

# Introduction to Somatic Writing

Write with the unconscious knowing of the body. Develop a creative and therapeutic inner process.

One day group workshop

*SomaLogos* 'Soma'=of the body.  
'Logos'=expression/the word

This is not a creative writing workshop! The intention is not to produce a product, and all writing on the course is private rather than shared so as to remove any sense of judgement. It is an exploration in allowing the unconscious to come through your written word and be a part of healing and creating.

- **Develop the creative union of body and mind.**
- **Access a deep creative source.**
- **Discover a therapeutic tool.**
- **Have fun (it's not as heavy as it sounds!)**

**When:** Saturday 18 July 2015 11am-4.30pm **or** Tuesday 21 July 2015 10 am-2.30pm

**Where:** Showborough House, Twynning, Tewkesbury GL20 6DN. There are beautiful gardens which you are welcome to explore during the breaks. Please bring your own lunch but hot drinks and cakes will be provided.

**Price:** £35 Places are limited, early booking recommended

**Contact:** Helen Beale 01386 725059 0781 1820717

[helenbsl@btinternet.com](mailto:helenbsl@btinternet.com)

[somalogos.com](http://somalogos.com)

