

FACING THE BLANK PAGE, FACING THE YOGA MAT: THE YOGA OF WRITING

Feeling angry and lost because
of the crisis in the Middle East?

This Therapeutic Yoga and Writing Workshop will help you
process some of these feelings
through light yoga and writing prompts.

Sunday, November 19, 2023

12 – 2 pm

\$45 – early bird if paid by Sunday, Oct 29th.

After that, it's \$55.00

VENMO: rgmargolis or check

Students 10% discount

Center City Breathe

1425 Federal

or via Zoom <https://temple.zoom.us/j/2919002118>

Once you enroll I will send you a confirmation email with what to bring,
when to arrive, etc. to prepare for your workshop!

OBJECTIVES:

SWEAT Move through writer's block towards writing by using yoga exercises
designed to free up mental and physical space.

WRITE Tell necessary stories from the heart/mind and have the opportunity to
work with these spontaneous writings in class.

READ Become familiar with classical writings in poetry, memoir and spirituality

LEARN Discover how Yoga principles of breath and synchronized movement may be applied in liberating the writer's blockages.

Lisa's Workshops will get you chai! While your body takes leaps of rejuvenation, your mind will make leaps of imagination!

In this Yoga of Writing workshop you we will place our bodies with maitri – loving-kindness – on the yoga mats – and we will place our words with grace on the page. You will let go, tell your necessary stories, sweat, breathe and laugh through this non-dualistic approach to writing and yoga.

About your Instructor. Lisa Grunberger: The author of *Yiddish Yoga, Ruthie's Adventures in Love, Loss and the Lotus Position* (Harper Collins), Lisa is a published poet, performance artist and popular yoga teacher. An award-winning Professor at Temple University, her approach to yoga & to writing mirror & complement one another: both are practices of embodiment, which bridge body with mind, breath with movement. Whether the first yoga class, or the first draft, the risk is to take a position, breathe, and be brave! An engaging, funny teacher, Lisa's workshops are life-transforming experiences of body/mind renewal.