

Cat Bordhi's Restorative Year's End Knitting Retreats

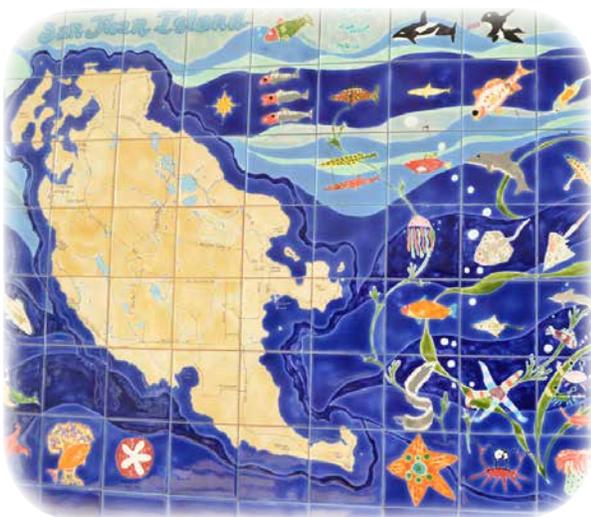
Four dates to choose from: Oct 6-11, Oct 13-18, Oct 20-25, or Oct 27-Nov 1



In the fall of 2018, after leading my island knitting retreats for about ten years, I initiated a new theme dear to my heart. The experience was so sweet that I've decided that all four fall retreats can follow this deeply restorative model, with the goal of replenishing your inner resources for the year ahead.

I'll be sharing and teaching a handful of projects designed especially to engage you with a pattern rhythm that embeds itself in your consciousness like a lullabye, so that you mostly needn't look at instructions. And as usual, I'm always available for individual knitting consultations, delighted to help resolve problems, illuminate mysteries, or teach special techniques as individuals wish.

We'll spend some time each day knitting in communal silence, letting the deep wellspring of knitting recalibrate us and fill the room as our hands move in quiet harmony. As someone reflected after a period of silent knitting last year, "What a magical and grace-filled time we shared." If you have never experienced communal silent knitting, you may find it to be a nectar that fills andn nourishes you day by day.



Our archipelago is a nature-lover's paradise. We have Orca whales, seals, foxes, abundant bird life, deer, and endless hiking trails. Friday Harbor, on San Juan Island, Washington, where I live, is about a two hour drive north of Seattle, followed by a little more than an hour on a ferry, which delivers you just a minute's stroll from our hotel. You can also take a float plane from Seattle to the marina beside our hotel, or fly from Seattle to our small international airport. Beware, like so many others who visit the islands, you may never want to leave!



Some of the projects I will teach are old favorites; others are being designed just for this retreat.

Just outside our door you can visit shops, the Whale Museum, coffee houses, bookstores, art galleries, bakeries, and our local yarn shop, Island Wools. You can wander the docks and imagine life aboard the boats, linger in the waterside park, hike out to the University of Washington Marine Labs, knit alongside a new or old friend, or visit an alpaca farm. If you have a car (or rent one on the island) you can drive to South Beach to fly kites or collect agates, and may see foxes, rabbits, and eagles. We'll spend one afternoon riding the inter-island ferry (just steps from our hotel), gliding from island to island and enjoying the scenery while we knit.

