

Writing From the Kundalini Soul Workshop

SAMPLE DAY

Meditation (5 min)

Short Writing Exercise (2-3 min)

Writing lesson: (20-30 min)

Examples from past workshops:

- Writing using all your senses
- Shifting from memories to larger themes
- Slowing the pace
- Finding your voice
- Character development

Kundalini Set (20-30 min)

Longer Writing Exercise (20-30 minutes or more)

Sharing (optional, 30+ min)

Optional: Homework (for those who want to continue to write before the next class)

Optional: One Private session (Sunday Before Class or via phone post workshop): submit 1-5 pages in advance or just use the session as you wish (e.g., publishing advice, establishing a writing routine, etc.)