



THE SALT & STORY WRITING RETREAT

Write & Reflect | Create & Connect

Where : Bordeaux on Britannia Villa

Embrace the season of hibernation and join us in beautiful Britannia Bay—only 2 hours from Cape Town—for a weekend of writing, rest, & reflection.

When : 3 Nights from Sunday, 30 August to
Wednesday, 2 September 2026

Costs: From R12,000 per person with only 8 spots
available, reserve before end June 2026

The Salt & Story Writing Retreat is a fully inclusive weekend, covering accommodation, chef-catered food & wine, and creative writing guidance from published author, Sam Keller.

TO RESERVE YOUR SPOT FOR AUGUST, CONTACT SALLY AT sally@bordeauxonbritannia.co.za



THE SALT & STORY WRITING RETREAT

| Who Is It For? |

The Salt & Story Writing Retreat is not only about writing, it's about Story. The stories we live, the stories we tell, and the stories we create.

This weekend is for women who want to write but may not know where to start. Writers who need time to explore a new idea or the space to develop an existing one. Or anyone who wishes to explore life through journaling and ritual.

Sam will explore story, creativity, and the craft of writing. Each attendee may also reserve an hour of one-on-one mentoring. No writing experience is necessary. Only your willing curiosity and the desire to connect—to place, to time, to your creativity, and yourself.

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Workshop Facilitator: Sam Keller

Sam Keller is a published author, developmental editor, and writing teacher with a MFA in creative writing. Her debut novel *The Light Remains*, is one of Business Day's "Five Local Novels to Add to your Reading List." She has published multiple short stories and a children's picture book, and believes writing contains magic. Discover what you hear when you tune out the white-noise of everyday life and tune into your natural surroundings and your inner voice.



Retreat Facilitator: Sally Mckenzie

Bordeaux on Britannia is more than just a place for Sally, it's an ocean-washed refuge where her guests can breathe and play and return to a sense of themselves. Sally will guide us through this place she loves, on beach walks, meditations, and optional wild swims. At the Salt & Story Writing Retreat, under Sally's careful attention, everything will be taken care of, so all you have to do is focus on yourself.



THE SALT & STORY WRITING RETREAT

| Food For The Body |

We'll begin our days with a light breakfast prepared at your leisure. Each afternoon and evening we will pause to enjoy thoughtfully curated and chef-prepared meals, designed to nourish, inspire, and complement the quiet rhythm of the Retreat.

The carefully selected menu celebrates the abundance of the West Coast, combining slow-cooked comfort dishes, fresh seasonal produce, warm hospitality, and elegant presentation.

Nourish your body while you nourish your mind.



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THE SALT & STORY WRITING RETREAT PROGRAMME



DAY 1 | EXHALE

1 PM : Arrive & Exhale

2:30 PM : Gather for a light lunch of soup, salad, and artisan bread

AFTERNOON : STORY

Introductions, opening circle, and retreat intention setting

EVENING : Sunset beach walk with optional cold immersion

6:30 PM : Sundowners & chef-prepared dinner



DAY 2 | EXPAND

7 AM : Sunrise tea/coffee

MORNING : Guided beach walk and optional cold swim immersion followed by breakfast

MID MORNING : STORY

Guided workshop to inspire and expand our creativity

1:30 AM : Nourishing lunch

AFTERNOON : Quiet time reading or journaling by the fire, or optional one-on-one writing guidance with Sam

6:30 PM : Sundowners & dinner

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THE SALT & STORY WRITING RETREAT PROGRAMME



DAY 3 | EXPLORE

7 AM : Sunrise tea/coffee

MORNING : Optional beach walk & meditation, cold swim immersion followed by breakfast

MID-MORNING : STORY

Exploring our stories. Why our unique voice is essential

1:30 PM : Nourishing Lunch

AFTERNOON : Quiet time reading or journaling by the fire, or optional one-on-one writing guidance with Sam

6:30 PM : Final sundowners & evening dinner.



DAY 4 | RETURN

7 AM : Sunrise tea/coffee

MORNING : Final beach walk, and optional cold swim

10 AM : Brunch

Closing writing circle lead by Sam. Reflect on the past three days. What do we take back with us?

12 PM : Departure

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THE SALT & STORY WRITING RETREAT WORKSHOP



I What You Can Expect I

Since humans could make marks we carved our stories into stone, onto parchment or birch bark. Before we had an alphabet we used pictures and handprints. People who did not write sang their stories. Creating stories is human and a writer is someone who writes. Using the literary Heroine's Journey as a model for a creative life, we'll release the stories that limit us, and explore a path towards our authentic creative selves.

DAY 1 | EXHALE :

We'll begin our time together with a focus on our ordinary inner world. Who are we? What are the stories we tell? What are the labels we lovingly live every day? Do they still represent us? How can writing—as a craft and a ritual—help us excavate our understanding of ourselves?

DAY 2 | EXPAND :

We leave the ordinary world behind and travel inward. Not on the traditional conquering quest to slay dragons, but on a journey of internal growth to reclaim our creative self. We'll use the natural environment and generative writing exercises to expand our inner worlds and discover our voice.

DAY 3 | EXPLORE :

Today we'll discuss craft and look at writing as a creative tool that is possible to learn and improve upon. Whether you're working on fiction, nonfiction, or personal writing, we'll discuss how to develop character, plot, structure, and style, and consider strategies to help you build a creative habit.

THE SALT & STORY WRITING RETREAT

| Accommodation |



The laid-back luxury of The Bordeaux on Britannia Villa provides the hub of the retreat. It is here we will meet and eat and gather for workshop. Comfortable bedroom accommodation is divided between Bordeaux on Britannia and Sea Lily. Every room is en-suite, there is an opportunity for two attendees to share, and you may choose between an ocean-facing or pool-facing room.



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| Next Steps |



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