

Travel

# The Watermill at Posara: Where Creativity Meets La Dolce Vita

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**Hidden in the sun-dappled hills of northern Tuscany, The Watermill at Posara is more than just a retreat, it's a creative pilgrimage. For more than three decades, this 17th-century mill has welcomed painters, writers, knitters, and culture-seekers from around the world to slow down, soak in the beauty of rural Italy and unlock their creative spirit. With its 2025 season almost fully booked, The Watermill at Posara announces an inspiring line-up of new courses for 2026 designed to enrich the senses and foster deep creative connection.**

Known for its idyllic riverside setting, superb sustainable hospitality, and immersive experiences in painting, 'Taste of Tuscany', knitting, and Italian language, The Watermill at Posara continues to evolve by welcoming innovative tutors and new creative disciplines to its programme with courses that build on their philosophy of inspiration, creativity and community.

**Highlights for the new line-up of courses for the 2026 season include:**

- **A Taste of Tuscany** (18th - 25th July) - Offering guests an authentic slice of Italian life and adventure. Ride a classic Vespa through sun-drenched hills, explore the vibrant markets of Fivizzano and Forte dei Marmi, bask in the beauty of Cinque Terre, and unwind with a beach day on the stunning Tuscan coast. For thrill-seekers, the Val di Vara Adventure Park awaits, while the evening ends in true Italian style with dinner at the renowned Al Vecchio Tino
- **Ink & Watercolours** with Eunice Friend (25th April - 2nd May) - Specialising in landscapes, wildlife, florals and still life, Eunice brings her versatile talent in watercolour, pastels, and acrylics to guide students through the expressive possibilities of ink and watercolour. Her course encourages creative experimentation with mark-making tools to create dynamic lines, textures, and patterns, while exploring vibrant watercolour washes to add depth and luminosity
- **Ergonomic Knitting** with renowned physical therapist and author Carson Demers (30th May – 6th June) - This course focuses on the ergonomics of fibre crafts. With 30 years of experience in musculoskeletal rehabilitation, Carson teaches knitters, crocheters, spinners, and weavers how to craft more comfortably and sustainably
- **Pastels & Mixed Media** with Rebecca de Mendonca 12th - 19th September - Rebecca helps students develop their own artistic style by combining pastels with other media such as pen and ink, Conte crayons, and pastel pencils. She offers expert guidance tailored to each student's experience level and provides practical tips for working confidently en plein air, capturing the stunning architecture and landscapes of the venues around the mill

Each week-long course includes expert tuition, local excursions to hilltop villages and markets, home-cooked Italian meals and the warm embrace of a small, like-minded community. Guests stay in beautifully restored rooms with views of the River Rosaro and the mill gardens, and up into the Apennines - a true escape for the mind and soul.

"**People** come here not just to learn, but to reconnect — with their creativity, with nature and with others," says Lois Breckon, co-owner of The Watermill. "Whether you're painting under the pergola, sipping prosecco on the vine-draped terrace, or writing beside the river, it's an experience that stays with you."

Set in a lovingly restored 17th-century mill beside a crystal-clear river, The Watermill at Posara offers week long creative holidays in painting, cooking, knitting, language and more. With its warm, family-run hospitality, gourmet food and wine, and peaceful gardens and grounds, The Watermill has become a beloved destination for creative travellers from around the world.

The celebrated creative retreat is nestled in the heart of rural Tuscany beside the river Rosaro in the heart of historical Lunigiana, Tuscany's hidden gem. With a commitment to sustainable hospitality, personalised experiences, and exceptional creative programming, it offers an unmatched blend of inspiration and Italian charm.

The 2026 season is already booking fast and early registration is encouraged. Details of all courses, dates, tutors, and pricing can be found at **https://watermill.net**

**@watermillatposara**



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The Watermill at Posara Photo: Submitted



## 2. Contributed

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