

Joyous Expression A Day of Meditation & Writing Practice

Patricia Dove Miller

Saturday, May 23, 2020

10 am to 4:00pm

Location: a private home in Auburn

Experience a day of peace and creativity by learning “Writing Practice,” based on Natalie Goldberg’s *Writing Down the Bones*. This technique can be a purely meditative practice, where within a basic structure and simple guidelines, one allows the mind to flow freely, lets the thoughts travel onto the page, and then lets go of them and moves on. It can also be used for specific writing purposes: for beginners to learn to write, for a daily warm-up, to deepen and improve your writing, or to work out specific writing problems. There will be a cumulative series of short writing exercises, integrated with sitting meditation and walking meditation. The day will be held mostly in gentle silence, except when reading our work or discussing writing issues. It is suitable for both beginning and experienced writers.

PATRICIA DOVE MILLER has been leading creative writing classes in Nevada County for the



past sixteen years, including those at the Center for the Arts, Sierra Writers, Wild Mt. Yoga Center, Mt. Stream Meditation Center, and Shambala Center. In the San Diego area, she taught residential retreats at Zen Mountain Center and classes at the San Diego Writing Center. Pat has attended four week-long writing workshops with Natalie Goldberg in Taos, and is a member of the Squaw Valley Community of Writers. Her work has appeared in *Tidepools*, *Fallbrook Haiku Society Anthology*, *Into the Deep End*, and other anthologies. She has an MFA in Creative Writing from Vermont College. Her memoir, *Bamboo Secrets: One Woman’s Quest through the Shadows of Japan*, was published in May 2016. She is the former co-leader of the Women’s Writing Salon and a former member of the Literature Alive Board. She has been meditating for thirty years.

Cost of the day is \$50. Space is limited to 20 people, so please register by April 23.

Please bring a bag lunch and your own water bottle. There will be tea available. Please bring plenty of paper and pens and a firm writing surface. Sun hat may be needed for outside walking meditation.

To Register:
Mary Helen Fein
maryhelen@maryhelenfein.com
530-852-2260