



**Creative Wordshops**

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## What's on May 2002

**Zoom  
Storyshops  
mini-retreats  
Writesops  
Conversations**

### Zoom - 2<sup>nd</sup> quarter 2020 offerings

Days of social distancing can also be days of **self-nearing, self-nourishing** Wherever you are in the world... you can be part of a 'virtual' group or enjoy one-on-one mentoring

The **online support is alive and well** - The Rough Writing Road Journal course, Poetry, Fiction, Writing your Spiritual Journey, Downtime with Dori, one-on-one mentoring and mini-wordshops

### Zoom meet and teach - 4 mini workshops

I invite you to these zoom workshops: 26 April, 10 and 24 May and 7 June (see below for themes) Folks respond positively to the zoom workshops I've been offering. They connect, enjoy the company and experience, and in no time are writing away.

**Cost:** R320 per workshop of 3 hours 09.30 -12.30 SA time

**12.5 %** discount if you subscribe for all 3 workshops = R280 x 3 = R840

#### **I create a space that is safe, supportive and encouraging**

These workshops are for those who wish to:

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

#### **How the zoom works - step by step**

Please email me if you want to be part of this experience. Mention which workshop. I'll explain how to prepare for the session and send you the zoom link to click on.

At 09.15 on the Sunday you have chosen, click on the zoom link so we can practice and sort out any hitches. The morning unfolds through 5 sessions - around 180 minutes. There are 5 steps:

1. I facilitate the workshop, setting up the experience (35 minutes)
2. Then we go offline and you respond to the prompts (35 minutes)

3. We all go back into zoom **using the same link** and share (35 mins)
4. Then we go offline again and you respond to another prompt (35 minutes)
5. We all go back into zoom **using the same link** and share the writing (35 mins)

Beginner writers are welcome. We re-experience beginner's mind. There is no pressure to share. You can be a silent listener if you are more comfortable with that.

## Here are the 4 wordshop offerings

### 1. Beadwordshop

Sun 26 April 09.30 -12.30

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 zoom wordshop 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.

Preparation: writing materials Get beads and string ready

### 2. My Collage, Images and me: A Writing Wordshop

Sun 10 May 09.30 -12.30

*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

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.

Preparation: writing materials, old magazines, scissors and a glue stick



### 3. Zen Pen: A Journaling, Writing, Being & Meditation Workshop

Sun 24 May 09.30 -12.30

*A journal entry- like a song, or sketch, or photograph - breaks up the habitual and lifts away the film that forms over the eye, the finger, the tongue, the heart. A journal entry ought to be a love letter to the world.*

*(Anthony Doerr, author of All the Light We Cannot See)*

In this retreat we explore the connection between journaling, creative writing and meditation. We celebrate our daily (journal' comes from Old French, 'day') encounter with ourselves through words and silence. As we journey along the river of our lives, we write with the ear, eye, tongue and heart.

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

Sun 24 May 09.30 -12.30

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

In this workshop 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.

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)*

## And ongoing monthly meetings...



### 5 Somerset West

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

Next **Zoom** Wed 29 April 15.30 - 17.30

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**

### 6. 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 19 May **Zoom** @ 17.00 -18.30