

« The poetics of the blues » with India Flint

September 29th - October 5th 2024, Tréogat, Bretagne

Follow your wild heart away from the hustle and bustle to Bretagne, a wonderful region of France that almost feels like an island (over two thirds of its perimeter is bathed by the Atlantic) and join India Flint (author of 'Eco Colour' and 'Second Skin') in a live-in retreat exploring the visual and sensory poetry of this beautiful locality.

This year our theme is the search for blue, and with that in mind several gardeners in the region have been approached to grow both woad and Japanese indigo for us.

We will of course also be making daily dye bundles using the lovely falling leaves of autumn, lighting a fire under our cauldrons each afternoon. As we dye and print our cloth fragments we will stitch them together to create a journeycloth with a twist, so that it becomes a never-ending story, to keep us warm on future wanderings.



Picture by Valentina Popova

It will be a particularly beautiful time to be in Bretagne, a season of red and gold leaves, fragrant apples, drifting mists and cooler days leading up to Samhain, the period that marks the beginning of the darker months of the year. Bring your favourite woolly jumper and stout waterproof footwear!

You may also wish to bring a pre-loved garment to embellish and stitch with text or patterns derived from the surrounding landscape.

We will be staying together at the delightful Gîtes de Couleurs, a brisk 3.7km walk to the ocean where fascinating piles of pebbles lie and the swimming is gloriously refreshing (but usually we manage to car pool our way there).

<https://www.gites-couleurs.com/index.html>

All meals will be lovingly prepared by our chef, Geraldine Desindes, who works tirelessly to nourish us in both body and soul, and shared at the long table in the beautiful Blue Room.

<https://bien-etre-a-table.com>

There will be opportunities to visit Brocantes nearby, but most of our hours will be spent around the gîte and the surrounding countryside.



Picture by Bobbi Sue Smith

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