



Creative Wordshops

Dorian Haarhoff

082 873 6802

dorianhaa@gmail.com

www.dorianhaarhoff.com

storyteller facilitator speaker writing-coach poet

**What's on
April/May
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. Temenos McGregor

Zen Pen: A Writing, Being & Meditation Retreat

16-19 April 2021

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

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.



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.

We write and meditate on the many changes and transformations as we journey down the river of our lives. We consider how creativity and imagination steady the boat and how writing helps us dip the oars into dark water so we may navigate the river safely.

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** 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 experience
- 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

R3865 pp

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

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

Zoom session 3: April

Great Faith, great Courage great Enquiry (Zen saying)

3. Greyton

Zen Pen: A Writing, Being & Meditation Retreat

7-9 May 2021

Please refer to approach in the McGregor retreat (1 above)

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This retreat is for those who wish to:

- ✚ experience writing as a form of meditation
- ✚ breathe life into words and let words breathe life into them
- ✚ learn and practice the craft of writing
- ✚ be present in their words and lives
- ✚ increase their awareness
- ✚ explore their creativity and imagination
- ✚ find their voice
- ✚ find support and fine company
- ✚ connect to readers

Times: Fri 17.30 -19.30 Sat 11.30 – 18.30 Sun 09.30 -13.00

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

Venue: Ronel Wood's home 9 High Str Greyton 083 455 6208 ronel@ovation.co.za

Accommo: source your own @ reasonable prices

4. The 7 habits of highly unhappy writers, the 7 habits of highly happy writers (apologies Stephen Covey)

Zoom session Sun 23 May SA Time 15.00-18.00 R380

This session is about unlearning and relearning

5. Temenos McGregor

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

29 -30 May a freebie for local youth poets

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

And ongoing monthly meetings...



6. Magic Carpet Writing Group R690 (6 sessions)

Next **actual** and **zoom** Wed 29 April @ 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**

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 next Tues 20 April
