

# SPUR

## A WRITE IT OUT® NEWSLETTER

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Woodstock, NY

**WRITE IT OUT® a motivational and expressive writing program for individuals of all ages**

### NEWS FROM THE MOUNTAINS

**Layered in sweater**, jacket and hat I walked through the Village of Woodstock early one October morning on my daily exercise routine. Rain threatened and spat ending before I could raise the umbrella. The temporary tent before the movie theater housed in an old wooden structure supported banners that announced the current Annual Film Festival. Squirrels scampered up trees and through the wet leaves. A few other bundled souls who wore backpacks, and woolen caps over long, loose or braided hair passed me on the narrow sidewalk. We smiled and said good morning to each other. And lo, sun broke through the grayness as if a spotlight had been turned on and illuminated Overlook Mountain above the village. Fabled as magical, a part of this mountain is the sacred Indian burial ground for the first residents, and another part home to artists and potters who lived in the 19<sup>th</sup> century Commune of Brydcliffe.

**These historic cabins** are still for rent today as homes for artists, writers and musicians. I had the good fortune to rent one in the late eighties that became the setting for “Cabin Games” one of my short stories. A few years later I built my own eclectic pine and glass cabin surrounded by acres of hay where the Write It Out program was spawned. Fortunately, the library, a wooden structure with miniature porch was still closed otherwise I would have been tempted to duck inside it’s interior smelling of dust, mold and age and ignore the smell in search of yet another novel set in early New York, as I’ve been reading through Beverly Swerling’s historic novels set in 17<sup>th</sup> and 18<sup>th</sup> C. New York City.

**My annual retreat** is a spiritual and restorative experience to absorb the energy of this rural community, a colony dedicated to the arts. I live on the property of a dancer whose backyard, a stage of clay and wood sculpture, is shared by bear and deer, wild turkeys and occasionally other artists, writers, dancers, musicians and theater people. My goal among other writing projects is to work on the first draft of my new nonfiction book. At the end of October, I’ll pack the car, I’ve dubbed my gypsy mobile, and return to Sarasota, the home base for Write It Out (WIO) with renewed energy to begin the new year to work with clients, and teach workshops in this country and Italy, and of course to continue writing.

**I'm awed to be entering our eighteenth year** of WIO providing workshops and private sessions. The concept for the Program conceived in a moment of time and shaped with devoted passion, has blossomed into a valuable and recognized service for personal growth that has been experienced by thousands of people all over the country. Proof of success continually comes by way of thank-you tributes telling me how the Program has encouraged and helped individuals move forward with their writing and given them courage to express their feelings, thoughts and experiences in any genre of writing. Additional recognition for the quality of the Program has come from professionals in psychotherapy, education and the health care fields who support the results of how it has helped individuals find a healing sense of well-being, self-confidence and self worth.

**The search is on for special people to help me** continue to expand WIO by teaching others how to use the Write It Out program. Information about the Certified Write It Out Facilitator Training program can be found in this newsletter and on [www.writeitout.com](http://www.writeitout.com) our website.

**Create and express in Tuscany** and treat yourself this year to the romance of Italy. Join us at the villa Le Barone in May as we continue our tradition of offering writing and painting retreat workshops in Italy. New for 2010 is our joint venture with The Longboat Key Education Center of Sarasota, Florida. We are honored to have Susan Goldfarb, Director and experienced yoga specialist offer gentle yoga exercises. It's a terrific way to prepare the mind and body to open the senses to write and paint. You'll stay at a 16<sup>th</sup> century villa and three star family owned hotel in the hills of the Chianti classico region and dine on gourmet regional food in their gracious dining room. This is a unique experience to create while immersed in the Italian culture.

**Arrange for private sessions** in Sarasota that best suit your time and life style. Check our 2009-2010 Workshop Schedule at the end of this newsletter and sign up for one or more various workshops offered in Florida and New York. Long-distance learning is also available simply by the click of the mouse, snail mail or a phone call.

Let's celebrate a happy beginning to a WIO year of writing projects and personal growth.

Enjoy.

