



Poetry, Community and the Flourishing Heart

Connecting Mind, Body and Spirit Through Poem-Making
A Workshop Presented by John Fox, C.P.T.

The essence of poems: pleasure and sadness, insight and feeling, those things we know and what we don't, our rich sensing of the natural world and intuitive awareness of spirit—these feed the heart of community and the soul of each person. Making connection and increasing emotional resilience is possible when we write and read poems together. The benefit of community is profound when there is respect and support. It is essential to establish a safe environment for individuals exploring healing issues through creativity. Holding this sense of safety is John's gift. He has inspired many people across the country. If you are a beginning or experienced writer, this workshop will make a difference.

Please insert your photo or logo here

Day, Month XX, 200X

Your Group Name

Your Address, Your City, Your State/Country Your Postal Code

Time: XX:XX a.m. – XX:XX p.m.

Poetry, Community and the Flourishing Heart

Cost: \$XX.XX per participant

Registration Required by Month, XX, 200X

To register call XXX-XXX-XXXX or email your

email@your.provider.xxx Website: www.your.website.xxx



John Fox is author of *Finding What You Didn't Lose: Expressing Your Truth and Creativity through Poem-Making* and *Poetic Medicine: The Healing Art of Poem-Making*.

He teaches at the collegiate and post graduate level at the California Institute of Integral Studies, John F. Kennedy University, Institute of Transpersonal Psychology and the University of California, Santa Cruz. John presents across the United States and in many other countries, including: the United Kingdom, Ireland, Canada, Israel and South Korea. He conducts poetry groups in the San Francisco Bay Area and leads an annual retreat, The Nature of Poetry Retreat, on sacred Navajo land in Canyon de Chelly, Arizona.

Please visit his website: www.poeticmedicine.org

You must give birth to your images. They are the future waiting to be born. -- Rainer Maria Rilke