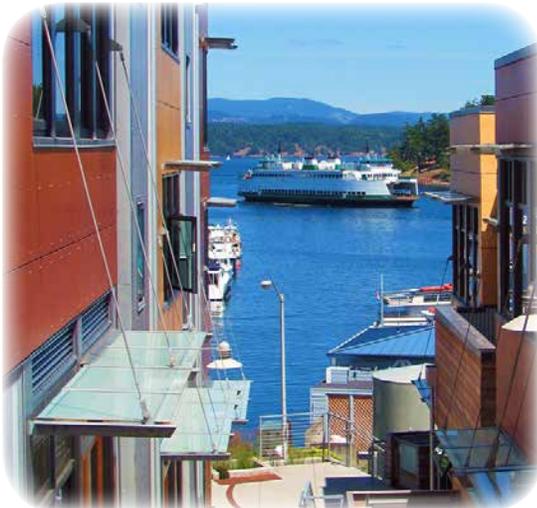
Our waterfront home is the serene and sparkling Island Inn at 123 West, with a view of the marina, the Salish Sea, and for early risers, the sunrise over adjacent Brown Island. Our private gathering space is full of light, with a fireplace and picture windows. The Inn's luxurious beds will tempt you to take dreamy afternoon naps. Lodging choices range from single rooms (Euros) to suites (Sweets) to penthouses suitable for as many as 5 or 6 friends. Please see the separate PDF, *The Island Inn Room Guide for Cat's 2019 Retreats*, for our special rates and full descriptions.

You'll arrive Sunday afternoon and depart Friday morning, giving us four complete days together. Afternoons are free to explore, take a nap, go for a hike, or simply knit peacefully with your new friends. I teach between breakfast and lunch, and in the early evening after dinner I teach a bit and tell stories. No activities are scheduled for Sunday or Friday, which are arrival and departure days.



I can teach you to knit a variety of fingerless mitts.

Our legendary chef Deb Nolan and her devoted staff prepare divine locally-sourced lunches and dinners. Lunch might be a richly flavored mushroom barley soup, green salad, fresh breads, excellent cheeses, and a lightly dressed chicken salad with dried cherries and toasted almonds. Dinner might be cedar plank salmon, roasted broccolini, cider-glazed root vegetables, wild rice pilaf, and creme bruleé.



Cost: The retreat fee is \$500, and the catering fee for Deb's lunches and dinners is \$245. The Inn provides a delicious breakfast with treats from Felicitation, a much loved local bakery. The Inn's lodging choices run from \$135 for a single to \$315 for the largest shared penthouse. Every space is beautiful and serene. Please see the separate PDF, *The Island Inn Room Guide for Cat's 2019 Retreats*, for our special rates and full descriptions.

To register, write to cat@catbordhi.com to ask if the retreat still has space, and we'll take it from there. Information about travel is on page 5, followed by the registration form. I would love to welcome you to this special retreat, to share this beautiful island with you, and to help you fill yourself with peace and well-being as 2020 approaches.





We have lovely foxes.



We might do a bit of weaving.



The weather is fresh and alive.



Stones from South Beach, with yarn.



The Inn is very beautiful.



This drain flows through the Inn's outdoor areas.

Traveling to Friday Harbor, San Juan Island



Mount Baker looms into view as the ferry passes Lopez Island. The well-lit boats are great for knitting and jigsaw puzzles, usually with several puzzles waiting for the next traveler to sit down and continue. Or you can walk laps inside or outside. I love our ferries.

Washington State Ferries

Sailing schedule and car reservations for Anacortes-Friday Harbor ferry: <http://www.wsdot.wa.gov/ferries>

Driving

If driving, remember that your ferry reservation is null if you are not through the ticket booth 30 minutes ahead of the sailing. It takes about 2 hours to drive directly from the airport to Anacortes, longer if there is traffic. For GPS, use 2100 Ferry Terminal Road, Anacortes. Once off the ferry, walk or drive to the left, just past the circle at the bottom of Spring Street, and you are there.

Island Airporter

John Nash runs this shuttle directly between Friday Harbor and the Seattle-Tacoma Airport from Monday through Saturday. See www.islandairporter.com and call John at (360) 378-7438.

Bellair Charters Airporter Shuttle

This service offers 12 roundtrips daily between Seatac (Seattle-Tacoma Airport) and the Anacortes Ferry Terminal. Current schedules and rates are available at www.airporter.com/shuttle. Make sure to allow an hour between the scheduled arrival time of the shuttle and the ferry's departure, in case the shuttle runs into traffic.

