Meditation for Writers
Writer’s Studio, Spring 2022

**COURSE INFORMATION**

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<th>WRIT82602 - 22S2</th>
<th>Instructor Sandi Wisenberg</th>
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<tr>
<td>COURSE SCHEDULE</td>
<td>CLASS LOCATION</td>
<td>PHONE</td>
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<tr>
<td>Monday, 6-8:30pm</td>
<td>Online</td>
<td>773-909-8702</td>
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<td>April 11, 2022</td>
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**GRAHAM SCHOOL INFORMATION**

PHONE: 773.702.1722  WEBSITE: https://grahamschool.uchicago.edu

“When I dare to be powerful, to use my strength in the service of my vision, then it becomes less and less important whether I am afraid.” —Audre Lorde, The Cancer Journals

**COURSE DESCRIPTION**
Where does your writing come from? How can you access the deeper realms? In this course open to writers of all experience levels, we will use meditation and visualizations to expand creativity—and identify and overcome blocks. At the end, we will create a follow-up plan.

Please have on hand any pieces of writing that are giving you particular trouble. You are welcome to do our meditations seated or position. in any comfortable position.

**REQUIRED TEXTS**
None. You might like to follow up on your own with Deena Metzger’s “Writing for Your Life.”

**CLASSROOM ETIQUETTE**
As we may be addressing controversial topics in our class discussions, we expect students to be respectful and considerate of others.

**DISABILITY INFORMATION**
The Graham School of Professional Studies abides by the Americans with Disabilities Act (see http://www.ada.gov/pubs/adastatute08.htm), with Section 504 of the Rehabilitation Act of 1973 (see http://www.dol.gov/oasam/regs/statutes/sec504.htm), and the Family Educational Rights and Privacy Act (FERPA) (see http://www.ed.gov/policy/gen/guid/fpco/ferpa/index.html) and will provide reasonable accommodations to students with disabilities covered by law. If you have a disability for which you may require accommodations, please contact Charnessa Warren, Director of Student Disability Services, at charnessa@uchicago.edu or disabilities@uchicago.edu in advance of the class meeting.