



busybird
publishing

STUDIO ~ GALLERY

2/118 Para Road
Montmorency
VICTORIA 3094

Unwind But how?

Have you ever thought about the work that goes into writing? Have you ever *truly* thought about it?

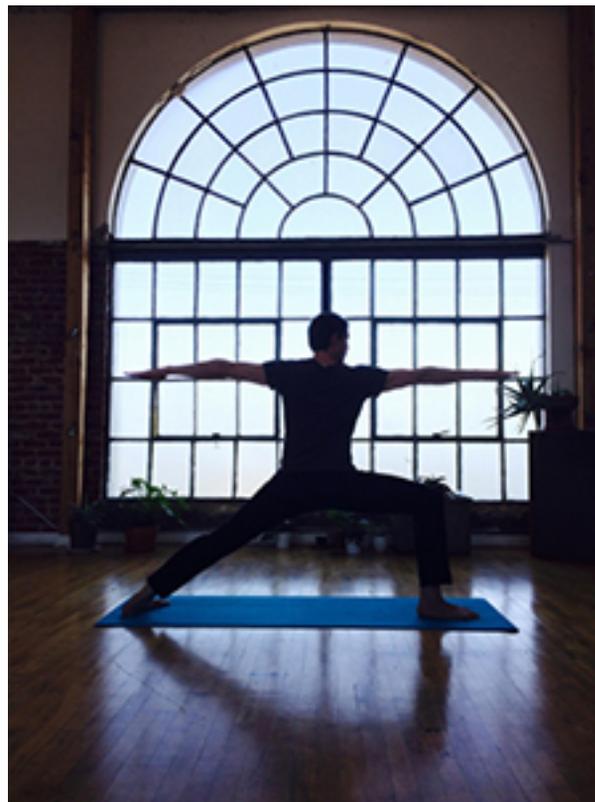
One of the issues when you tell somebody you're a writer is they'll often respond that they've always wanted to write, like it's such a simple endeavour – just sit down and spew out your imagination. That's all most people think it is. They don't consider it work or difficult. It's just a play-thing: make stuff up.

But writing is much more complicated than that.

And it's much more arduous.

Imagination is the easy bit. In the free-thinking of your mind, your imagination can tumble out ideas and scenes with abandon, and they can excite you to the point that you want to put it all down onto the page. However, this is when things get difficult and the actual writing begins.

You need to start thinking about structure. How do you tell



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A Repose with Suzanne Male

*Author and
Yoga Instructor*

**Tell us a little about
your writing
background.**

My writing background is

your story? Is it chronological? Does it use flashbacks? Or flash-forwards? Is it a jigsaw that pieces itself together to form a greater picture? What is the best way of telling your story? It's not just as easy as dumping it all on the page and hoping it'll work. There needs to be a methodology behind why you're telling your story the way you are, an internal logic that acts as a framework for the narrative.

Then there's the simple act of articulation: how do you phrase that scene when your protagonist faces his nemesis? How do you describe that misty morning without hitting clichés? In that one paragraph, have you used the same word not just a couple of times, but repeatedly? Are you communicating what you're seeing in your head? Or is it all just murky? And even if you're getting it down right, are you doing justice to your narrative, to your characterisations, to the development of your story?

Writing – any sort of writing – requires a delicate extrication of so many disparate threads, and intertwining them into something cohesive. It really doesn't take much for it to not bind, or for it to unravel. Then all you're left with are the tangled good intentions of what you wanted to accomplish.

You may not realise that all this is going on – many writers don't, until they've submitted their work to somebody for feedback. A fresh set of eyes is usually able to identify what's working and what's not working. Other writers always have that nagging doubt, that worry that they haven't quite represented the story they wanted to tell. Some struggle to ever move past that questioning.

This self-doubt – along with hunching over in the act of writing – tenses us up, welds muscles into contortions for which they were never meant long-term, and leaves us tight and in pain. Do this long enough, and your body will let you know about it – a caution to the young, who are still flexible and resilient. That doesn't last forever.

This is when it's important to learn to unwind, both physically and mentally. Finding an outlet where you can let go, where you can release the tension, and calm the self-doubt, is vital, and it's in that peacefulness that you

mostly as a journalist. I spent fifteen years working as a journalist at newspapers and magazines. Most of those years were spent at *Who Weekly* magazine as reporter, writer, foreign correspondent (London), and freelance writer. I have also contributed reporting and articles to publications including America's *In Style* and *People* magazines, and *Australian Bookseller & Publisher*, and served as editor of national magazine *Australian Jeweller*. I am the author of a couple of books – *A Year of Writing Inspiration: A prompt a day for the creative writer*, and *Get Your Book Off the Ground: What You Need to Know to Write and Publish a Book* (co-authored). I like to write creatively too; I find it cathartic (plus I can't draw or dance, so it's my creative outlet!). I founded a small press called Smink Works Books in 2002, which produced both e-books (SO before their time!) and printed books.