Kenmore Air

Kenmore Air offers land and sea plane services. Sea plane travelers land in the marina next to our hotel. Current schedules as well as reservation information can be found at www.kenmoreair.com. Before making reservations, make sure to coordinate your arrival and departure from Seatac with Kenmore's schedule, allowing enough time to collect your baggage.



Questions? Call the Island Inn at 360.378.4400

Registration for Cat Bordhi's Restorative Year's End Knitting Retreat



Circle your dates: Oct 6-11, Oct 13-18, Oct 20-25, or Oct 27-Nov 1

Name: _____

Address: _____

Email: _____

Home phone: _____ Cell: _____

Emergency contact: _____

Print and fill out this page and mail it to me at the address below with a check for \$150 *made out to Passing Paws Press, Inc.* This \$150 deposit reserves your space. Should you need to cancel, this deposit is nonrefundable unless you *find a replacement for yourself.* The balance of \$350 is due 4 months before the retreat begins and is then nonrefundable unless you find a replacement for yourself.

Cat Bordhi
PO Box 2463
Friday Harbor, WA 98250

Lodging: Once you register, review the separate PDF, *The Island Inn Room Guide for Cat's 2018 Retreats*, then phone The Island Inn at 123 West at 360-378-4400 to reserve your accommodations. If you would find someone to share a Sweet or Penthouse with, let the Inn know and they will try to help. Arrival is Sunday afternoon/evening, and departure is Friday morning. No activities are scheduled for Sunday or Friday, because they are travel days. Sunday dinner is on your own.

Meals: The Island Inn provides breakfast. You will mail Deb Nolan, our lunch and dinner kitchen magician, a \$245 check (made out to Deb) by September 26 along with the catering form on the next page.

Personal Liability and Indemnification Agreement: I take your safety and the security of your belongings very seriously, but I cannot be liable for any personal injury, loss/theft or damage any time during the retreat. Your attendance constitutes your agreement to indemnify Cat Bordhi and Passing Paws Press, Inc, from any claim for injury, loss, or damage for any reason. You are responsible for any damage to retreat property, facilities, or equipment caused by you through negligence or willful intent.

❖ **Please initial here:** _____

Cat's email: cat@catbordhi.com

Please check to be sure you circled your dates above. Thank you!

Catering form for our 2019 Restorative Knitting Retreat

Please send this form to Cat *with a check made out to Deb Nolan.*

The form and check must be received 30 days before our retreat.

Cat Bordhi
POB 2463
Friday Harbor, WA 98250



Circle your dates: Oct 6-11, Oct 13-18, Oct 20-25, or Oct 27-Nov 1

If your form and check is received 30 days in advance of your retreat, the cost is \$245.

If received less than 30 days in advance, the cost is \$275.

Deb's cancellation policy: If cancelled 30 days prior to retreat, full payment may be transferred to a future retreat. If cancelled up to 2 weeks prior to retreat, 50% of payment may be transferred to a future retreat. For cancellations less than 2 weeks prior to a retreat, no credit is possible.

Name: _____

Email: _____

Phone: _____

Deb is an instinctive, creative, and gifted chef who cooks as passionately as we knit.

Her sumptuous lunches and dinners have been delighting, inspiring, and nourishing our knitters for years. Deb's meals center around a colorful variety of seasonally fresh and locally grown produce, varied proteins (seafood, poultry, pork, and lamb), seasoned with fresh herbs and spices, beans and nuts, healthy grains, fresh breads, cheeses, olive oil, house made soups and salad dressings, and small decadent desserts.

_____ I am a vegetarian.

_____ I am a vegan.

_____ I am allergic to gluten _____ dairy _____ shellfish.

_____ I am allergic to these nuts: _____

If you have allergies beyond those listed above, please read Deb's statement below:

"Though I am careful about food allergies, I do prepare all kinds of foods including shellfish, nuts, wheat and other items containing gluten and dairy in my kitchen. I will contact individuals regarding a request for an unlisted food restriction to see if I can accommodate them. They may have to repeat certain items like soups and main entrees if too restricted."

Please check to be sure you circled your dates above. Thank you!