



Popham Spring Reset

A retreat on the coast of Maine focusing on writing, community, food and beach immersion
May 3-5, 2024

Food, Care and Intention provided by Stacy K Linehan, Owner of TREATS in Wiscasset

Writing, Pause and Stillness provided by Jeanette Eaton, creative writing and meditation teacher

Stacy Linehan

TREATS

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Jeannette Eaton

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Overview

Join Jeanette Eaton and Stacy Linehan for a weekend of beach immersion, fabulous food, and writing workshops. This spring reset is for everyone, even if you don't see yourself as a writer. There will be plenty of time to wander Popham beach, eat wonderful food, and focus on taking care of oneself while having fun writing. We will also have an afternoon and evening of focused food preparation and cooking for our community dinner.

Space & Sleeping arrangements - [See photos of home here!](#)

Located right on Popham Beach in Phippsburg, Maine, this home gives us unobstructed views of the Gulf of Maine and easy beach access for our stay. Most rooms have a sea view.

Specifications

Arrival is Friday, May 3rd, between 3- 5 p.m. There will be time to settle in and walk the beach before dinner and an evening gathering.

Saturday will be a full day of morning writing and walking, leading into an afternoon of creating food together for our evening meal. That night, weather permitting, we will have a circle on the beach with a little meditation and a writing prompt before heading to bed.

We'll have morning beach time on Sunday, a writing session with a midday brunch before a closing circle, and parting ways at 2 p.m.

Costs

\$750/person with shared accommodations, all food, and writing materials provided. There may be a limited number of single rooms for \$850/person. A non-refundable deposit of \$300 to hold your space is due upon registration.

This weekend is a purposefully small retreat with limited space for eight people. We hope you will join us! [SIGN ME UP HERE!](#)