Are you a reader?

I'm a huge reader (and buyer!) of books. I recently moved house so was reminded how many books I actually have! I called my yoga business 42 Yoga, inspired by Douglas Adams and his book *Hitchhiker's Guide to the Galaxy*, where he declares that 42 is the answer to the ultimate question of life, the

usually find your way.

The Busybird Creative Fellowship ... Looking for guidance with your writing?

The [Busybird Creative Fellowship](#)

is a mentorship designed specifically for the new writer just taking their first tentative steps into the literary community.

Costing just **\$10.00** to enter, the winner of the Fellowship will receive an actual cash prize (\$500!), use of the Busybird Publishing Studio gallery spaces, use of the Busybird team as mentors, free entry to any in-house Busybird workshops, and discounted publishing services!

Fast-track your evolution as a writer and learn about the opportunities that exist out there for you.

To enter, please fill out the entry form (downloadable [here](#)), provide a bio of no more than 100 words, and write a 500-word proposal about how the Fellowship would help you and how you would use it. You can drop in your entry to our studio, mail it to us here at Busybird Publishing, 2/118 Para Road, Montmorency 3094, or scan it all and email it to admin@busybird.com.au.

The Fellowship opens today (1st October!) and closes 31st October!

Continuum ...



universe and everything. I've also done special *Alice in Wonderland*-themed yoga sessions. Don't know what possesses me to combine yoga and books, but if you are one of the very few people who have the same dual passions then we should be friends!

How long have you been practising yoga?

I've been practising yoga for more than 15 years. After that long it becomes so necessary to living your life that you can't stop.

How can yoga help a writer?

Yoga combats stress, which can really get in the way of thinking clearly and coming up with ideas. It can help remove the mental and emotional blockages that are keeping you from finding inspiration. It stills the mind so leaves some space for the creative muse to have a say! There are even some poses that we say in yoga will increase creativity (you'll have to come along to see, but it has a lot to do with the physical 'creative' area of the body). Then there are the physical poses that will help writers – so will be an antidote to hours of sitting writing. These poses will help with tension in the shoulders and neck, open the chest, and will work on the wrists.

Do you have a couple

Our latest exhibition!

Marcello D'Amico is an award-winning writer, poet, and artist, who's had a storied career which has spanned decades.



His new exhibition, 'Continuum', features his latest drawings of nudes and will run from Saturday 1st October to Friday 28th October.

The launch will be held **Sunday 2nd October**, from **3.00–5.00pm**, and afternoon tea and music will be provided.

If you're interested in attending, please RVSP to us for catering purposes by **Tuesday 27th September** by emailing Blaise on busybird@bigpond.net.au or calling **(03) 9434 6365**.

Yoga for Writers ... Find your inner peace!

If you're a writer, you've probably lived a life hunched up over a computer or a journal, scrunching up your muscles and

tightening your back and your neck. You probably didn't even realise you were doing it, and now wake up with all sorts of aches and pains.



Busybird's *Yoga for Writers* is a gentle and relaxing yoga, facilitated by Suzanne Male (profile in the sidebar), an author and a qualified iFlow Yoga teacher, who knows all about postural issues that writers suffer.

Sessions begin **Thursday, 13th October**, and run from **8.00–9.15pm**. Book in for **8 weeks worth of sessions at**

of tips for writers to increase stamina or creativity?

Yes ... do regular yoga and meditation! Seriously, I'll share a couple of take-home simple yoga poses for people who come along to the sessions. Have to say, they are a little bit like magic!

\$120 or pay casually at \$18.00 per session. You can book through Eventbrite [here](#).

Last Call on Karma ...

How serious are you about your writing?



Take a break from the hustle

and bustle of everyday life, and travel up, up, up the mountain, to Karma Kinglake in the heart of Kinglake, for a rejuvenating weekend retreat. Dine on sumptuous meals, revel in the amenities of luxury nestled deep within nature, and be stimulated by intensive writing workshops.

This [Karma Writing Retreat](#) promises to be the biggest Busybird has run, and places have filled up quick. But there are still two spots available!

If you're interested, you can check out our website [here](#), or give us a call on **(03) 9434 6365**.

The Busybird Channel ...

You can find highlights of **Busybird's Open Mic Night 37** on our YouTube channel [here](#)!

The Busybird Blog ...

Here's what we've been blogging about over September

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29th September ~ '[The Length of Things](#)': How long should a piece of writing be?

28th September ~ '[Is writing significant?](#)' It's an important question, and one that bears discussion.

22nd September ~ '[Stretch](#)': What's the number one peril that's just about guaranteed to befall writers? Read this blog to find out!

16th September ~ '[How I used the Busybird Creative](#)

[Fellowship](#)': Busybird's 2016 Creative Fellow, A.C.

Watson discusses how the Busybird Creative Fellowship helped his development as a writer.

