

SPUR

A WRITE IT OUT® NEWSLETTER

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Woodstock, New York

FALL NEWS FROM THE MOUNTAINS

Red, yellow, and orange leaves paint Overlook Mountain, otherwise known by locals as Magic Mountain. A wind whips through the trees, loosens the leaves that fly through the air and land in clusters on the lawn. It is a sign that it is time to leave my annual northern writing retreat, a two-story cottage circa 1910, and head south. Refreshed after completion of a short story and work on a play, I look forward to working with you to provide the motivation and opportunity to evolve on *your own* creative path and welcome the use of expressive writing as an outlet for healing. Learn how to release emotional toxins from your body through writing. Write It Out (WIO), the motivational and expressive writing program **write to remember; write to enjoy; write to share; write to heal** offers you private coaching sessions and workshops as well as summer retreats in Tuscany, Cape Cod and the North Carolina mountains. Together we can make this a stimulating, healthy and creative year! *Ronni Miller*

BIRTHDAY CELEBRATION

Write It Out (WIO) turns *seventeen!* Your enthusiasm and interaction with the program has made WIO what it is today. Started as a germ of an idea in my mountain studio in Woodstock, NY it moved with me to Sarasota, FL and it has now traveled throughout the United States and outside its borders to Bermuda, Canada, France, Israel and Italy. You have published books, articles, personal essays, memoirs, short stories, and poems as a result of your involvement with the WIO program. You have spawned writing groups in New York and Florida as a result of WIO workshops you attended. You have gained personal growth through guided expressive writing exercises that free anger, fear, disappointment, and confusion. As a thank you for your participation in the WIO program take part in our free birthday perks and discounts.

EXPRESSIVE WRITING RELEASES TOXINS

The American Medical Association recommends expressive writing as a healthy, healing process to release emotional toxins from the body that cause physical and emotional harm. Research was based on the work of James W. Pennebaker, Ph.D. world-renowned expert in the field of expressive writing. Pennebaker has endorsed WIO. Exercises from the WIO program guide clients and students to release these toxins through writing. WIO workshops in expressive writing are offered at hospitals, medical offices, wellness centers and in educational institutions.

PRIVATE SESSIONS

You benefit from professional help to organize writing material and acquire editorial feedback. Emotional toxins that have impacted your health are released through guided expressive writing exercises. Sign up and pay in advance for four private sessions and receive a birthday perk, the fifth **one free** during the 2008-2009 school year. A minimum of four sessions is suggested for expressive writing work. You can also join many others around the country and in Canada who work with me privately over the internet and through snail mail. Call 941-359-3824 or e-mail RMillerWIO@aol.com to arrange for appointments.

SUNDAY SALONS AT HOME

One Sunday a month you are invited to read your written material or show your artwork at our home-salon in Pinehurst Village, Sarasota. The proposed dates are: December 7, 2008, January 4, February 15 & March 8, 2009. Call 941-359-3824 or e-mail RMillerWIO@aol.com to say you're coming.

SUMMER WRITING RETREAT WORKSHOPS

Relax, Restore & Create immersed in the culture of Tuscany, Cape Cod and the North Carolina Mountains at the Hotel Villa Le Barone, Panzano, Italy (www.villalebarone.com), The Holden Inn, Wellfleet, MA, and new this year at The Mast Farm Inn, Valle Crucis, NC (www.mastfarminn.com). Workshop retreats stimulate the senses, and provide creative and nurturing time to work on material with evening salons and dinners spent together in conversation. A flat fee includes the workshop, private one-to-one sessions and evening salons of readings, theater pieces and lectures. Cost of accommodations, food, and travel are additional and arranged by each individual. Book *now* until December 15th and receive a 10% birthday perk **discount** for these retreat vacations, referred to by students as an experience of a lifetime. For more information about them visit my website www.writeitout.com, and also "Workshop Schedules" at the end of SPUR.

READERS THEATER

"LIFE IS A CAROUSEL" A Write It Out Showcase Event was presented at the Women's Resource Center, Sarasota on Saturday, May 31, 2008. Written material for the performance was generated by over twenty WIO students and read by them or actors.

BOOKS BY RONNI MILLER:

DANCE WITH THE ELEPHANTS-FREE YOUR CREATIVITY AND WRITE now in its third printing. Essays on the writing life and exercises from the WIO program speak to your desire to write and stimulate your creativity with exercises from the WIO program. \$15.00.

DOMESTIC SHORTS a collection of eighteen short stories of women's issues of love, romance, yearning and evolvment. \$18.00.

To order books send a check payable to Write It Out to P.O Box 704 Sarasota, FL 34230. Add Postage and shipping costs of \$2.50 for each book order.

