



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

## Free Writing Q&A

### What is free writing?

Free writing is a method for jump-starting creativity through in-class, improvisational writing exercises. It is a form of automatic writing in which the participant writes without letting his pen leave the page for a timed exercise triggered by a writing prompt. The goal is to get all ideas (conscious and unconscious) out on the page without censoring. These techniques are based on the Amherst Writers and Artists method, the teachings of Natalie Goldberg and Brenda Ueland.

### What are the writing prompts like?

The writing prompts used in Writing Pad's free writing classes help loosen ideas and memories from the writer's mind. Examples of writing prompts include: creating a fictional character from group suggestions, smelling different vials of scents, and responding to evocative phrases like "Write about first kisses."

### What is the Amherst Writers and Artists method?

All of Writing Pad's free writing classes use the Amherst Writers and Artists (AWA) method. The AWA method emphasizes that every writer deserves a safe environment in which to share his or her work. Therefore, if a student decides to read what he's written in class, the other students and instructor only respond with what they like and remember. This method was developed in response to the traditional writing seminar where students bring in manuscripts for harsh critique, and often leave class feeling blocked and discouraged. In contrast, the AWA method blends improvisational writing and a safe, supportive environment to produce richer, more innovative writing in students.

### How is the class structured?

Each class session includes two to three free writes that last 10-20 minutes a piece. After each free write, students are invited to read their work out loud. Reading is not mandatory. Classes include brief social breaks accompanied by assorted teas, gourmet tasting plates, and dessert.

### Who is the class designed for?

This class is tailored for anyone who:

- Likes to write
- Has always wanted to write or write more often
- Is feeling blocked or bored with their writing

Beginning and experienced writers of all genres welcome: screenplays, fiction, personal essays, poetry, memoir, etc.

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## Testimonials

“Marilyn is an amazing facilitator for writers. She creates a warm and inviting atmosphere, provides insightful feedback, and inspires a commitment to a writing habit.”

--Amy Hoffman, Writer

“Marilyn gives others the courage to write from the gut and to be experimental. She gives insightful, encouraging feedback. She also reminds us that writing is not only a complex and intimate expression of the self, but is also a fun thing to do.”

--Christopher DeLorenzo, Writer  
Amherst Writers and Artists Workshop Facilitator

“Marilyn will get you excited about your writing. She keeps you engaged and motivated with a never-ending supply of writing prompts and exercises. You can always count on Marilyn to be there on time, fully prepared, and full of enthusiasm about sharing her love of language.”

--Kim Harvey, Writer

“Marilyn has a remarkable ability to create a non-competitive environment in which everyone is encouraged to find and explore their own voice. From Marilyn, I have learned to focus on those parts of my writing that are working and move forward, instead of getting hung up on the parts that aren't working and letting them stop me.”

--David Blazeovich, Writer

“Marilyn is an amazing moderator. She makes you feel so welcome and supported. The free writing exercises she put together really made me create some of my best work. Writing in a group has made me realize that writing doesn't have to be drudgery, it can be fun!”

--Simone Cameron, Writer

“Marilyn's ability to hold a fun and supportive group is outstanding. She holds sacred the process of finding the writer's voice. Plus she serves great cheese and chocolates.”

--Craig Landry, Writer



## Sample Menus

At Writing Pad, we serve gourmet tasting plates and desserts at each class meeting to enhance and inspire creativity. Below is a sampling of the menus served at past classes.

### **Class 1**

Truffled Cauliflower Soup Shooters with Parmesan Crisps  
Caponata Crostini with Mozzarella  
Miniature Mile High Strawberry Pies

### **Class 2**

Sun-dried Tomato Palmiers  
Blood Orange Salad with Arugula, Kalamata and Toasted Pinenuts  
Chocolate Espresso Pot de Crème

### **Class 3**

Tortilla Espagnola with Romesco  
Empanadas with Dipping Sauce  
Orange Infused Flan

### **Class 4**

Homemade Ricotta with Maple Syrup, Bacon and Crostini  
Hot Tunisian Olives  
Balsamic Roasted Onion with Toasted Pinenuts and Parmigiano  
Lemon Crème Brûlée

