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Middletown Yoga Studio Offers Mind in Motion Workshop

The Contemplative Practice of Proprioceptive Writing

Practiced in 20 minute intervals Proprioceptive Writing is a practice that takes journal writing, morning pages and other forms of process writing to a new level. On Saturday, April 2 from 2 until 5 o'clock in the afternoon, 12 people will learn about this process at the Innerlight Studio for Yoga in Middletown, Rhode Island. The workshop will be led by the studio's director Kim Chandler. The cost is \$40 if prepaid by March 26, \$45 after. The workshop is limited to the first 12 that complete registration.

Students of Proprioceptive Writing often report feeling enlivened - more focused and energized, as well as more connected with their creative and intuitive intelligence. The process of laying thought on paper is grounding while the investigative inquiry inherent in this practice leads to insights and creates new possibilities for integrating old stories and experiences.

Kim has practiced Proprioceptive Writing since 1991 and has completed hundreds of teacher training hours with Linda Trichter Metcalf and Tobin Simon, the founders of Proprioceptive Writing. She has assisted them at many of their program locations including Omega and Kripalu. She is delighted to once again offer this simple but profound practice at Innerlight.

To learn more or to register for this workshop, please visit innerlightyoga.com or call 401 849-3200. To learn more about the practice of Proprioceptive Writing, please visit pwwriting.org.