WORKSHOP SCHEDULES FOR 2008-2009

(* ongoing workshops through June of 2008)

CREATIVE WRITING IN SARASOTA*:

Pinehurst Village

1st term: Thurs. Nov. 13, 20, Dec. 4, 11, 18, 2008 1:30-4:00 PM

2nd term: Thurs. Jan. 8, 15, 22, 29, Feb. 12, 19, 2009 1:30-3:30 PM

3rd term: Thurs. Feb. 26, March 5, 12, 19, 26, April 2, 2009 1:30-3:30 PM

4th term: Thurs. April 9, April 23, 30, May 7, 14, 21, 2009 1:30-3:30 PM

Cost: \$265.00.

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

1st term: Sat. Nov. 15, 22, Dec. 6, 13, 20, 2008 10:30 AM-1:00 PM

2nd term: Sat. Jan. 10, 17, 24, 31, Feb 14, 21 2009 11:00 AM-1:00 PM

3rd term: Sat. Feb 28, March 7, 14, 21, 28, April 4, 2009 11:00 AM- 1:00 PM

4th term: Sat. April 11, 25, May 2, 9, 16, 23, 2009 11:00 AM-1:00 PM

Cost: \$265.00

Facilitator: Ronni Miller

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

A workshop to heal through writing using expressive writing techniques in all genres.

EXPRESS YOURSELF THROUGH WRITING:

The Education Center Longboat Key

Tues. Jan. 6, 13, 20, 27, Feb. 10, 17, 24, March 3, 2009 1:00-3:00 PM

Cost: \$135.00

Facilitator: Ronni Miller

Registration: 941-383-8811

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

EXPRESSIVE WRITING FOR ARTISTS:

Ringling College of Art & Design

Mon. Nov. 10, 17, 24, Dec. 1, 8, 2008 6:30-9:00 PM

Cost: \$155.00

Facilitator: Ronni Miller

Registration: 941-351-5100

A workshop to use expressive writing techniques for self-revelation and insight.

EXPRESSIVE WRITING FOR WELLNESS

Manatee Community College-Lakewood Ranch campus

Tues. Nov. 18, 25, Dec. 2, 9, 16, 2008

Cost: \$75.00

Facilitator: Ronni Miller

Registration: 941-363-7000

A workshop to heal from life altering issues through expressive writing.

EMPOWER YOURSELF THROUGH EXPRESSIVE WRITING

Women's Resource Center of Sarasota County

Mon. Nov. 10 & 17, 2008 10:00 AM- 12 noon

Cost: \$25.00

Facilitator: Ronni Miller

Registration: 941-366-1700

A workshop to express your feelings through writing to develop awareness and empowerment.

WRITING YOUR LIFE STORY

Manatee Community College-Lakewood Ranch Campus
Tues. Nov. 18, 25, Dec. 2, 9, 16, 2008 10:00 AM- 12:30 PM
Cost: \$75.00

Facilitator: Ronni Miller
Registration: 941- 363-7000

A workshop to record your life story events through nonfiction or fiction.

CREATIVE WRITING IN NEW YORK

Greenville Public Library, Greenville, NY
Monday, August 24-Friday, August 28, 2009 10:00 AM-12 Noon
Cost: Free.

Facilitator: Ronni Miller
Registration: 518- 966-4822

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

WRITING RETREAT WORKSHOPS

TUSCANY, ITALY

Villa Le Barone, Panzano, Italy
Friday, July 3-Fri. July 10, 2009
Cost: \$1300 for workshops, private consultations & salon. Does not include accommodations, board or travel expenses.

Facilitator: Ronni Miller
Registration: 941-359-3824, RMillerWIO@aol.com, www.writeitout.com

Workshop retreat to focus on the sensory in writing and experience Tuscany.

CAPE COD, MASSACHUSETTS

The Holden Inn, Wellfleet, Massachusetts
Wed. Aug. 19- Fri. Aug. 22, 2009
Cost: \$550.00 for workshop, private consultation & salon. Does not include accommodations, board or travel expenses.

Facilitator: Ronni Miller
Registration: 941-359-3824, RMillerWIO@aol.com, www.writeitout.com

Workshop retreat to focus on the sensory in writing and experience Cape Cod.

NORTH CAROLINA MOUNTAINS

The Mast Farm Inn, Valle Crucis, North Carolina
Tues. Aug. 11- Fri. Aug. 14, 2009
Cost: \$550.00 for workshop, private consultation & salon. Does not include accommodations, board or travel expenses.

Facilitator: Ronni Miller
Registration: 941-359-3824, RMillerWIO@aol.com, www.writeitout.com

Workshop retreat to focus on the sensory in writing and experience the mountains of North Carolina.

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 workshops are due on or before the first day of class.