

WRITING the HERO'S JOURNEY through the BODY Cont'd

(You do not need to have been in the prior Hero's Journey workshop to participate in this workshop.)

Online Writing Workshop
led by Julie Mariouw



Friday afternoons
4-6:30pm Eastern
Mar 25 - May 13

2022

Cost \$260 (USD)

In this workshop we will:

- deepen our knowledge of the building blocks that make up the Hero's Journey template
- use Metaphor, Polarity & the Senses to access the Story & Characters held in our body
- continue to work on establishing our story in the Ordinary World
- continue to work with a Call to Adventure
- continue to search for a Hero/Heroine & possible Mentor
- use Physical Sensations & Movement to help free all of this from the Body



"Your words are in your body. A writer's best thinking arises from [the] organs, not [the] brain."

----Amy Torres

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
- *Awakening the Heroes Within* by Carol S. Pearson
- *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

