



Diving Deeper

Inchigeelagh, Ireland

weekend writing workshop with Sandra Jensen
22nd - 24th August 2008

*"When a man talks from his heart, in his moment of truth,
he speaks poetry."* Ray Bradbury

- ◆ Do you feel compelled to write, but something is stopping you from getting on with it?
- ◆ Do you feel you have a story to tell, or simply something 'to say' but don't know how to start, or how to continue?
- ◆ Are you looking for a deeper connection to your self, or a sense of fulfillment?

Whether you have 'writer's block', are in the writing flow, are a complete beginner or simply looking to explore your creativity, the sustained focus of this workshop will inspire you to give expression to your authentic voice and to deepen your connection to yourself.

Each time we sit down to write we embark on a journey of discovery, one we have never traveled before. It takes courage and perseverance to say yes to this journey. This workshop will gently support you to write through fear and uncertainty, without preconceived ideas about what or how you should write. Whether you write from personal life, intuition or imagination, you will be guided to a felt experience of authenticity through the opening up of your 'child eyes'.

From this open and vulnerable place whatever we write carries an abiding 'truth' – whether it is fiction or non-fiction. Writing in this way is healing, energizing, deeply fulfilling and entirely engrossing to read. Diving Deeper is also about discovering the sheer pleasure of spending time wholeheartedly with yourself.

Out beyond ideas of right and wrong, there is a field. I'll meet you there... Rumi

"The Diving Deeper workshop enabled me to re-enter an almost forgotten 'place' of wonder and luminosity...to 'freefall' into staying present and focused. I felt that Sandra, gently and clearly, gave each of us exactly what we needed in terms of encouragement and guidance and the space to listen to ourselves and each other. The weekend was intense and enjoyable and completely revelatory. I loved it!" R.T.

"For me the Diving Deeper writing process is pure magic. We take what is very ordinary, that which I would normally discard, and turn it into pure gold. It has helped me to stop thinking about writing and to become a writer." A.F.

"I have been writing as part of my job for many years, yet it seemed I could never "just write". What amazed me most about this workshop was that without much drama, it gently pushed me into just doing it. It was the ride of my life!" A.S.

"The workshop was a surprising encounter with myself. I experienced layers of my own depth I wasn't aware of before." V.R.

"It is not too much to say that Sandra's Diving Deeper retreat has changed my life." G.S.

Sandra Jensen blends a variety of writing approaches including the Freefall writing principles of Barbara Turner-Vesselago, the deep listening of David Hykes' Harmonic Chant and Paul Lowe's "sharing inner dialogue". Sandra's work can be found in: *Whole Earth Magazine*, *VerbSap*, *Common Ties*; *the Dublin Quarterly*, *r.kv.ry Quarterly*, *Word Riot*, *Santa Fe Writers Project* and *Versal*. Sandra has also written for the theatre. She offers Diving Deeper retreats in Germany, Ireland and the U.S., and is presently working on "Into the Cradle" - a book of short stories linked by themes of cultural displacement, personal guilt and redemption.



- ◆ **Workshop Cost: 175 euros** (includes lunch Sat & Sun, snacks and tea etc.)
- ◆ **Date:** Friday, August 22, 7:00 p.m. – 9:30 p.m. Sat. 23 & Sun. 24: morning to evening
- ◆ **Place:** Tir na Spideoga, Inchigeelagh (near Macroom) Co. Cork

Please note: The number of places is limited to 12. A deposit is required to hold a place. All levels of experience are welcome. Accommodation is not included - a variety of B&Bs and hotels are available nearby.

For more information or to register:

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