## **VACATION RETREAT WORKSHOP IN TUSCANY, ITALY**

Spend the week of May 8- May 15, 2010 writing, painting and exercising with gentle yoga. Bring your imagination, desire, paper, pen, paints, brush and appetite to the family owned villa Le Barone, a small three-star hotel where the graciousness of another era melds with modern sensibility to coddle your creativity and pleasures. Nestled above the village of Pansano, walk or drive into town past ancient stone houses sprouting gardens of vegetables and fruit trees. Enjoy gourmet meals provided in the hotel's restaurant by chefs that have been members of the villa's staff for many years. Students have called these retreat workshops begun in 1997, "an experience of a lifetime". New this year is the refreshing and gentle yoga exercises with Susan. Enjoy writing and painting workshops with Ronni. Elect private sessions with Ronni for manuscript review and editing. The workshops offer stimulating Write It Out (WIO) sensory writing and expressive painting exercises to massage the five senses while you store internal memories to be used for future creative projects. Arrangements for sightseeing to nearby Florence, Siena and San Gimignano can be made at the villa. Relax at salons before dinner to read and present your artwork. Take advantage of the special workshop price we're offering of \$799 **only until March 15, 2010**. Thereafter the price of the workshop will be \$950. The cost of accommodations and airfare is additional. Hotel reservations are discounted to WIO students. More details can be found about the workshop at the Villa Le Barone on [www.writeitout.com](http://www.writeitout.com) or write for a flyer. We can also recommend a travel agent to book your reservations if you wish.

## **HOME-BASED WORKSHOPS IN SARASOTA, FL**

Our ongoing six-week WIO workshops stimulate your imagination and encourage your expression of feelings, memories and experiences in both Creative and Expressive Writing. Relax and join us around the table in a home setting for hands-on writing exercises and sharing of your prose, poetry, theater and journal pieces. The emphasis of all of the workshops since they began in 1992 is process over product. Yet, many students who have taken WIO workshops have gone on to publish their work. Students have said that the "workshops are so much fun", "have helped search deeper within myself", and are a "safe place to share stories". See the "Workshop Schedule 2009-2010 for details and other offerings. Long distance learning can also be designed for your particular needs. Contact Ronni at [RMillerWIO@aol.com](mailto:RMillerWIO@aol.com) for more information.

## **PRIVATE SESSIONS**

Private sessions provide you with editorial and organizational help for your memoir, fiction or nonfiction manuscript to bring it forward to publication. Clients, who have not as yet begun a manuscript, benefit by one-to-one guidance and expressive writing exercises to work through life altering personal issues through writing. Sign up and pay in advance for four sessions and take \$20.00 off the total price. Call Ronni at 941 359-3814 or e-mail [RMillerWIO@aol.com](mailto:RMillerWIO@aol.com) to discuss your project and set up an appointment.

## **WIO PERKS**

Register early and pay in advance for a six-week **home-based WIO workshop** and save \$5.00. Bring a friend who signs up for a home-based workshop in Sarasota, FL and save \$10.00 off your six-week tuition. Early birds who sign up and pay for a six-week workshop in advance of the first class are entitled to one free private session during that six-week term. Missed classes can be

## **WIO CERTIFIED FACILITATOR TRAINING PROGRAM**

Invest in a new career. Train to become a certified WIO facilitator of workshops for adults and children. If you are a college graduate with a minimum of a BA or BS degree and would like to help others develop their self-esteem, self-confidence, healing and fulfillment through writing join a special group of people who have taken WIO workshops, believe in its philosophy and methods, and want to guide people to experience the positive results they have found. Contact Ronni [RMillerWIO@aol.com](mailto:RMillerWIO@aol.com) for more information.

## **MOTIVATIONAL SPEAKER**

Ronni offers motivational and inspirational lectures with mini hands-on exercises for organizations using her WIO techniques of expressive writing for personal growth. She presents material with humorous anecdotes from her own experiences as a shy child who grew up to be an entrepreneur and learned to use writing to center herself. Contact her at [RMillerWIO@aol.com](mailto:RMillerWIO@aol.com) for more information.

## **DANCE WITH THE ELEPHANTS**

*Dance With The Elephants-Free Your Creativity And Write* by Ronni Miller is in its third printing. The text is used with all WIO workshops and is available for \$15.00. Read essays on the writing life and work through exercises that are used in the workshop. This is a perfect holiday or special occasion gift for anyone who wants to write and doesn't know how to get started. See [www.writeitout.com](http://www.writeitout.com) for more information.

## **WANT TO SEE YOUR STORY IN PRINT?**

If you have a life story that speaks of moving from a dormant state through a series of challenges to an actualized state of self improvement and achievement that you are proud of today, please get in touch with Ronni at ([RMillerWIO@aol.com](mailto:RMillerWIO@aol.com) or by snail mail) and describe what you did in less than **300** words. Your story may be chosen to be included in the new nonfiction book I'm writing.

