



**Creative Wordshops**

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## What's on Aug 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. Zoom Wordshop

**Driving through Rough Writing Country in your Metaphor by 4**

**On how we can create images in our writing and what happens when we do**

Sun 25 July and Sun 15 Aug 15.00 – 17.45ish R320 pp (R600 both) (12 max)

*I love metaphor. It provides two loaves where there seems to be one. Sometimes it throws in a load of fish. (Bernard Malamud)*

These zoom sessions consider how we can enliven and enrich our writing through imagery and imagination. Metaphors are everywhere, open to the eyes that seek them. Especially in nature. Stories are extended metaphors too.

*Playing with metaphor is an opportunity to become curious again, free fall with words, and ignite creativity (Lizbe Vos, therapist)*



This workshop is for those who wish to:

- ✚ find their voice
- ✚ open to their creativity and imagination
- ✚ be entranced by the energy of words
- ✚ learn, practice and enjoy the craft of writing

Folks respond positively to these zoom workshops. They connect, enjoy the company and experience and in no time are writing away. Happily

### 2. Sedgefield

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.

### **I create a space that is safe, supportive and encouraging**



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 coffee.

**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 Aug *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** 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 ....

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 session Tues 20 July

## **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](http://www.temenos.org.za) 023 625 1871

## **On the retreat radar**

### **Other ZenPenWriting Being and Meditation Retreats**

#### **7. BRC Ixopo (bookings via BRC site)**

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Thu 23 Sep - Sun 26 Sep

**Zen Pen: A Writing, Being and Meditation Retreat**

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Sun 26 Sep - Tue 28 Sep

**The Rough Writing Road: Keeping a journal**

#### **8. West Coat Fossil Park**

10-12 Sept

#### **9. Khula Dharma (Haga Haga)**

15-17 Oct

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