



Writing Ashram for PHDs, Post-Docs and Professors

07.09 – 13.09.2019

Quite ironically, the time for concentration and intellectual contemplation seems to be eroding at universities. Therefore, **Ingrid Scherübl** and **Katja Günther** developed the Writing Ashram project, a monastery simulation located in the countryside near Berlin.

The daily schedule consists of defined writing times, physical exercises out in the nature, meditation sessions, inspirational breaks and counseling hours. This special work environment will allow you to deepen your concentration.

The boost of productivity, which comes through living in this monastery-like daily structure for a couple of days – away from all chores, together with other writers – is quite astonishing.

The Writing Ashram workshop invites academics of all career levels to practice a monastic lifestyle, to write extensively and push forward your textproject. Sign up for this flow experience!

Daily Schedule

07:00	Wake Up Gong
07:30 – 08:00	Morning Walk
08:30 – 09:00	Morning Meal
09:00 – 11:00	Writing
11:00 – 11:15	Tea Break
11:15 – 13:00	Writing
13:00 – 15:00	Lunchbreak
15:00 – 16:30	Workshop/Writing
16:30 – 17:00	Afternoon Break
17:00 – 19:00	Writing
19:00 – 19:30	Evening Meal
19:30 – 21:30	Leisure Time
21:30 – 22:00	Meditation
23:00	Lights off!

Price:

€980 course fee incl. one individual coaching session
€450–552 board & accommodation

Application deadline: 29.04.2019

Registration:

summer-university.udk-berlin.de