



WRITING the HERO'S JOURNEY through the BODY

Online Writing Workshop
led by Julie Mariouw



Monday Evenings
7-9:30pm Eastern
Jan 10 - Feb 28
2022

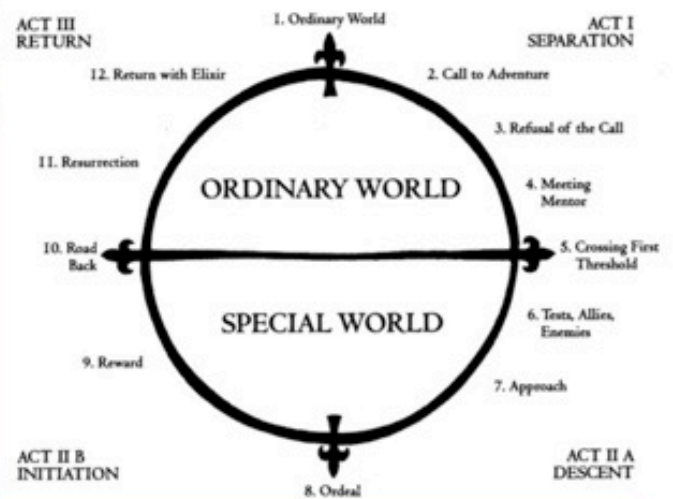
Cost \$250 (USD)
Payment plan available upon request

No prior writing experience necessary

In this workshop we will:

- use Metaphor, Polarity & The Senses to access the Story & Characters held in our body
- follow the structure of the Hero's Journey, establishing our story in the Ordinary World
- look for a Call to Adventure
- determine a Hero/Heroine & possible Mentor
- use Physical Sensations & Movement to help free these things from the Body

The Hero's Journey



"While we can't change the past,
we can change the way we view
the past and the story we tell
about it, which can transform
identity."

---"Turning the Tide" by Leanne Dodd

Some texts I will use in the workshop:

- *The Writer's Journey: Mythic Structure for Writers* by Christopher Vogler
 - *The Hero with a Thousand Faces* by Joseph Campbell
 - *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
 - *Somatic Internal Family Systems Therapy* by Susan McConnell
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