

4th Annual  
Around the Block at Findley Lake  
SUMMER 2010 COUNTRY RETREAT FOR WRITERS



Sunday, July 18 — Friday, July 23  
Hazen Manor, 9582 Hazen Road, Sherman, NY

With experienced, published, prize-winning authors  
**Liz Abrams-Morley**      **Tracy Robert**      **Sara Kay Rupnik**



Around the Block Writers Collaborative returns to Findley Lake to encourage anyone desiring to write fiction, poetry, or memoir. The workshop classes begin at Hazen Manor on Monday, July 19, from 1:00 – 3:00pm continuing through Friday, July 23, and will include a lively selection of topics for students. Stay tuned!

Around the Block was founded by three long-time friends and writers in 2003. Liz Abrams-Morley hails from Philadelphia, where she teaches in the MFA program at Rosemont College. She is the author of *Learning to Calculate the Half Life* and *What Winter Reveals*. Her new poetry collection, *Necessary Turns*, has just been released.

Tracy Robert, a native of Southern California, has taught writing for the last three decades. She is the winner of the Pirate's Alley Faulkner Prize for Fiction and was a finalist for the Flannery O'Connor Award for Short Fiction. Her novella excerpt, "The Curse of Ambrosia," will be included in the anthology *When Last on the Mountain*, scheduled for a spring release.

A resident of Virginia and Georgia, Sara Kay Rupnik, is a published fiction writer. Her short story, "The Self-Consumer of My Woes," will appear in the January issue of *Southern Women's Review*. Her story, "A Study of Light," was recently published in *Persimmon Tree*.

The week will kick off with a wine and hors d'oeuvres reception for Liz, Tracy, and Sara at Wonderments Wine Shop (10367 Main Street, Findley Lake). Liz will be reading from her poetry collection, *Necessary Turns*, recently published by Word Press, and Tracy will be reading from *When Last on the Mountain*, due out in June from Holy Cow! Press. Sara will offer a selection from her latest short story. The week will be full of events for body, mind, and spirit! See our flyer and a la carte sheet for the complete list of events.

## **Additional Workshops to Nurture Mind, Body, and Spirit During the Around the Block Series**

These classes will be held mornings at Hazen Manor July 19th – 23<sup>rd</sup>

Please contact Jennifer, Barb, and Virginia directly to register for their classes.  
Participants for Jim Donovan's class can contact and send payment to Jennifer.



### ***Turn on Your Creativity Using Energy Medicine with Jennifer Mills***

**Monday, July 20<sup>th</sup>; 10:00am - 12:00pm**

**\$10 per participant**

Jennifer Mills will guide you through a sequence of exercises designed to activate and refresh the creative spirit within us all. Jennifer is a Usui Reiki Master Teacher and student of the Donna Eden Energy Medicine Certification Program. She offers energy-related workshops in the tri-state area and runs a Reiki and Energy Medicine practice in Findley Lake, NY. ([www.TheEnergyExperience.net](http://www.TheEnergyExperience.net))



### ***The Yoga of Drum and Chant Workshop with Jim Donovan***

**Tuesday, July 19<sup>th</sup>; 10:00am - 12:00pm**

**Advance Registration Discount \$35 or \$45 the Day of the Class**

The Yoga of Drum and Chant Workshop with Jim Donovan is an interactive and energizing experience designed to renew your spirit and accelerate personal growth. In this workshop you will learn beneficial mantras, cathartic drumming rhythms, rejuvenating breathing exercises, and powerfully effective concepts that you can use everyday to improve your whole self. Anyone regardless of musical ability will benefit from and enjoy this experience. You will leave the workshop feeling peaceful, yet invigorated, and alive. Anyone regardless of musical ability will benefit from and enjoy this experience.

Jim Donovan is an award winning facilitator, teacher, and performer and was one of the founding members of the multi-platinum selling band Rusted Root from 1990-2005. His music has been featured in major motion films such as Ice Age, Twister, Mathilda as well as on various network television shows such as American Idol, David Letterman, Conan O'Brien, Party of Five and the PBS "Web of Life" documentary.

Fulfilling his desire to share the power of rhythm first hand, Donovan facilitates a series of [corporate](#) and [university](#) drumming programs and [public drumming workshops](#) throughout the US and Europe. He is the director of the [Retreat for the Soul in Ambialet, France](#), the [Summer Rhythm Renewal](#) in Loretto, PA, and [The Great Rhythm Revival](#) in Sherman, NY.

As a solo artist and teacher, Donovan has released 6 highly acclaimed solo CD's as well as several popular [instructional drumming audio and video products](#) including his newest release [World Rhythm Seeds : Jam Along Audio Tool CD](#).

Donovan is also a featured monthly columnist in Drum! Magazine. Donovan received his BA in music from the University of Pittsburgh where he had the opportunity to study African Music with noted scholar

Kwabena Nketia from Ghana. Over the years he has learned and performed with various African master drummers such as Congolese master drummer Elie Kihonia, Damien Pwono, and Etse Nyadedzor. Currently Jim Donovan is an instructor of music at Saint Francis University in Loretto, PA.

([www.JimDonovanDrums.com](http://www.JimDonovanDrums.com))



***Balancing and Strengthening with Tai Chi and Qigong with Barb Coryea***

**Wednesday, July 21<sup>st</sup>; 10:00am – 12:00pm**

**\$10 per participant**

Join Barb for a slow paced series of movements coordinated with deep relaxed breathing. Along with producing a sense of well being, Tai Chi and Qigong Meditation can strengthen body control and mental awareness and quiet the mind. Allow Barb to show you movement, stance and breathing that can be an ongoing practice. Suitable to all ages, practiced Tai Chi and Qigong can help promote mental and physical health. You may come any or all the available days. Barb resides in New Wilmington, PA. (bjcoryea@hotmail.com)



***Reclaiming Your Elemental Wisdom with Jennifer Mills***

**Thursday, July 22<sup>nd</sup>; 10:00am – 12:00pm**

**\$10 per participant**

*Shall we dance?* Each of us moves to an underlying, primal energetic rhythm in life which helps us determine how we view our world and those around us. Join Jennifer for a vibrant and dynamic journey into these rhythms, based upon the Traditional Chinese Five Element theory, and discover how your rhythm helps drive your passions in life. ([www.TheEnergyExperience.net](http://www.TheEnergyExperience.net))

***Developing Your Intuition with Virginia King***

**Friday, July 23<sup>rd</sup>; 10:00 - 11:00am**

**\$10 per participant**

Join us for a relaxing class that will draw upon your intuition and give you a heightened awareness of the voice within. The class will be presented by Virginia King, a Certified Holistic Educator, Reiki Master Teacher, and Avana Method Practitioner. Virginia's practice, Holistic Joy, is based out of Sherman, NY. ([www.HolisticJoy.com](http://www.HolisticJoy.com))