Instructor: Sandi Wisenberg
slwisenberg@sbcglobal.net

Modality: Remote learning

Quarter: Spring/Summer
One session, three hours

Course Overview
Where does your writing come from? How can you access the deeper realms? In this class, we will experiment with different forms of meditation and visualization, in service of our writing.

Please have on hand any pieces of writing that are giving you particular trouble.

You are welcome to do our meditations seated or in any comfortable position.