experience,

Merle & Kristin



“

Merle og Kristin har med klok og varsom hånd guidet oss gjennom en reise på flere plan. Det begynte med hvalsafari der vi fikk se en hval med sitt nyfødte barn (på ett tonn) leke rett foran båten.

I skriveøvelsen etterpå skrev jeg en dialog mellom «hvalmor og hvalbarn». Øvelsen åpnet for kreativitet og skriveglede. Slik fortsatte det med nye opplevelser og øvelser en hel uke. Berusende. Alt båret oppe av daglige meditasjoner, fellesskapet i gruppa, deilige måltider og Mor Afrika. Vi valgte å reise på dette kurset sammen, min mann og jeg. Det kan virkelig anbefales!

Mette Jorunn Lunåsno