

“I realize that if I wait until I am no longer afraid to act, write, speak, be, I’ll be sending messages on a Ouija board, cryptic complaints from the other side.” —Audre Lorde



Embodied Writer Projects Group

The myth of rugged American individualism is just that, a myth. Our cultural heroes had networks of support behind them. Human beings need other human beings. Writing what is closest to the bone and putting out into the world is a risky, vulnerable endeavor. We need others to support us through fear and moments of resistance but also hold us accountable—people who will have our backs but also ask the most of us

An intense 12-week class*. At the end expect to have what you intended to write, no longer an idea or a vision in your mind, but something concrete, tangible on paper—something a reader can hold in their own hands.

Nuts & Bolts

- Communal and individually designed practice.
- Cultivate a consistent writing practice that fits your personality and wiring—one that you can deeply come to rely on.
- Deepen practices around purpose, receiving criticism, tolerating visibility, etc.
- In class writing time for your project.

*Prerequisite The Embodied Writer Class or one-on-one somatically-based writing work

“You will find other persons who for some mysterious reason, leave you full of energy, feed you with ideas, or more obscurely still, have the effect of filling you with the eagerness to write.”

—Dorothea Brande

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