

WOMEN WHO WEAVE LIFE



Workshop: Storytelling
and Creative writing



DESCRIPCIÓN



“Women who Weave Life” is a creative, participative workshop, inspired in an ancient Celtic story called “The Woman who weaves Life”.

And when the threads of life break, this tale reminds us that we can transform the resulting tangle of threads into new possibilities and weave anew what we truly wish to bring into the world.

The story prompts us to reflect on the everyday reality of many women: multitasking, exhaustion, the feeling of not being able to do it all and, above all, to help us build peace of mind, balance, inner strength. and resilience.

The workshop combines storytelling, guided dialogue and free writing, and invites us to consciously ‘weave’ the world we desire.

OBJECTIVES



- To offer a unique workshop which, through the ancient tale 'The Woman Who Weaves Life', encourages reflection, personal expression and collective creation amongst women.
- To facilitate a space for dialogue where participants can relate the story to their own lives.
- To reflect on multitasking, caregiving, chaos and the ability to start afresh.
- To stimulate creativity through a simple writing and a symbolic creative activity.
- To strengthen the sense of community and mutual support amongst participants.
- To leave with a sense of greater calmness clarity and connection.

STRUCTURE



- Welcome and introduction
- Storytelling ‘The Woman Who Weaves Life’.
- Guided discussion with prompts.
- Journalling.
- Creative activity: ‘Weaving a New Life’. If we held the threads of life in our hands, what would we like to weave?
- Creative activity: Weave paper hearts from recycled books and magazines.
- Activity to close



Ficha Artistica y Técnica



Storyteller: Jennifer Ramsay

Public: Adults

Language: Spanish or English.

Duration: 2 hours.

Needs: Tables. A space where we can meet in circle.



Contact

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