

7-14 MAY 2027 / CASTARA RETREATS

READING PARADISE

TOBAGO



Books. Sea. Conversation. Time.

A week of reading, relaxing and thinking about books

Swim before breakfast, read in a hammock, explore Tobago by boat and on foot, and share books, ideas and sunset drinks with a small group of fellow readers

It's your paradise

Everything is optional. Join every conversation - or read all day, swim, wander into Castara village or settle into a hammock with nowhere else to be.

FRI 7 Arrival

Airport transfer, welcome drinks, Ella's introduction and dinner

SUN 9 Waterfall & Claire Fuller

Morning waterfall walk. Evening conversation and informal Q&A with Claire Fuller

TUE 11 Deep reading

Shared reading in the morning. Evening graphology with Emma Bache

THU 13 Landscape & gathering

Mini haiku workshop; getting more from reading; final gathering

SAT 8 Your reading self

Morning: What Kind of a Reader Are You? Evening: Reading Trinidad and Tobago

MON 10 Coast & childhood

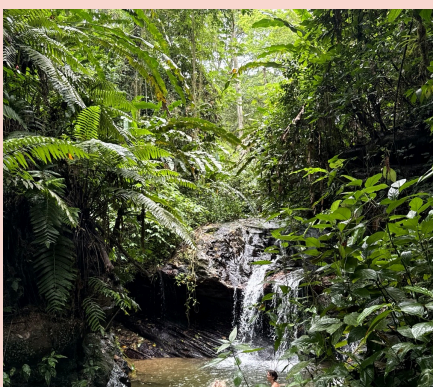
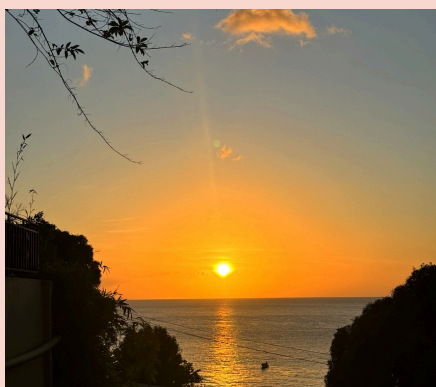
Boat trip, weather permitting. Evening: Your Childhood Reading Life

WED 12 Books & rhythm

Discuss our shared novel, chosen and sent to you before the retreat; Read for Your Mood; beach drumming later

FRI 14 Departure

Breakfast, free morning and transfer to Tobago airport



SESSIONS Morning 10.45-12.15 / Evening 5.00-6.30 / Programme may vary with island and sea conditions.

Relax on the Beach



FOOD FROM THE BAY

Caribbean Kitchen

Breakfast is served daily and dinner every evening except Wednesday, when we'll head down to the beach for a relaxed supper from local village vendors. Expect fresh fish caught in the bay, local dishes and generous vegetarian options. Lunch is yours to discover in Castara village or prepare in your lodge's small kitchen.

YOUR PRIVATE SESSION

A personal book prescription

Every guest has a one-to-one bibliotherapy session with Ella. Together you will explore your reading life, your personal life and what you want more - or less - of, before Ella creates a tailored list of books for you.

YOUR HOSTS



ELLA BERTHOUD

Pioneering bibliotherapist, artist and co-author of the international bestsellers *The Novel Cure* and *The Story Cure*. Ella has prescribed fiction and led workshops around the world for more than twenty years.



CLAIRE FULLER

Costa Novel Award-winning author of *Unsettled Ground*, *Our Endless Numbered Days*, *Swimming Lessons*, *Bitter Orange*, *The Memory of Animals* and *Hunger and Thirst*.



EMMA BACHE

One of the UK's leading graphologists and author of *Reading Between the Lines*. Emma brings an entertaining evening exploring what our handwriting may reveal about us.

Included in your week

- Seven nights at Castara Retreats
- Shared novel and book conversations
- Boat trip and waterfall walk
- Claire Fuller and Emma Bache events
- Breakfast daily and six dinners
- Private bibliotherapy session
- Beach drumming evening
- Curated book goody-bag

Rooms, travel and booking

All rooms are beautiful; choose company, privacy or a little more space.



SHARED TWIN

£1,550

per person

STANDARD SOLO

£2,025

per person

PREMIER SOLO

£2,750

per person

Payment schedule

A non-refundable £300 deposit secures your place and forms part of the total price.

The remaining balance is paid in two equal instalments: 7 January and 1 March 2027.



Shared Twin

£300 + 2 x £625

Standard Solo

£300 + 2 x £862.50

Premier Solo

£300 + 2 x £1,225

SUGGESTED FLIGHTS

British Airways from Gatwick

A direct through-flight: the aircraft makes a brief stop in St Lucia, but passengers remain on board. There is no change of plane and no need to navigate another airport.

OUTBOUND / FRI 7 MAY

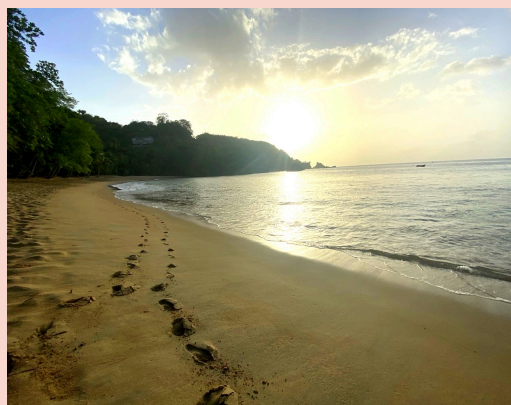
Gatwick 11:10 → Tobago 17:20

11h 10m / brief stop in St Lucia

RETURN / FRI 14 MAY

Tobago 19:05 → Gatwick 10:25

Arrives Sat 15 May / brief stop in St Lucia



A few practical details

- Flights are booked and paid for separately.
- US and other international guests arrange their own flights.
- Tobago airport transfers are included for every guest.
- Travel to your departure airport at home is not included.
- Please arrange your own travel insurance.
- Lunches and Wednesday dinner are not included.

Ready for reading paradise?

Contact Ella Berthoud to reserve your place

07801 160820 / ellaberthoud.com

