



Creative Wordshops

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What's on July 2020

**Zoom
Storyshops
mini-retreats
Writesops
Conversations**

Zoom – winter 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 - mini workshops

*Hi Dorian, am already addicted to your zingy zoom and would like to join you
for the next 'word chops'...and find strength and joy
in the river of your unfolding. (Silja)*

I invite you to these 4 zoom workshops: (see below for themes) Plus the
Buddhist retreat one. Folks respond positively. They connect, enjoy the
company and experience, and in no time are writing away.

Cost: R320 per workshop of 3+ hours 09.30 -12.45 SA time
A discount if you subscribe for all 4 workshops = R290 x 4 = R1160

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
- ✚ breathe life into words and let words breathe life into them
- ✚ explore their creativity and imagination
- ✚ find their voice
- ✚ find support and good company
- ✚ connect to readers

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

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

Here are the 4 wordshop offerings (plus BRC at end)

1. Beadwordshop

Sun 21 June 09.30 -12.45



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 12 July 09.30 -12.45

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.

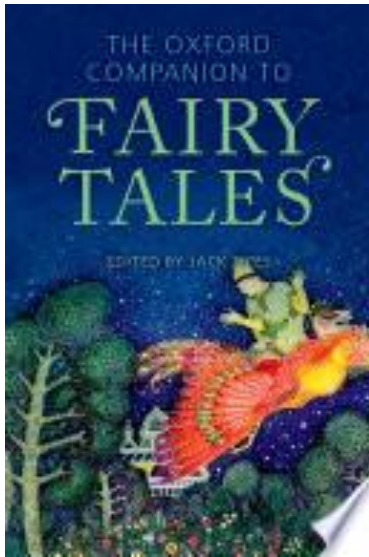
Preparation: writing materials, old magazines, scissors and a glue stick

3. Once Upon a... Living your life as if it's a Fairy Tale: A Writing Wordshop

Sun 26 July 2020 09.30 – 12.40ish R320 pp (12 max)

*The true genesis of a Fairy Tale is at the end not at the beginning
(Johan Degenaar)*

Fairy Tales were once meant for adults. They still are for everybody. Like dreams they teach us to attend to the symbols and archetypes that surround our personal stories. They speak to us about ethics and karma.



They help us answer the question 'How shall I live?' The tales have much to say about transformation. These tales through their ancient wisdom, encourage us to persevere, face and overcome the monsters we encounter in ourselves and in the world. The 'happily ever after' they promise is about the choices open to us as we travel through the valleys and mountains of joy and sorrow.

*If you want your children to be intelligent, read them **fairy tales**. If you want them to be more intelligent, read them more **fairy tales**. (Einstein)*



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

Sun 9 Aug 09.30 -12.45

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, 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.

And ongoing monthly meetings...



5. Magic Carpet Writing Group R730 (6 sessions)

Next **Zoom** Wed 27 May 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**

The Buddhist Retreat Centre

Dear BRC Friends,

Online Programme July

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Image: Angela Buckland

Zen Pen

5 July | Dorian Haarhoff

3 hours 15 minutes | 09:30am-12:45pm | Donation



In this wordshop we explore the connection between writing and meditation. Both these states of grace slow us down so we can live in the moment. They increase our awareness and wake us up. We look with new eyes and hear with new ears. We write and meditate on the many changes and transformations we experience as we journey along the river of our lives. We consider how creativity steadies the boat and how writing helps us dip the oars into dark water so we may navigate the river safely.

Image: Angela Buckland