



## Course details

### Course title

Creative Writing for Wellbeing-Body and Earth stories

### Course code

Q00017176

### Course date

Start: 22/01/25

End: 19/03/25

### Number of classes

8 sessions

### Timetable

Wed 22nd Jan, 10:00 to 12:30

Wed 29th Jan, 10:00 to 12:30

Wed 5th Feb, 10:00 to 12:30

Wed 12th Feb, 10:00 to 12:30

Wed 26th Feb, 10:00 to 12:30

Wed 5th Mar, 10:00 to 12:30

Wed 12th Mar, 10:00 to 12:30

Wed 19th Mar, 10:00 to 12:30

### Tutor

Ione Harris

### Fee range

Free to £88.20

### How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

## **Venue**

Shekinah Endeavour House (Torquay)  
Endeavour House, 228 Union Str  
Torquay  
TQ2 5QS

## **Level of study**

Beginners

## **Course overview**

This friendly creative writing course will invite you to enter into relationship with your bodies and surroundings. The session will be held in a supportive way and will integrate some simple meditation (adaptable to all bodies), prompts for creative and reflective expression through writing, and even some environmental science! You will be guided to a holistic understanding of person and place. This course is ideal for people who like to write and to contemplate how to live more skilfully as individuals, as a community and in relationship with their surroundings. There will be time for sharing small parts of your writing towards the end of the workshop but no pressure, it's about an unfolding individual/shared creative process and participants need to feel at ease to write freely.

## **Course description**

If you are interested in deepening your relationship with yourself, your community and your surroundings through writing this course is for you. You will be guided to a holistic understanding of person and place. The space will be held so you can listen to your bodies and surroundings to hear the stories they want to tell. It will provide you with a friendly, nurturing and fun place even if you feel a little shy of writing and self inquiry. In the course you will be given the opportunity to: · deepen your sensorial and physical awareness, · explore ways to express yourself using words, · practice a meditation (all bodies welcome), · have a space to listen and write from the heart. · Rest in your true nature. This course will support individual well being, that of the community and the environment. Sharing your experiences in a supported community will help develop self confidence and give the opportunity to explore meaning in your life. Openness is encouraged but you won't be asked to share more than you are comfortable with. Come practice with us, you are welcome!

## **What financial support is available?**

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

## What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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