

WINTER WORKSHOPS



Writing Our Lives with Elizabeth Schwyzer

Sundays: Nov. 6, 13, 20, 27, Dec. 4, 11

6:00-7:30 pm - \$120 for the 6-week series

We all have stories to tell. Our lives are full of the raw material for comedies and tragedies, myths and romances. Too often, we attend to daily tasks without taking time to reflect on our lives, and to draw out the truth of our experience, both light and dark. This six-week workshop series is an opportunity to turn our attention to our memories, and to mine them for meaning. Through improvisational games, movement exercises, and periods of writing, we will free ourselves up to uncover our personal stories, and to share them in a safe and supportive environment. At the end of the workshop, those interested will have a chance to read their stories for trusted friends and family. In sharing our stories out loud, we give ourselves and others the freedom to live more authentic lives.

Writers, yogis, dancers, and anyone with a willingness to take risks is welcome. Please wear comfortable clothing you can move in, and bring plenty of paper, pens, and an open heart.

Elizabeth Schwyzer is a writer, dancer, and educator. She writes about the arts for the Santa Barbara Independent, and her personal essays have recently appeared in literary anthologies out of New York and California.

She has given spoken-word and dance performances in Santa Barbara and abroad. She also holds a black belt in Dynamic Circle Hapkido.



www.SantaBarbaraYogaCenter.com 32 East Micheltorena St 805.965.6045

Payments for workshops are non-refundable, but may be converted into credit (minus \$10 processing fee) if cancellation is made within a minimum of 48-hour notice.