Winter 2021

Writing to Free the Body

8-Week Online Workshop

led by Julie Mariouw

We will connect with our bodies using:

- Metaphor
- Senses
- Polarity
- Physical Movement

Some texts I will use in the workshop:

- *The Journey from the Center to the Page*, Jeff Davis
- *Writing from the Body*, John Lee
- *Writing & the Body in Motion*, Cheryl Pallant
- *Embodied Inquiry: Writing, Living & Being through the Body*, Celeste Snowber