

A Day of Meditation, Writing and Play

Saturday, Dec. 10, 9:30 am -5:30 pm
Boulder, CO

Join dharma teacher Peter Williams and creative writing teacher and author Lisa Jones for a day of meditation and writing from on Saturday, Dec. 10. We'll intersperse meditation periods with writing sessions in which you'll be invited to write as freely and badly as possible, and, if you're willing, to share a portion of your writing. Our day together will offer a playful, light take on Buddhist practice, the foibles of the mind, and how the freed up mind can delight.



Zen master and poet Norman Fisher writes:

"Spiritual practice ought to be childish. It ought to help us recapture something that gets lost in the process of growing up. It ought to foster a sense of play, a sense of magic, a sense of humor, so as to avoid the occupational hazard of freezing...Zen has probably saved me from myself; poetry has probably saved me from Zen."

We know that writing, and then being invited to read what we've written, can make us feel **EXTREMELY VULNERABLE**



But know you won't be alone, and if the jitters get too much, you don't have to. In the

past, this class has yielded a lot of laughs, some tears, and writing that has left its authors quite chuffed and happy.

This day long offering will run from **9:30-5:30 on Saturday, Dec. 10**. It will be held in North Boulder and costs \$90. We'll take an hour break for lunch. (Bring one and we can put it in our fridge, or there are several places to buy one nearby.)

You can confirm your place in this class by sending the \$90 class fee via PayPal or regular mail. I'll supply you with the required addresses if you e-mail me at <ptrwllms98@gmail.com>. The class fee acts at a ticket, i.e.: if you find you can't attend the class, you are free to sell your spot to someone else, and if we have a wait list we'll supply you with some likely candidates, but there will be no refunds.



Annie LaMott says:

Very few writers really know what they are doing until they've done it. Nor do they go about their business feeling dewy and thrilled. They do not type a few stiff warmup sentences and then find themselves bounding along like huskies across the snow....All good writers write shitty first drafts. This is how they end up with good second drafts and terrific third drafts.

- from Shitty First Drafts

"To me, the word jazz means, 'I dare you.' And the effort to break out of something is worth than more getting it right...This music is dealing with the unexpected. No one really knows how to deal with the unexpected. How do you rehearse the unknown? That's the challenge of jazz, to be in the moment. Classical guys, they got in the moment, too. Mozart got in the moment. Einstein got in the moment. You getting' in the moment...You bettuh. Or the moment's gonna getchya."

- Legendary jazz saxophonist Wayne Shorter, interviewed on NPR