



BODY SPEAKING

Writing from the Body with Ruth Thompson

Our bodies are the keepers of our stories. In this half-day workshop, writers and yogis of all levels are invited to explore movement, breath, meditation, and inner listening as a way to connect with creative inspiration.

The workshop costs \$65 and usually lasts for two to three hours. There is no writing critique, and students may leave when their free write is complete, or stay to talk with Ruth at the end of the workshop.

Ruth Thompson is the author of three books of poetry. She has a PhD in English and now teaches creative writing, yoga, and meditation, and operates a small literary press in Hawai'i. She received her YTT through the Sivananda organization in 2007 and since then has studied whenever possible with Angela Farmer. See www.ruththompson.net for more information.

Contact Ruth at wailuku.ruth@gmail.com to set up a workshop!