

THE SETTING

Join us for a relaxing knitting getaway in the redwoods by the California coast!



The 2023 retreat marks the eleventh year and the twelfth retreat at St. Dorothy's Rest, which sits between the Russian River and Occidental in Camp Meeker, 1½ hours north of San Francisco.

This year we'll be back in beautiful Lydia House, where students have the choice of a shared room or a limited number of private rooms. All rooms in this elegant building exude simple Arts and Crafts charm and share clean, tidy baths. The meals are hearty, seasonal, and locally sourced.

During your free time, take a stroll in the woods, pop into Occidental, or just hang out and knit! Noteworthy nearby yarn shops to visit before or after the retreat include Cast Away in Santa Rosa, Fiber Circle Studio in Cotati, Black Squirrel in Berkeley, and ImagiKnit in San Francisco.



THE TEACHERS



Thea Gray loves sharing the joys of knitting. She began knitting about 40 years ago and has taught knitting for more than 20 years. The founder of Knitting on the Coast retreat, she is known for her bountiful patience.

Thea is a great listener, and creatively adjusts her teaching style to the needs of her students, depending on their level of experience.

— Jenny, designer

Not only is Thea a patient and thorough teacher, she's enthusiastic and skilled in many different knitting techniques. She's helped me go beyond merely following patterns.

— Rachella, writer and editor



Rita Rodriguez has made jewelry for more than 25 years. This year she'll share her expertise by teaching us to make a shawl pin that's both gorgeous and practical!



Kate Godfrey's many nighttime creations, including embroidered tapestries and knitted animals, can be found at [ravelry.com/designers/kate-godfrey](https://www.ravelry.com/designers/kate-godfrey) and @gollyokate on insta.

A FEW RETREAT REVIEWS

"Excellent teaching. Restored my interest in taking classes, after a couple of bad experiences."

"The location was beautiful, food was great, teaching was great!"

"I loved everything. I appreciate so much all the energy put into the retreat. I loved all the classes and teachers."

"Thank you for putting it all together, it was magical."

KNITTING ON THE COAST

2023 Knitting Retreat at St. Dorothy's Rest in Camp Meeker, California



Friday to Monday, March 31-April 3, 2023

For more information, connect to:

www.theagray.com/knitting
knitOrama on Ravelry
thea@theagray.com
415-794-4527

RETREAT OVERVIEW

Geared to advanced beginner and intermediate knitters, **Knitting on the Coast** retreats teach a variety of techniques in relaxed, supportive settings.



Several famous quotes begin **“Start where you are...”** We aim to continue: **“and find balance and peace.”**

So our 2023 classes are focused on helping you resolve unfinished knitting projects, fix mistakes, create a spiral shawl pin (without spiraling out of control), gain equilibrium by balancing your left and right hands and dark and light yarns in stranded color-work, and make a sweet little mouse from the sorts of bits and bobs you might have lying around.



Folding an Origami Masu Box



Fixing Knitting Mistakes



Soldered, Hammered Shawl Pin



Stitching Socials & Yarn Whispering



Throwing, Picking & Charting Colorwork



A Multi-Crafted Pocket Confidante

Held in peaceful redwoods, the retreat will also include opportunities to walk in the woods and on the beach and experience true solitude. **Plus...** stitch 'n bitch gatherings, a yarn swap, and awesome knitters!

THE SCHEDULE

Friday, March 31

- 3:30-5:00PM **Arrival at St Dorothy's Rest**
- 5:30-6:00PM **Orientation and initial introductions**
- 6:00-7:00PM **Dinner**
- 7:00-9:00PM **STITCH 'N BITCH: SHOW AND TELL** Get to know attendees, sharing stories and projects.

Saturday, April 1

- 8:00-9:00AM **Breakfast**
- 9:00-9:15AM **FOLDING IN, OPENING UP** An origami box can hold stitch markers or a wee knit gift, but making one can also open you to possibilities—using whatever you have, wherever you are.
- 9:30-11:45PM **FIXIN' TO FINISH WHAT YOU STARTED** Learn to address mistakes by tinking, fixing reversed, extra, or missing stitches (even several rows below), frogging, and more.
- Noon-1:00PM **Lunch**
- 1:30-4:30PM **CENTER YOURSELF...WITH A SHAWL PIN** You'll learn to foil-wrap beach glass, solder, and hammer metal without bringing it—or yourself—to the breaking point.
- 6:00-7:00PM **Dinner**
- 7:00-9:00PM **SnB: PROJECT & YARN WHISPERING** Stuck in a project? Bring it! No UFOs? We'll help you devise plans for an orphan skein.
- 9:00-10:00PM **S'mores under the stars**

Sunday, April 2

- 8:00-9:00AM **Breakfast**
- 9:15-12:15PM **Nature walk**
- 12:30-1:30PM **Lunch**
- 2:00-5:00PM **CHARTING YOUR WAY IN COLORWORK** Create a colorwork chart, plus practice two-handed stranded colorwork (“throw” and “pick”) for physical and mental flexibility.
- 6:00-7:00PM **Dinner**
- 7:00-9:00PM **STITCH 'N BITCH: SWAP!** Bring something to swap. The optional extra: a chair massage!

Monday, April 3

- 8:00-9:00AM **Breakfast**
- 9:00-9:30AM **Group photo**
- 10:00AM-NOON **POCKET CONFIDANTE** We can *all* use a friend in a top hat. Knit a small mouse and make it your own with playful accessories.
- Noon-1:30PM **Lunch and goodbyes**

SIGN UP

The **2023 Knitting on the Coast** fees include instruction for all classes, 9 meals (from dinner Friday through lunch on Monday), and 3 nights' accommodations. Total fees are \$685 for a shared room and \$895 for one of the 3 private rooms.

An optional on-site massage can be arranged for \$30 for 15 minutes or \$35 for 20 minutes, payable to the masseur on site, by cash or Venmo.

Attendees must be fully COVID vaccinated, have received all available booster shots, and test before arrival if requested.

More info, including required materials and homework, is at www.theagray.com/knitting/retreat_2023.html.

To sign up: **1.** Send an email to thea@theagray.com to hold a place at the retreat. **2.** You will receive an email confirming your place is being held and providing the address to which payment should be sent. **3.** Within a week, complete and mail this form and a check (check is preferred over PayPal, etc).

Name			
Address			
City	State	ZIP	
Phone (pref mobile)			
Email			

Total retreat fee, based on room type preference:

- Guest room with 1 other person (**\$685**)
- Private room (3 available, **\$895**)

Check number: _____ **for TOTAL: \$** _____

Initial to attest: “By the start of the retreat I will be fully COVID vaccinated, have had all available boosters, and test before arrival if requested.”

Retreat registration requests

Best efforts will be made to accommodate all lodging requests; if requests cannot be met, prices will be adjusted accordingly. Individuals who do not specify a roommate will have one assigned.

I want to share a room with the following student:

- Please make my meals vegetarian.
- Please make my meals vegan.
- Allergy or other dietary request: