**Texts I will use to prepare for the workshop:**

***Writing the Natural Way* by Gabriele Rico**

***A Natural History of the Senses* by Diane Ackerman**

***The Writer’s Journey* by Christopher Vogler**

***The Journey*** ***from the Center to the Page:Yoga Philosophies & Practices as Muse for Authentic Writing* by Jeff Davis**

**Beginners & Experienced Writers Welcome**

**Uses the *Amherst Writers & Artists* workshop method**