

---

## Move Mindfully

---

Patti Digh <support@pattidigh.com>

Fri, May 7, 2021 at 11:02 AM



May 7, 2021

Dear Friends,

This week, I threw my back out. JUST BY STANDING UP FROM A SEATED POSITION. I felt that tiny twinge. You might know the one.

And all week, it has spread and gotten worse. Spasms, even. I know it will end, but goodness, it's been a hard week. I think of all the folks who have chronic pain issues and honestly, I don't know how you do it. I can't concentrate when I'm in this much pain. I feel for you and want relief for you.

Finally, yesterday afternoon, I called my doctor just to get some relief myself. I'm still in pain, but it is lessened. I am hoping to see my acupuncturist soon. Having kept a pristine quarantine for 15 months, I'm nervous about going, but go I must.

That's all to say: I don't have a beautiful Orange Desk for you this week. I'll be back to thinking and writing (I hope) next week. In the meantime, I am moving more mindfully.

**Write Where You Are: A Virtual Writing Retreat for Women (June 17-20, 2021)**



I am hosting a small, 10-woman, virtual writing retreat on June 17-20, 2021. We will study together, we will write together, and we will laugh together over that weekend. We will explore in new ways, spending time with color and poetry and short stories and each others' stories and much much more. It will be unexpected and fun and meaningful and I am very excited about it. [More detailed info is here.](#)

## FREE THINGS!

**FREE WRITING PROMPTS FOR 2021** - Do you want to get back to a consistent writing routine in the New Year? I am offering free writing prompts **every Monday-Friday** in 2021. If you'd like to receive them, you can do so in either of the following ways:

**By text:** Text "writing prompts" to me at 828-248-7513 to sign up for free. Your first prompt will arrive via text the day after you sign up (Monday - Friday).

**By email:** [Go here](#) to sign up for free. Your first prompt will arrive the day after you sign up (Monday - Friday). We added this method because some of you couldn't participate by text. I hope it is helpful!

I'll see you next Friday from my Orange Desk. Be mindful with your movements this week.

Patti

[Unsubscribe](#)

Patti Digh, LLC, [638 Spartanburg Highway, Suite 70 #337, Hendersonville, NC 28792, United States](#)