### **Class 5**

Alsacian Onion Tart  
Salad Dijonnaise with Raddichio, Endive, Apple and Walnuts  
Cabernet Poached Pears Over Vanilla Ice Cream



**FOR IMMEDIATE RELEASE**

### **WRITING PAD LAUNCHES**

*A Fabulous Writer's Space in the Silver Lake Hills Hosts "Free Writing 101," "Erotic Free Writing," "Free Writing for Screenwriters" Taught by Poet and Essayist, Marilyn Friedman*

Los Angeles, CA (February 3, 2006)—Published poet and essayist, Marilyn Friedman announces the launch of Writing Pad, a fabulous, modern writer's space in the Silver Lake Hills. Courses currently offered at Writing Pad include "Free Writing 101," "Erotic Free Writing" and "Free Writing for Screenwriters." All workshops are designed to jump-start creativity in beginning and experienced screenwriters, playwrights, poets, memoirists, essayists and novelists. Each two-and-a-half-hour class includes tasting plates and desserts, two to three in-class writes, and the opportunity to socialize with young, hip writers and professionals. To register, or to view a schedule of upcoming classes, visit [www.writingpad.com](http://www.writingpad.com) or call (323) 644-0779. Five-week sessions cost \$185 and one-day workshops cost \$40.

Marilyn Friedman, who recently moved to LA, got the idea for Writing Pad after spending three years facilitating free writing workshops in the vibrant literary community of San Francisco. She wanted to give the traditional writing class a twist however, by serving gourmet food in spa-like surroundings. "This is my vision of the ideal writing school," said Friedman. "I believe that a comfortable, aesthetic environment is essential for inspiring creativity. I added the tasting plates and desserts to help students get into that happy and relaxed buzz good food produces."

### **Writing Pad Spring 2006 Schedule**

#### **Free Writing 101 (5 Thurs., Feb. 16 - March 16, 2006, 7:30 - 10:00 p.m.)**

This course is for anyone who likes to write, has always wanted to write, or who is struggling from writer's block. In each class, students will write from prompts based on the five senses such as smelling different vials of scents. Menus range from empanadas and orange infused flan to butternut squash soup with blue cheese crème fraiche and chocolate pot-de-crème.

#### **Erotic Free Writing Workshop (Sat., March 25, 2006, 1:00-3:30 p.m.)**

This class is designed to stimulate sensual writing in a safe, pampering environment. Students will write from erotic prompts such as listening to erotic literature to reveal sexy memories and create taboo, titillating descriptions. Menu: fig, goat cheese and prosciutto bruschetta, baby artichokes with vanilla jalapeno aioli, chocolate dipped strawberries, molten chocolate cake.

**Free Writing For Screenwriters** (5 Thurs., Apr. 6 – May 4, 2006, 7:30 – 10:00 p.m.)

This course helps writers access story ideas in new ways and sharpen their screenwriting craft. Students will create authentic dialogue, well-rounded characters and vivid settings by writing from evocative phrases and participating in guided visualizations. Menus range from homemade dolmas and poached pears over ice cream to cucumber mint tea sandwiches and miniature cheesecakes. This class focuses on the elements of craft most relevant to screenwriting, but writers of any genre are welcome.

**About Free Writing**

Marilyn's free writing classes are based on the Amherst Writers and Artists (AWA) method in which students participate in spontaneous, free writing exercises (e.g., writing without letting your pen leave the page for timed exercises triggered by a writing prompt). If a student decides to read what he's written, the class and instructor only respond with what they like and remember. This method was developed in response to the traditional writing seminar in which manuscripts are subjected to harsh critique, and students often leave class feeling blocked and discouraged. In contrast, the AWA method blends improvisational writing with a safe, supportive environment to produce richer, more innovative writing.

**About Marilyn Friedman**

Marilyn is a published poet, she has written articles on love and dating for Match.com, and she is currently working on a memoir about her experiences as a swing dancer.

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\*\*For press interviews or hi-res jpg images of Writing Pad, please contact Marilyn Friedman at (323) 644-0779 or marilynfriedman@yahoo.com or Natasha Wang at (213) 804-9851 or Natasha@razpr.com.