



Creative Wordshops

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What's on

Storyshops
Retreats
Writesops
Conversations

A glimpse into March 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 or enjoy one-on-one mentoring

Stop Press: McGregor Temenos 24-27 April

Between First In-breath and Last Out-breath: The Art of Story-telling - item 7



1 Somerset West

Magic Carpet Writing Group R730 (6 sessions)

Next gatherings Wed 26 Feb Wed 25 March 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 2020 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 March @ 18.31ish

3a. Magaliesberg, Emoyeni Buddhist Retreat Centre (bookings 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.

3b. 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.

4. Pringle Bay

What to write Poetry? A Morning for You

Fri 3 April 09.45 -12.45 no fixed fee: dana system (you contribute via your means and received learning)

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Do you yearn to write poems? Poetry is a way of paying attention, listening, being in the moment and observing the world. Come and write in a safe space.

5. Somerset West

My Collage, Images and Me: A Writing Wordshop

R580

Sat 4 April 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

6. Cape Town: City Bowl area

Threading your story and life together: A String of Beads Writing Workshop

Sun 12 April 09.30 – 16.15

R580

This bead workshop is for those who wish to:

- ✚ process their own story
 - learn and practice the craft of writing
 - find support and good company
 - explore their creativity and imagination
 - find their voice
 - connect to readers

Beads feature in many cultures and faiths. Some sets are created from organic materials such as grasses, cocoons, shells, gems, crystals and ostrich eggs. There are rosaries such as 'Our Lady Queen of Africa' threaded with semi-precious stones. Upheavals, rituals, joy and suffering have inspired other bead work. Beads honour ancestors. They can be created around passions, exchange, relationships, meditations, significant symbols. The configurations are endless.

In the workshop we create a set of beads, assign meaning to each bead and string our words around this structuring device. **Each bead holds a kaleidoscope of stories asking to be told.** So the beads act as a prompt. Beginner writers are welcome.

Venue: TBA



7. 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)