## **WORKSHOP SCHEDULE FOR 2009-2010**

(\* ongoing workshops through June of 2010)

### **CREATIVE WRITING \*:**

Pinehurst Village, Sarasota, FL

1<sup>st</sup> term: Thurs. Nov. 12, 19, Dec. 3, 10, 17, 2009 1:30-4:00 PM

2<sup>nd</sup> term: Thurs. Jan. 7, 14, 21, 28, \*Feb. 11, 2010 1:30-4:00 PM

3<sup>rd</sup> term: Thurs. Feb. 18, 25, March 4, 11, 18, 2010 1:30-4:00 PM

4<sup>th</sup> term: Thurs. March 25, April 1, 8, 15, 22, 2010 1:30-4:00 PM

5<sup>th</sup> term: Thurs. May 27, June 3, 10, 17, 24, 2010 1:30-4:00 PM

Cost: \$270.00.

Facilitator: Ronni Miller

Registration: RMillerWIO@aol.com or 941-359-3824.

A workshop to write fiction, creative non-fiction, poetry and theater pieces.

### **EXPRESSIVE WRITING\*:**

Pinehurst Village, Sarasota, FL

1st term: Sat. Nov. 14, 21, Dec. 5, 12, 19, 2009 10:00 AM-12:30 PM

2<sup>nd</sup> term: Sat. Jan. 9, 16, 23, 30, Feb 13, 2010 10:00 AM-12:30 PM

3<sup>rd</sup> term: Sat. Feb 18, 27, March 6, 13, 20, 2010 10:00 AM- 12:30 PM

4<sup>th</sup> term: Sat. March 27, April 3, 10, 17, 24, 2010 10:00 AM-12: 30 PM

5<sup>th</sup> term: Sat. May 29, June 5, 12, 19, 26, 2010 10:00 Am- 12:30 PM

Cost: \$270.00

Facilitator: Ronni Miller

Registration: RMillerWIO@aol.com or 941-359-3824.

A workshop to heal through writing using expressive writing techniques including creative journaling.

### **EXPRESS YOURSELF THROUGH WRITING:**

The Education Center Longboat Key, Sarasota, FL

Tues. Jan. 5, 12, 19, 26, \*Feb. 9, 16, 23, March 2, 2010 1:00-3:00 PM

Cost: \$125 members of LBK Ed. Center, non-members \$135

Facilitator: Ronni Miller

Registration: 941-383-8811

A workshop to express your feelings, thoughts and experiences through memoir writing.

### **TRAVEL WRITING**

State College of Florida (Formerly MCC) -Lakewood Ranch campus, Manatee County, FL

Tues. Nov. 10, 17, 24, Dec. 1, 8, 15, 2009 10:00 AM-12 noon

Tues. Feb. 10, 17, 24, March 3, 17, 24, 2010 10:00 AM-12 noon

Cost: \$65

Facilitator: Ronni Miller

Registration: 941-363-7000

A workshop to write your personal travel story.

### **CREATIVE WRITING IN NEW YORK**

Greenville Public Library, Greenville, NY

Summer 2010. Dates to be announced.

Cost: Free.

Facilitator: Ronni Miller

Registration: 518- 966-4822

A workshop to write fiction, non-fiction, poetry and theater pieces.

**WRITING, PAINTING & YOGA RETREAT WORKSHOP  
TUSCANY, ITALY**

Villa Le Barone, Panzano, Italy

Sat. May 8- Sat. May 15, 2010

Cost: \$799 special price before March 15, thereafter \$950 for workshops, private consultations & salon. Does not include accommodations, board or travel expenses.

Facilitators: Ronni Miller & Susan Goldfarb

Registration: 941-359-3824, [RMillerWIO@aol.com](mailto:RMillerWIO@aol.com), [www.writeitout.com](http://www.writeitout.com)

Workshop retreat to focus on the sensory in writing, painting and yoga.

**CHECK FOR UPDATED INFORMATION:**

Times and dates of workshops may change and new workshops added. Notices of special events such as readings and lectures will be posted on the website. New locations for vacation workshops are added during the year. Please call **941-359-3824**, e-mail **RMillerWIO@aol.com** or check the web site **www.writeitout.com** for updated information.

**PAYMENTS** for private sessions are due at each session. Payments for home-based workshops are due on or before the first day of class. A \$5.00 registration discount is applied if payment is made prior to the beginning of the first class for each term. Bring a friend who registers for one term of a home-based workshop and save \$10.00 off your term's tuition.