

hollyhock 2008

foundation
in Vancouver

OCTOBER 17 ~ 18

A Way with Words: Writing & Meditation

RUTH OZEKI



Writing and meditation are complementary paths with much in common.

Both are contemplative practices, requiring a balance of relaxation and rigor, of mental focus and an open spaciousness of

mind. Both are sitting practices, training us to sit with our stories, embody and attend to them, and finally to let them go. And both are transformative practices, with the power to inspire and change both the practitioner and the world.

This program is open to all who want to investigate these parallel contemplative paths. Explore ways that attentive sitting can open your mind to experience and enrich your expression on the page. Study techniques that make stories come alive. Work with your physical selves and senses to write in more fully embodied language. Focus on stabilizing your core and developing foundational

meditation and writing practices that you can sustain in the midst of your busy life.

Writers and meditators of all levels are welcome, from beginners to those with more experience, working in all genres.

Bring a meditation pillow or cushion (optional), a pen, a journal or notebook.

Friday, October 17th: 6:30pm-9:30pm

Saturday, October 18th: 9:30am-4:30pm

Stanley Park Ecology Centre
Salmonberry Room

TUITION: \$165; *Non-profit rate:* \$145 + GST

Ruth Ozeki is a filmmaker and novelist, and the author of the award-winning, muck-raking novels, *My Year of Meats* and *All Over Creation*, published by Viking Penguin. Both novels have been named *New York Times* Notable Books, and have been translated and published internationally. She is a student of Zen Buddhism and studies with Zoketsu Norman Fischer. www.ruthozeki.com

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