

## **Writing From the Body, a writing, movement & somatics workshop**

**Writing From the Body, 6 weeks Sept 28-Nov 2, 2021 - online**

**Writing From the Body, 1 day Oct 23, 2021 - online**

**Writing From the Collective Body, 5 weeks, Nov 11-Dec 16, 2021 - online**

### **What is Writing From the Body?**

Writing From the Body relies on our physical self to generate writing, heightened sensory awareness, insight, and contemplative movement that arises from metaphor, sound, subtle energy, improvisation, and mindfulness. Participants open to creative expression, spiritual connection, and healing using somatic techniques.

The process bypasses limiting cognitive approaches that lock us into old patterns and instead taps into primordial energy, a free flow of creativity, and renewal. Participants access embodied presence and a deep, resonant expression that aligns with their unique self and well-being. They practice deep listening to tap into synergy and creating work from an alpha state. The result may be poetry, fiction, nonfiction, journaling, performance, healing, insight, and spiritual connection.

Writing, movement, and meditation are all practices of being and becoming. All benefit from a gentle focus, acceptance, and intentionality. Where attention goes, the body follows. When the body softens, the mind comes alive. This aliveness leads to a strengthened connection to the core of being and to a universal consciousness.

Writing From the Collective Body shifts focus from the solitary body to a group body and from bound to boundless awareness. It recognizes ourselves as part of nature and the ecosystem. Participants typically take Writing From the Body first to get acquainted with the methodologies of this approach.