



Creative Wordshops

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storyteller facilitator speaker writing-coach poet

What's on Feb/March 2021

Zoom
Storyshops
mini-retreats
Writeshops

Wherever you are in the world... join a 'virtual' group or enjoy one-on-one mentoring...talk to me about choices

I create a space that is safe, supportive and encouraging

1. Babushka Dolls and you inside You: Zoom(erang) Writing Workshop

Zoomerang? We hurl our words across oceans. They return to us with images hidden in the curve - like a boomerang.

Sun 24 Jan 2021 SAST 15.00 – 18.00. USA east coast 08.00 -11.00 (14 max)



What can these peasant crones [teach us? Russian Babushka (crone) wooden dolls (stacking or nesting dolls), are rich in symbolism. They offer us wisdom about living and writing. Babushka has inspired other sets of dolls. e.g. Inside a Pushkin (writer of Russian fairy tales, love stories and ballads) nesting doll are other authors - Tolsoy Gogol Turgenyev. The dolls connect us

like the *do-ray-me-far* music scale to inner and outer harmonies as we unpack the different layers in our story.

Payment: \$50 (Payment secures place)

for UK and European folk the equivalent US\$ rate in your currency pay via **PayPal** through my email dorianhaa@gmail.com. ref: your name For **SA participants** (R360)

2. Cape Town Graduate School of Business, UCT. EMBA students

Zen Pen: Writing your Dissertation. Academic enquiry via stories

Zoom late 27 Jan -

Great Faith, great Courage great Enquiry (Zen saying)

3. Namibia. Windhoek / Swakopmund

Children in need and at risk. sponsorship Carl Schlettwein Foundation

Workshops for trainers, counsellors, teachers:

28 Jan – 13 Feb 2021 **4. Magaliesberg, Emoyeni Buddhist Retreat Centre**

Zen Pen: A Writing, Being & Meditation Retreat (bookings emoyeni.org.za)

26-28 Feb 2021

We can make our minds so like still water that beings gather about us to see their own images, and so live for a moment with a clearer, perhaps even with a fiercer life because of our silence. (Yeats)

Zen (Chinese *chán* 'quietude') invites us to be present, to live and write simply.

Pen (Latin *penna* 'feather') refers to both practicing the art of writing and to the implement we use. It also invites us to play in a safe place - as in playpen.

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.

5. Your Life, your Movie: 3 Sunday zoom(erang) storyshops-

21 Feb 14 March 28 March

Life is a tragedy viewed close-up and a comedy in the long shot (Charlie Chaplain)

Imagine that you are directing your life as if it's a movie and scripting (writing about) it. These 3 storyshops offer you an opportunity to do just this. While I suggest you enrol for all three, they also stand alone so each one will benefit your writing and story-telling. These workshops will explore many questions.

SA time 15.00-18.00 USA east coast 08.00-11.00 then 09.00 -12.00*

Session 1: Your Life on the Big Screen - Sun 21 Feb

So what's your title? Opening scene? Plot? Defining moments? Edge experiences? Supporting cast? Fellow creatures with skin, fur, fin or feather?

Session 2: Music, Scapes and Architecture - Sun 14 March (US *time change)

What music score? Songs that evoke memories? Landscapes and seascapes? Places that hold energy for you? The architecture of the buildings?

Session 3: Synchronicities, Mysteries and Rolling Credits? – Sun 28 March

Synchronicities? Mysteries? What recurrent themes and repeated patterns? What symbols carry power for you? How would you represent them? What angles, lighting? What close-ups? How would you use the zoom? Where do you cut? What incidents do you leave off screen? And the ending... and rolling credits?

Payment:

SA: All 3 = R990 Single = R360

USA: All 3 = \$140 Single = \$50 (\$ equivalent in foreign currency)

And ongoing monthly meetings...



6. Magic Carpet Writing Group R690 (6 sessions)

Next **actual** and **zoom** Wed 27 Jan @ 18.31ish

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

Writing exercises, conversation, energy, soup and wine.

Beginners are welcome... make writing friends

Our 2021 theme? – **Waking up to Edge Moment Awareness**

7. 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**..... 18.30. Pringle Bay venue
