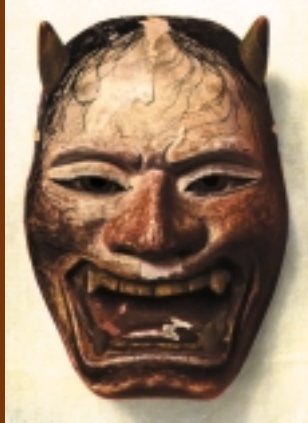


"There is a vitality, a life force, an energy, a quickening, that is translated through you into action, and because there is only one of you in all time, this expression is unique. And if you block it, it will never exit through any other medium and will be lost."

— Martha Graham

THE EMBODIED WRITER



This class is designed to help the writer more deeply inhabit and write from the body—to harness the wisdom and energy found there. It will blend elements of craft with somatics and some guided visualization to achieve the following outcomes.

- Bring to the page more sensuality, visceralness, and aliveness.
- Sharpen one's ability to feel emotion as nuanced sensation, translatable into language.
- Explore and work with resistance.
- Cultivate inner and outer support.
- Write from deep longing and purpose.
- Practice steadfastly tapping into your own sense of bedrock even when receiving inner criticism or outer feedback. Explore visibility.
- Cultivate the voice that is most truly and fiercely your own.

The class will be deeply experiential. Writers are often isolated in their process; being in community makes new shifts and transformations possible. In this eight week class participants will engage in weekly reading, writing and somatic practices. This course has been created for writers who in particular have a deep sense of curiosity about what it means to be human and what it means to be fully alive.

"Mary's class gave me the tools to reconnect to and sustain my writing again. I was able to get closer and closer to the deepest work I have in me. I'm indebted to this visionary course."

— Matthew Clark Davison, writer and San Francisco State University lecturer

Mary Michael Wagner has taught creative writing at San Francisco State University and at The Delancey Street Foundation. She has taught full-force self-defense to women and teens for 13 years. A certified Master Somatic Coach, she believes somatics can help people reinhabit the aliveness, power and possibility of their bodies. Her fiction has been awarded an O. Henry Award and Pushcart Prize. Her writing has appeared in such magazines as the Southern Review, Alaska Quarterly Review, Cream City Review, ZYZZYVA and Spoon River Quarterly. Her plays have been workshopped or produced at the Drama League of New York, Actors Theater of Louisville and San Francisco's Magic Theater and Eureka Theater.

E-mail marymichaelwagner@pacbell.net or call 415.337.0302 for more information about the class or scholarships.