

Write From the Hip II

*December 17, 2016 10-4pm
\$90 (due December 10 to hold your spot)
Mound St Yoga
1342 Mound St. in Madison, WI
www.herspiral.com
www.integratederos.com
register: contact@herspiral.com*

Spend most of a day combining movement and writing with Miriam Hall of Herspiral Contemplative Arts and Sasha Lasdon of Integrated Eros. Our offering focuses on embodied writing, inclusive of, but not focused on, sexuality. We will practice mindfully bringing attention to bodily experience, then directing those experiences on to the page. All bodies are welcome and accommodated for. No previous movement/dance/yoga or writing experience needed. A light lunch and tea will be provided halfway through.

Limit 15 participants.

Feel free to email with questions.

Registration:

Name_____

Phone_____

Email_____

Any physical/accessibility concerns?_____

Payment forms accepted:

Cash, Check, Square, Venmo, PayPal, UWCU MoneyLink