

WRITING to FREE the creative artist within you



A Six-Week Workshop for Adults/Led by Maggie Stetler

September 14 to October 19 on Tuesdays, 7 - 9 p.m.
at the Shenandoah Arts Council, 811 S. Loudoun Street
Winchester, Virginia/Workshop Cost: \$125.00

Using "FREE-Writing" and mind-body-spirit techniques — breath, meditation, Creative Visualization and Inner Child play — attendees will unearth inner truths and write past fears to reconnect with and nurture their natural creativity. Not a how-to "craft" workshop, but you'll use free-writing in class (and in at-home exercises) to make the leap into many writing forms, from affirmations, "letters you never mail" and journaling to poems, stories, memoir essays and more. If you've always wanted to write but were afraid to try...If you're a writer or artist at any level who feels blocked or wishes to transition into new writing pathways...If you'd like to use writing as a lifelong tool to access creativity and enable self-expression and personal growth, *this workshop is for you!*

MAGGIE STETLER's poems have appeared in many literary magazines. Her first book collection, *In the Belly of the Whale*, was awarded Honorable Mention in the Pearl Poetry contest. She holds a B.A. in English from Douglass College, Rutgers the State University, and is a Reiki practitioner. When she first led this workshop on Long Island, enthusiastic attendees called it "a writing workshop unlike any other." A post-9/11 refugee from NYC, Maggie now lives in Winchester with her artist husband and five cats.

FOR MORE INFORMATION OR TO REGISTER, CONTACT MAGGIE AT 540-665-0269 OR mastetler@verizon.net