

	Saturday
Session	April 25, 2009
Time	10h00 AM - 1h00 PM
Fee (taxes included)	40\$ regular 35\$ for studio ViaNia members and NouveauWriter subscribers
Location	3451 St-Laurent, 3rd floor Cat's Corner Dance Studios, just above Sherbrooke at Milton H2X 2T6, Montreal, Qc.
Transportation	Metro Station: St-Laurent, Sherbrooke & Berri-UQAM
Registration / Info	Spaces are filling fast. Please pre-register to reserve your spot. You can also sign up at the door on the day of the event. Door opens 30 minutes prior to the event. Please come early.
Contact	Katia Campobassi info@studioviania.com 514.485.1508 or 514.774.1242 Laura Fabiani Laura@nouveauwriter.com 514.808.4651

Writing from the Body

EveryBody has a story to tell. Our lived experiences, the boundless imagination of our inner child, the numerous mind-body sensations...all these provide a background for creating rich texts and original dance forms.

Studio ViaNia and author Laura Fabiani have collaborated to bring you a unique workshop: **How does creative movement affect our writing?**

This session is inspired by Laura's own story. From the day she penned her first chapter to the day she wrote the second, almost 10 years elapsed until the day she discovered Nia and started writing again. Nia helped to unlock her writer's block, unleashing a need to write like never before. Today, her dream of writing a novel is accomplished through her published book entitled "Daughter of Mine". She has also launched an on-line writer's magazine (www.nouveauwriter.com) for aspiring writers and she is now working on her second novel.

Unwrapping the gifts of the body: Through a combination of expressive movements drawn

from the Dance Arts, Martial arts, and the Healing arts, guided to therapeutic and world beat music, imagery and visualizations, this workshop is designed to stimulate your senses so that you can embark on a creative journey.

You will learn how to trust the wisdom of the body, turn off your self-critiquing dialogue, observe and witness, release past holdings, create space within, unlock your imagination and get tips for creative writing. You will use natural body movement, free expression, your voice, your mind's eye, all 200 bones, 700 muscles and all trillion cells. You will experience first-hand how your whole body is involved in the creative process of writing. Be prepared to be moved and stimulated!

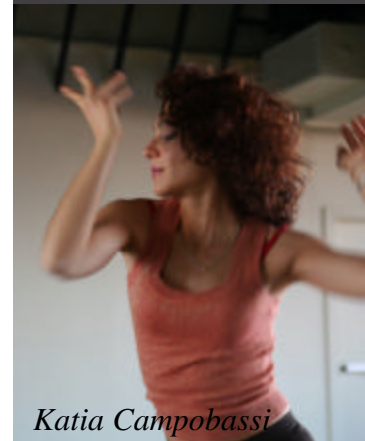
Who can take the class?

This class is for everybody who wants to access their creative self. No previous experience in Nia or professional writing required.



Laura Fabiani

Award-winning Montreal author and founder of NouveauWriter.com
www.laurafabiani.com



Katia Campobassi

Nia instructor, dancer, movement artist inspired by the design of the body, moved by the rhythm of life. www.studioviania.com