



Creative Wordshops

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What's on 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. 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.

2. 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 storytelling. 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)

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

Zen Pen: Writing your Dissertation. Academic enquiry via stories

Zoom session 2: early March

Great Faith, great Courage great Enquiry (Zen saying)

And coming up in April

4. Temenos McGregor

Zen Pen: A Writing, Being & Meditation Retreat

Fri 16 17.00 – Mon 19 April 10.00

Booking and payment through Temenos <http://www.temenos.org.za>

See entry for 1 (Emoyeni retreat)



Time to write, walk, circle the garden, sit amidst blue glass, breathe and be....

What do writing, being and breath share in common? They all bring alive and expand the present moment. They invoke a conversation with ourselves and others. An exchange of energies. Writing is a skill drawn from attention, presence and openness – an organic process rather than a talent.

On this retreat in a sacred space (Temenos) discover the writer inside you. We explore our innate creativity and imagination as we connect writing to mindfulness and bodyfulness.

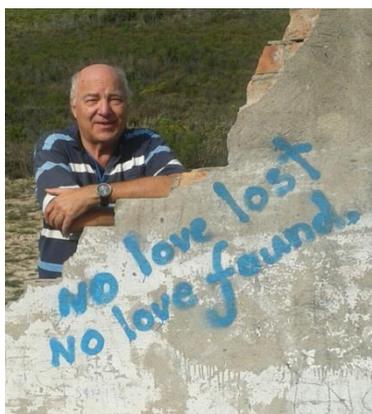
The retreat also focuses on how to pay attention, be present in your writing and engage the reader as a creative partner. And source your bliss. Beginners are welcome.

The cost of **R3865** 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 writing
- ✚ a story evening (Oom Schalk. Nasrudin, Rumi the Rabbi and You)

Living a larger Life- Storytelling Evening: Oom Schalk, Nasrudin, Rumi, the Rabbi and You (Sat night 17 April) R80 (wine inc) for public

And ongoing monthly meetings...



5. Magic Carpet Writing Group R690 (6 sessions)

Next **actual** and **zoom** Wed 24 Feb @ 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? **Your life your movie**

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 love ... **a freebie**..... 18.30. Pringle Bay venue next Tues 16 March
