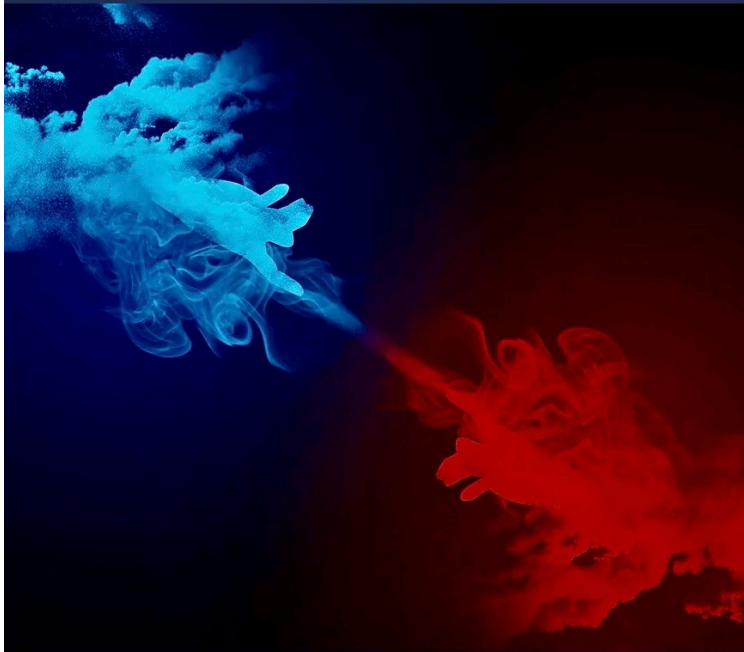




WRITING with the ENERGY of OPPOSITES

8-Week Online Workshop
led by Julie Mariouw



Wednesday Evenings

6:30-9pm (Eastern Time)

Mar 8, 15, 22, 29

April 5, 12, 19, 26

2023

Cost \$290

Payment plan available upon request

In This Workshop We Will:

- Create **mind/body maps** (lists of places our minds regularly return to, physical reactions we notice in our bodies), to **isolate material** we will use during the workshop.
- **Search for opposites** contained within those places.
- **Cluster "opposite pairs"**, as we would cluster metaphors.
- Write with **metaphor, the senses & physical movement**.
- **Create narratives** using the material we uncover.
- **Share** our narratives **aloud** with each other during the workshop.
- **Benefit** from the **sacred circle** we create through our writing together.



Inside ritual and sacred space where energies are being woven, people's imagination & consciousness can be moved through time...The kind of memory we are talking about here is very personal, very compelling, and very transforming.

Malidoma Somé



