

# Your Body, Your Story

Et originalt skrivekurs for første gang i Oslo

Søndag, 8.2.2026, 10:00-16:00



Our bodies are the most reliable record-keepers of lived experience—often more trustworthy than the brain and what we commonly call “memory.” For writers *and* psychologists, embodied experience offers a vast, frequently overlooked archive of meaning, insight, and story.

In this generative workshop, participants will explore the body as a living story archive and learn how physical sensation and felt experience can help us *re-member*—to make whole—past experiences that have shaped who we are. Drawing from literary excerpts and examples, we will consider how the body feeds remembering, how sensation carries narrative truth, and how powerful writing and deep psychological insight often arise from attending to the physical self.

Through guided, body-focused prompts and practices, participants will engage their own exclusive story archives by collaborating with different parts of the body—the eyes, belly, hips, feet, and beyond. Writers will discover new ways to transform forgotten or fragmented incidents into vivid, visceral scenes. Psychologists and clinicians will gain experiential tools for understanding how memory, meaning, and narrative coherence live in the body and can be accessed through creative and reflective practices.

Whether you are crafting essays and memoir or working therapeutically with memory, trauma, and identity, this workshop offers practical, embodied methods for accessing deeper material, enriching narrative, and expanding your relationship to memory beyond cognition alone.

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## IN THIS WORKSHOP YOU WILL:

- **Learn** how the body “keeps the score” of lived experience.
  - **Acquire** tools for collaborating with the body to access memory and story.
  - **Explore** embodied approaches relevant to both creative writing, understanding of self, and psychological practice.
  - **Discover** a rich, renewable source of narrative and insight.
  - **Hear** compelling examples of embodied writing and somatic remembering.
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## THIS WORKSHOP IS IDEAL FOR:

- Writers seeking deeper, more visceral essays and memoir.
- Psychologists, therapists, and clinicians interested in embodied memory and narrative meaning-making.
- Anyone curious about embodied writing, somatic awareness, or body-based ways of knowing.
- Those who feel “stuck in their head” and want new pathways into memory and story.
- Participants open to seeing the body as a powerful collaborator in creative and reflective work.

Your instructor:

**Nina B. Lichtenstein** (PhD. MFA) is the founder and director of [Maine Writers Studio](#), offering workshops, retreats, and book doula services. A native of Oslo, Norway, she is an award-winning teacher who has taught literature, languages, and writing on three continents. Her writing has appeared in numerous publications and anthologies, and her memoir, *Body: My Life in Parts* is a memoir-in-essays published by Vine Leaves Press in May 2025. Nina also runs a monthly literary salon and open mic in Brunswick, Maine, and enjoys connecting folks in a warm and welcoming literary community. You can find out more about Nina’s work [HERE](#).

Registrer deg [HER](#).

*PS: Vi har begrenset plass, så «first come, first serve»!*

Lurer du på noe? Send epost til Nina: [nblichtenstein@gmail.com](mailto:nblichtenstein@gmail.com)