



Creative Wordshops

Dorian Haarhoff

082 873 6802

dorianhaa@gmail.com

www.dorianhaarhoff.com

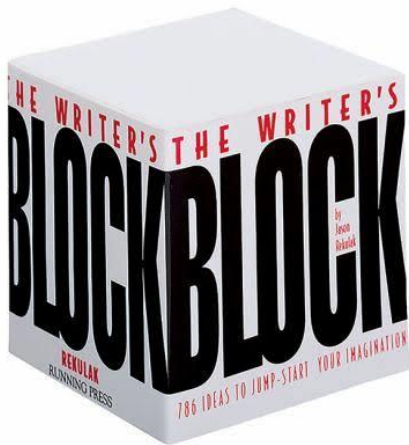
storyteller facilitator speaker writing-coach poet

What's on July 2021

**Zoom
Storyshops
mini-retreats
Writesops**

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. Running round the Writer's Block: 2 Zoom sessions

Sun 27 June and Sun 11 July SA Time 15.00-18.00 R320 each (R600 for both)

"It's easy to write. You just shouldn't have standards that inhibit you from writing" (William Stafford) We relax we give ourselves permission to write out of our poverty. Tomorrow might bring riches. Join the sessions to find ways of jumping off the bridge into the river flow.

2. Sedegefield

30 July – 1 Aug 2021

Zen Pen: A Writing, Being & Meditation Retreat

Cost: between R780 - R680 pp. You decide (50% deposit secures)

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)

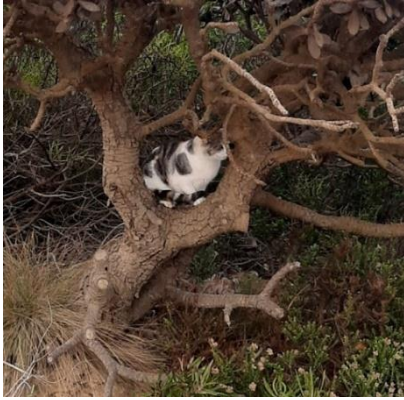
Zen (Chinese *chán* 'quietude') invites us to be present, to live and write simply.

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 consider how creativity steadies the boat and how writing helps us dip the oars into dark water so we may navigate the river safely.

Beginners are welcome. I encourage beginners' mind.

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coffee.

This retreat is for those who wish to:

- + breathe life into words. let words breathe life into them
- + be present in their words and lives
- + explore creativity and imagination
- + find their voice
- + find support and fine company

Times

Fri 17.30 -19.30 Sat 10.30 – 17.30 Sun 09.30 -13.00

Saturday's shared lunch - details later. We provide Tea and

Venue: Home of Kari Ritchie no 4 10 Heron walk- near community hall 083 226 9834

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

Zen Pen: Writing your Research Report . Academic enquiry via stories

Zoom session 4 July *Great Faith, great Courage great Enquiry (Zen saying)*

And ongoing monthly meetings...



4. Magic Carpet Writing Group R690 (6 sessions)

Last Wed of every month

Next **actual** and **zoom** 30 June and 28 July @ 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

June **Your life your movie** last session

July- Dec **Running Round Writer's Block: The 7 habits of highly happy writers**

5. 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. next sessions Tues 29 June and Tues 20 July

On the retreat radar

6. Temenos McGregor

Writing your poem: Preparation for the Youth entry for Festival Competition

Late Aug a freebie for local youth poets

Booking through Temenos www.temenos.org.za 023 625 1871

Other ZenPenWriting Being and Meditation Retreats...

7. BRC Ixopo

Thu 23 Sep - Sun 26 Sep

Zen Pen: A Writing, Being and Meditation Retreat

Sun 26 Sep - Tue 28 Sep

The Rough Writing Road: Keeping a journal

8. West Coat Fossil Park 10-12 Sept

9. Khula Dharnma (Haga Haga) 15-17 Oct

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