

OMEGA

Rhinebeck, New York

Dear Student,

You are registered for course # 3205-568, "Writing Begins with the Breath: Embodying Your Authentic Voice," with Laraine Herring on July 26-31, 2009.

The faculty has asked to pass along to you the below letter, which notes things you'll need to bring as well as recommended and required reading.

We look forward to seeing you this summer!

Sincerely,

The Omega Staff

Welcome!

I'm very excited about our upcoming workshop, *Writing Begins with the Breath* at the Omega Institute. Our week will be spent doing a variety of activities designed to ultimately deepen your writing practice. We'll be doing walking and sitting meditation, some basic yoga poses (alternatives available for persons with limited mobility), pranayama (breath work), some Taoist self-healing exercises, and of course, writing. We will be doing *a lot of writing*. Please wear comfortable shoes and clothing that you can move in easily. You might also wish to bring a water bottle to class (with a lid that closes tightly). It's important to stay hydrated. There's no need to bring a yoga mat or props. The poses we'll be doing do not require those tools.

Of course, bring a journal and plenty of paper and pens to write with. For this workshop, it's preferable that you write longhand, rather than on a computer. Computers are wonderful, but for these five days, I'd like us to be able to stay as close and connected with the body as possible. When our hands touch paper, we can remain better connected to the trees and to the earth. We can become more deeply aware of our own body made of earth, air, fire, water and ether. We stay more rooted. And, our writing deepens.

This is *not* a critique group or a craft of writing class. The focus is on using writing as a tool to deepen your relationship to yourself and the world around you.

Please read and bring to class *Writing Begins with the Breath: Embodying Your Authentic Voice* by Laraine Herring. We'll be working through some of the exercises in the text (as well as new and different ones of course!) ☺

Recommended Reading:

Writing Down the Bones by Natalie Goldberg

Wild Mind by Natalie Goldberg

Have a safe journey. I look forward to meeting you!

Be well,

Laraine Herring

Awakening the Best in the Human Spirit