



# MEMORY & METAPHOR

Online Writing Workshop  
led by Julie Mariouw



Thursday Evenings  
7-9:30pm Eastern  
Mar 24 - May 12  
2022  
Cost \$260 (USD)

Monday OR Thursday Evenings  
7-9:30pm Eastern

Mondays: Mar 21 - May 9

OR

Thursdays: Mar 24 - May 12

2022

Cost \$260 (USD)

No prior writing experience necessary

Some texts I will use to create handouts for the workshop:

*Metaphors of Memory* by Dr.

Natwar Sharma

*Writing the Natural Way* by

Gabrielle Rico, PhD

*The Body Keeps the Score:*

*Brain, Mind, and Body in the*

*Healing of Trauma* by Bessel Van

Der Kolke

• *Body Memory, Metaphor & Movement* Edited by Koch, Fuchs, Summa & Müller

• *The Healing Wisdom of Africa: Finding Life Purpose through Nature, Ritual, & Community* by Malidoma Patrice

Somé

• *When the Body Says No* by Gabor Maté



In this workshop we will:

- write with childhood memories, remembered & forgotten
- allow metaphor to release and expand those memories
- allow metaphor to shift trapped energy in our bodies
- write narratives using the material we uncover

Julie Mariouw is a certified Amherst Writers & Artists Workshop Leader who has been leading writing workshops since 2016.