14th September ~ '[Write Around the Murray Festival – A](#)

[Review](#)': The Book Chick was an attendee of the Write

Around the Murray Festival and talks about her experiences.

9th September ~ '[Editing Anthologies](#)': Editorial Intern,

Lauren Magee, looks at working on the popular anthology, *Verandah*, and the celebration of its launch.

7th September ~ '[I Hate Selling \(my book\)](#)': What is your

book but a product? The Book Chick talks about the importance of treating your book as a commodity that you need to market to sell.

1st September ~ '[Unleash Your Inner Troll](#)': How

savagely do you challenge the suspension of disbelief behind your own work?

What's On at Busybird ...

Unless otherwise specified, all workshops are held at the Busybird Publishing Studio ~ Gallery.

Bring a friend to the three-hour workshops and get the second ticket for only \$50!

Publish for Profit

Tuesday, 4th October

7.00 – 8.30 pm

Have you written a book (or want to) but don't know what to do with it? This session will be about networking with other writers (new and established), brainstorming and a session on what you can ask printers.

Cost: \$10.00

Book: [Here](#).

Introduction to Fiction Writing

Saturday, 8th October

10.00 am – 1.00 pm

Have you ever wanted to put pen to paper and write a story? Or are you writing a story and struggling with the basics? Introduction to Writing Fiction looks at the staples of building a story from the ground up, and will also offer some nifty tips for revision when you have to go back and polish your work. Facilitated by writer and editor, Les Zigomanis.

Cost: \$75.00

Book: [Here](#).

Yoga for Writers

Every Thursday, starting 13th October

8:00 – 9:15 pm

42 Yoga: Yoga by Suze Male: Suze believes yoga is key to mind and body wellness, allowing us to connect to our true selves and connect to everyone else in a positive way. She developed a passion for yoga in 2000 and has completed teacher training with iFlow Yoga. As a long-time writer and passionate reader, Suze understands how yoga can help writers, by counteracting those long sessions at the desk, as well as enhancing creativity.

BYO yoga mat.

Cost: 8 weeks of sessions is \$120 or \$18 per casual session

Book: [Here](#).

Book Camp

Saturday, 15th October

10:00 am – 4:00 pm

Become a published author in 2016. Telling your story helps people to engage with you and build trust.

Publisher, Blaise van Hecke, from Busybird Publishing, will will teach you how to plan, write, publish and market your book. Ideal for business owners wanting to write a book about their expertise. A book is an ideal business card that will get you speaking gigs and credibility amongst other things. This workshop will also suit other kinds of writing from novels, short stories, poems, memoir and family history.

Cost: \$125.00 (Early Bird), \$165.00 (Full Price)

Book: [Here](#).

Publish for Profit

Monday, 17th October

7.00 – 8.30 pm

Have you written a book (or want to) but don't know what to do with it? This session will be about networking with other writers (new and established), brainstorming and a session on book distribution.

Cost: \$10.00

Book: [Here](#).

Open Mic Night

Wednesday, 19th October

7.00 – 9.00 pm

If you are a writer, a poet, or a singer, and would like to perform your material for a live audience, come down to Open Mic Night. Or if you would just like to come along and watch, that's fine, too. No bookings required.

Refreshments provided.

Cost: \$5.00

Book: No Bookings Required.

Yoga for Writers

20th October

8:00 – 9:15 pm

42 Yoga: Yoga by Suze Male: Suze believes yoga is key to mind and body wellness, allowing us to connect to our true selves and connect to everyone else in a positive way. She developed a passion for yoga in 2000 and has completed teacher training with iFlow Yoga. As a long-time writer and passionate reader, Suze understands how yoga can help writers, by counteracting those long sessions at the desk, as well as enhancing creativity.

BYO yoga mat.

Cost: 8 weeks of sessions is \$120 or \$18 per casual session

Book: [Here](#).

How To Use Your Digital SLR Camera

Saturday, 22nd October

10:00 am – 1:00 pm

If you have a digital SLR camera but only ever use it on automatic, then Kev will get you taking photographs like a pro. Bring a friend and get the second ticket for only \$50!

Contact us on 03 9434 6365.

Cost: \$75.00

Book: [Here](#).

Life Writing

Monday, 24th October

7:00 – 10:00 pm

People tell you that you've had an interesting life; you should write a book. But where do you start? This workshop will give writers the skills to write a compelling story that will be a great legacy for future generations. Bring a friend and get the second ticket for only \$50! Contact us on 03 9434 6365.

Cost: \$75.00

Book: [Here](#).

Yoga for Writers

27th October

8:00 – 9:15 pm

42 Yoga: Yoga by Suze Male: Suze believes yoga is key to mind and body wellness, allowing us to connect to our true selves and connect to everyone else in a positive way. She developed a passion for yoga in 2000 and has completed teacher training with iFlow Yoga. As a long-time writer and passionate reader, Suze understands how yoga can help writers, by counteracting those long sessions at the desk, as well as enhancing creativity. BYO yoga mat.

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