

# FREE WRITING FRIDAYS



(a la Natalie Goldberg's *Writing Down the Bones*)

*"A musician must make music, an artist must paint, a poet must write  
if he is to be ultimately at peace with himself. What a man can be, he must be."*

*Abraham Maslow*

You can drop-in and fly with us anytime without signing up. We meet **every other** Friday morning from 10:00 a.m. until 12:15 ish p.m. The cost is \$20.00 per time. We gather in **Denver** at 1719 S. Lincoln St. (between Colorado & Mexico – 4 blocks N. of Evans, 1 mile S. of I-25, 1 block E. of Broadway)

Questions? Answers: (303) 715-0939 / Get on the mailing list. We do retreats & coaching too.

Or Visit [www.AwakeningArtistry.com](http://www.AwakeningArtistry.com)

♥ **WRITE ON!** If you like to write and you haven't come to the Freewriting Friday group, you're missing an experience of word heaven, artistic safety, and intoxicating freedom right in your own backyard. Set aside those internal critics, excuses and distractions, and dive into a hands-on experience of creative writing in wildly supportive community. Come play with us.

**MAKE A DATE WITH YOUR CREATIVE SELF:**

Make a date with your Creative self:

2010 ~ ♥ Jan 15, 29 ♥ Feb 12, 26 ♥ Mar 12, 26 ♥ Apr 9, 23 ♥ May 7, 21 ♥ Jun 4, 18 ♥  
Jul 2, 16, 30 ♥ Aug 13, 27 ♥ Sep 10, 24 ♥ Oct 8, 22 ♥ Nov 5, 19 ♥ Dec 3, 17, 31

NOTE: An \* denotes a skipped class. Due to our developing travel schedule, we may have to cancel a scheduled class from time to time. Please visit the Calendar page of our web site for the most up to date schedule.



**Tama J. Kieves**, an honors graduate of Harvard Law School, left her law practice with one of Denver's largest law firms to write and to embolden others to live and breathe their most meaningful self-expression. Best-selling author of **THIS TIME I DANCE!** *Creating the Work You Love/How One Harvard Lawyer Left It All to Have It All* (©2006 Tarcher/Penguin) she is an acclaimed life/work coach and has helped thousands of individuals unleash their creativity and their callings. Founder of Awakening Artistry, an organization dedicated to creating a global family of creative and visionary minds, her dynamic work has frequently been featured on TV, radio, and in national publications. Currently, she presents workshops and retreats throughout the country. She is also a national presenter for *A Course in Miracles*, and an instructor for the renowned Naropa University. To receive her free inspirational electronic newsletter, visit [www.AwakeningArtistry.com](http://www.AwakeningArtistry.com).

