

UBC WRITING CENTRE
Body Soul Writing in Castelnau de Montmiral, France
July 3-9, 2005



*Let your body become the music.
Let her sing.
Let your pen walk in the twilight
between consciousness and unconscious.
There, it will find
such images, such ideas
as you could never find.*

Marion Woodman, *Coming Home to Myself*

The Body Soul Writing course will explore the body/soul connection in writing the stories of our lives. Deep relaxation, gentle movement exercises, music and dreamwork will help bring the body's experience to consciousness and expression. We will explore how the unique images and symbols that live in us can deepen and vitalize the many forms of life writing. Based on the work of Marion Woodman and Carl G. Jung, this course will expand the quest to discover the myths at the heart of our personal story and to write from an embodied perspective. Body Soul Writing is for those who have already done a course in personal writing or who have the permission of the instructor. Registration is limited to fifteen participants.

*Write yourself: your body must make itself heard. Then the huge
resources of the unconscious will burst out.*
Hélène Cixous, *Sorties*

The Instructors

Marlene Schiwy, PhD, author of *A Voice of Her Own: Women and the Journal Writing Journey* and *Simple Days: A Journal on What Really Matters*, taught English, Creative Writing and Women's Studies for many years in London and New York. She teaches courses in Journal and Autobiography for the UBC Writing Centre. In *Body Soul Writing*, Marlene will be assisted by Ursula Carsen, DCTP, an experienced Jungian-oriented psychotherapist and dream worker. Marlene and Ursula have both completed a Leadership Training program with Marion Woodman and her team, which focuses on bringing the inner imagery of the soul's journey to consciousness and expression. In February 2005, they are teaching a week-long intensive course with Marion Woodman in California.



Turning my attention toward sense, movement, sensation, taking in the great breadth and complexities, the intricacies of physical experience, I feel a kind of relief in response and then gratitude, as if flesh were glad to be known, a steady stream of what feels like love saturating the substance of my existence.

Susan Griffin, *What Her Body Thought*

The Setting

Located 60 km northeast of Toulouse, high atop a hill surrounded by farmlands, sunflower fields and vineyards, the beautiful village of Castelnau de Montmiral is an idyllic place to think and to write. The town was founded in 1222 by Count Raymond VII of Toulouse as a stronghold to protect his family's considerable acreage, and many of the original limestone fortifications, gates and houses still stand. The central square, La Place des Arcades, has been fully restored and remains the hub of village life. Around its periphery are the mayor's office, tourist bureau, *patisserie*, pharmacy, art gallery and two bars and restaurants. Nearby are the post office, doctor's office and *boulangerie*. Every Tuesday morning the local farmers and artisans gather in the square to sell fresh produce, cheese, meat, pottery and a variety of regional products. The many small roads that lead into the village proper are perfect for early morning or evening walks.

Writers will meet at the home of Yvonne Young on Rue Pierre de Gorsse, behind the new hotel and down the street from the 15th century Gothic church with its famous jewelled cross and pieta.



Schedule

Participants in Body Soul Writing should plan to arrive in Castelnau de Montmiral on Saturday, July 2 and depart by Sunday, July 10. There will be an informal orientation meeting and dinner on Sunday evening before class begins on Monday, July 4. We will finish on Saturday, July 9 at noon.

A typical journey might be by train from Paris, or plane from London, to Toulouse, followed by a train ride to Gaillac, 12 km from the village. Arrangements can be made for participants to be picked up at the Gaillac train station and transported to the village if you let Yvonne Young know well in advance.

Enrolment

Applicants must be at least 18 years of age. The maximum number of participants in the program is fifteen. Applicants will be accepted on a first-come, first-served basis provided the \$500 deposit is mailed with the registration form. Final acceptance is conditional upon receipt of the balance of payment and written agreement to program conditions.

Accommodation

Accommodation, continental breakfasts and three dinners are included in the registration fee. Participants will stay in several houses (*gites*) and a number of rooms in French houses (*chambre d'hôtes*). More detailed information on housing will be sent once your registration has been confirmed.



Deposit and Payment of Fees

The fee for the program is \$2,250*, including registration, tuition (\$1,450), eight nights' accommodation, breakfasts and three dinners. Participants are responsible for their own transportation to and from Castelnau de Montmiral and some meals.

A non-refundable deposit of \$500 is required with your preliminary application. The balance is due by *Friday, May 20, 2005*.

Applicants withdrawing before *May 20* will be refunded the amount paid less the \$500 deposit. Participants withdrawing between *May 20* and *June 3* will be charged a \$300 administration fee in addition to the \$500 deposit. There is no refund after *June 3*.

**Fees for this program are subject to change without notice based on currency exchange or other reasons beyond UBC's control. Some restrictions may apply. UBC is responsible for instruction only. UBC reserves the right to change dates, itineraries, carriers, hotels, institutions and instructors. This program is subject to enrolment. A standard release of liability form must be signed by course participants.*

Registration

The attached registration form must be filled out in full and sent to the UBC Writing Centre with the \$500 deposit. Upon receipt of your registration form and payment, the Writing Centre will mail a confirmation of registration and other appropriate information concerning the program.



(Photos courtesy of Patricia Martin, Ramona Montagnes, Maureen Phillips and Yvonne Young)

Body Soul Writing in Castelnau de Montmiral, France

AW 560 S05A

JULY 3-9, 2005

APPLICATION FORM

Last Name First Name

Home Address

City/Town Province Postal Code

Phone (Day) (Evening)

Occupation Fax

Email

I am:

under 35 male smoker
 35-50 female non-smoker
 over 50 vegetarian allergies: _____

Enclosed please find my non-refundable deposit in the amount of \$500.

METHOD OF PAYMENT

Cheque (payable to **The University of British Columbia**)
 Cash (do not mail cash) Visa MasterCard

CARD NUMBER EXPIRY DATE

NAME OF CARDHOLDER (PLEASE PRINT) SIGNATURE

Send completed application form and deposit to:



Writing Centre
UBC Continuing Studies
Ponderosa Annex C, Room 101D
2021 West Mall
Vancouver, BC V6T 1Z2 Canada
Fax : 604-822-0886