



**Creative Wordshops**

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## What's on

Storyshops  
Retreats  
Writesops  
Conversations

### A glimpse into the Feb to April 2020 offerings

If you want these in your area ask ask ask..

#### On line writing support

I facilitate writing courses for folk afar. Wherever you are in the world... you can be part of a 'virtual' group



#### 1 Somerset West

##### **Magic Carpet Writing Group** R730 (6 sessions)

Next gathering Wed 29 Jan 18.30 - 21.30

Need to be part of a fun-loving supportive thinking/being group of aspirant writers?

.... we meet in an art studio. Writing exercises, conversation, energy, soup and wine. Beginners are welcome... make writing friends ....

Our 2019 theme – **Once upon a life..... Fairy tales – ancient, modern and us**

#### 2. Pringle Bay Poetry Moments

*I want to write poems that are natural, luminous, deep, spare. I dream of an art so transparent that you can look through and see the world. (Stanely Kunitz)*

Monthly bring and share your own or poems you live and love ... **a freebie.....** next... Tues 17 Feb @ 18.31ish

#### 3. Cape Town

**Zen Pen: Writing your Dissertation. Academic enquiry via stories (presented for EMBA students at the Graduate School of Business, UCT)**

Fri 31Jan - Sat 1 Feb

*Great Faith, great Courage great Enquiry (Zen saying)*

#### **4. Durban**

##### **Creative Writing at Durban Schools and Staff Development**

Fri 7 Feb

**Westville Boys' High**

#### **5. Durban**

##### **Once upon a life: The Art of Story for Therapists, Coaches, Trainers, Leaders, Teachers, Healers and You**

Sun 9 Feb 10.00 - 15.30 R950

**Contact:** Wendy Kempster [therapy@wendykempster.co.za](mailto:therapy@wendykempster.co.za) 071 632 1111

*I'm not going to try to change you. I'm going to try to get you to change the story you tell about yourself. (a narrative therapist)*

In this storyshop we focus on the power of the stories we tell ourselves, those we share with others, and the stories we need to become aware of to ensure we remain open to creativity and innovation. There is something fictional about human beings. We love stories for we are stories. A story can trap us...a story can liberate us. Stories help us witness our lives and shift us from judgment to compassion. Stories open hearts, challenge minds and stir bodies into action.

Come and be enchanted by tales from many paths. Rediscover the lost art of story-telling. Experience the joy, presence, mindfulness and transformation that arrive when we engage with a tale, learn how to craft it and inhabit it. We begin to see our lives as a story, keeping pace with the rhythm of our bodies, balanced between the in and out breath.

*Ever since I heard my first love story I have been looking for you (Rumi)*

**Venue:** Mount Edgecombe Lodge

**CPD points available**

**6a. Magaliesberg, Emoyeni Buddhist Retreat Centre** (bookings [emoyeni.org.za](http://emoyeni.org.za) )

##### **Between First In-breath and Last Out-breath: The Art of Story-telling**

Fri 6- Sun 8 March

*Ever since I heard my first love story I have been looking for you (Rumi)*

Who is the who that Rumi alludes to? There is something deeply fictional about us human beings. We are the stories we tell about ourselves. Rediscover the lost art of story-telling. Experience the joy, presence, mindfulness and transformation that arrive when we engage with a tale, learn how to craft it and inhabit it. We begin to see our lives as a story, keeping pace with the rhythm of our hearts, balanced between the in and the out of our breathing. Be enchanted by Zen and other tales from many paths.

##### **6b. Emoyeni: The Poet Hiding Inside: How to live and write poetry**

Sun 8 – Tues 10 March

*I believe that poetry is a primal impulse within us all. ...we are all capable of it ... a small, often ignored corner of us yearns to try it (Stephen Fry)*

Do you love reading poetry? Do you yearn to write poems? Poetry is a way of paying attention, listening, being in the moment and observing the world. We enter the world of images, rhythm, sound and subtle rhyme. We open to our creativity and imagination. As we cultivate a sense of belonging, our words offers us relationship, presence and healing. We can all live poetically and find the words that balance voice and silence. Together we shine light into ignored corners and engage with the craft that calls us.

## 7. Somerset West

### **My Collage, Images and Me: A Writing Wordshop**

**R580**

Sat 14 March 09.30 – 16.15 R780

*In a collage the unconscious rises to meet the conscious to create synergy.*

Collages open us to the patterns, themes and rhythms of our lives. They offer us insights and surprises. This wordshop is for those who would like...

- ✓ to celebrate the season
- ✓ explore a relationship
- ✓ create a ritual
- ✓ connect the dots
- ✓ wonder about life, choice and change
- ✓ rekindle/find their passion
- ✓ draw meaningful work towards them

Join Dorian as you explore your creativity and imagination and write about the emerging images from your collage - around the theme that chooses you. Through this ritual of beginnings, we become playfully present. We set intension, possibility and evoke courage.

Bring writing materials, old magazines, scissors and a glue stick.  
A lunch to share. We'll provide tea and coffee.

Venue: TBA



## 8. McGregor Temenos

### **Between First In-breath and Last Out-breath The Art of Story-telling**

24-27 April (Fri late afternoon till Mon early a.m.)

Booking and payment through Temenos  
<http://www.temenos.org.za> 023 625 1871

*Ever since I heard my first love story I have been looking for you (Rumi)*

In this retreat we focus on the power of the stories we tell ourselves. This includes those we hear, share and need to become aware of to open us to creativity and innovation. There is something fictional about human beings. We are the stories we tell about ourselves. We love stories for we are stories. A story can trap us...a story can liberate us. Stories help us witness our lives and shift us from judgment

to compassion. Stories open hearts, challenge minds and stir bodies into action.

Rediscover the lost art of story-telling. Experience the joy, presence, mindfulness and transformation that arrive when we engage with a tale, learn how to craft it and inhabit it. We begin to see our lives as a story, keeping pace with the rhythm of our hearts, balanced between the in and the out breath. Be enchanted by Zen and other tales from many paths.

Beginners are welcome for we live this retreat weekend in beginner's mind.

The right story at the right time told in the right way opens doors and windows. A story which takes a minute or so to tell opens a palace with many rooms. Here are 7 of the many gifts of story. Stories:

- ✚ mirror our experience of being human
- ✚ inspire and motivate us
- ✚ challenge us to be present and live a larger life
- ✚ create relationship and community
- ✚ offer insights, opportunities and wake us up
- ✚ act as agents in change and transformation
- ✚ bind us together across cultures

*A people are as healthy and confident as the stories they tell themselves... Stories can conquer fear, you know. They can make the heart larger. (Ben Okri)*

This is Dorian's fifth Temenos (a sacred enclosure) retreat. Time to walk the labyrinth, circle the garden, sit amidst blue glass and be...

*Dorian is the purest storyteller I have encountered. Archetypes cling to his coat tails and hide in his book-bag hoping for a mention in his next work. Every creative writer should work with Dorian. Like Pilates for creative spirits, he re-awakens the story loving child within. (Tess Fairweather)*

The cost of R3980 pp includes

- ✚ Temenos accommodation – two nights **plus free third night**
- ✚ 2 brunches and 3 suppers in Tibaldi's (ex Mon breakfast)
- ✚ Teas (drinks own account)
- ✚ the retreat
- ✚ a gift related to story-telling
- ✚ a story evening (Oom Schalk. Nasrudin, Rumi the Rabbi and You)

