



Mindbody Health and Wellness Writing Clinics

Through pen and *memory keeping* establish practices that last a lifetime, generate insights, and manifest on-going change that moves you to a place of joy from *inside out*.

Answers lie within each of us. Sometimes to identify them, to rejuvenate, refresh and regenerate from that place of inner knowing, radical practice needs to take place in a form not used, or conceived before.

Practice can come about through the power of the pen. **write4health** offers hands-on tools, strategies and practices that move you from being stuck to insight and can be used time and time again.

Clinics incorporate different writing practices that lead to radical change for mindbody health. They will include and not be limited to the following:

- **Journal** (*also referred to as memory keeping*)
- **Freewrite** (*also known as freeflow*)
- **Poetry** (*also known as free form*)
- **Contemplative** (*also known as spiritual or reflective*)

Each clinic strives to incorporate practices that can be taken further in your day to day life. Participants will also:

- Gain insight, connections and ways to move away from *stickiness* to increase clarity and understanding
- Explore a step by step approach to uncovering mindbody connections and how to take action with simplicity and ease
- Pursue your creative *know how* with practical, easy to use guidance that will last a lifetime
- Explore emotional and physical landscapes through image, experience, observation and senses
- Exercise practice to record day to day disturbances and joys for on-going mindbody health
- Develop a lifelong practice that offers sanctuary, insight and expression through listening from *inside out*

PLAY (*purpose, lightness, action, yes*) **will inform our practices, activities, exercises and strategies.**

write4health tools are hands-on, experiential and FUN!

write4health believes in this proverb:

"Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime"

In other words **write4health** strives to share tools and practices that can last a lifetime, show how they can be integrated into busy lives, and used as a way to address life changes in a hands-on direct way.

Email **write4health** at: writingmybrain@gmail.com for bookings, dates, times and further details.

Clinics are held in libraries, parks and homes and write4health uses a pay-it-forward principle.

Clinics can be personalized for special interest groups:
Recovery PTSD, Mental Health, Mindbody Health Practitioners & Writers