



Poetry Salons:

Poetry is a treat often unrecognized as the gift it is. I began writing poetry over fifty years ago as a pre-teen. I began to write as a way to make sense of emotional and physical landscapes *for my eyes only*. It is a practice I return to when I feel moved to capture a thought, emotion, or incongruence.

To dance with words in unexpected ways is one simple path to self-discovery. Never written a poem before? The thought scares you? No worries—through **process, PLAY, and purpose** we explore—and you write—your words into poems that speak to you, for you. This exploration is *wonder-full* as a form of pain management, personal understanding, and insight to what makes us “tick” from the *inside out*.

In a single **Poetry Salon** at least one poem is created with ease and simplicity, laughter, chatter, and unexpected “wins” will also surface. You receive via email a copy of the images that have “sparked” your poetry session.

Applications: Pain Management, Clarity, Action Steps, and Navigational Tools to name a few.

Book a Salon or Clinic Now:

Contact: write4health at writingmybrain@gmail.com or through www.write4health.ca contact form.

Nurture yourself from *inside out* and carry the seeds into the lives you touch, at home, at work and at play as you reframe, recreate and recall your authentic self (*the real you*), the one you’ve been waiting for...

Let’s bring the meditative, reflective and contemplative back into our lives through practice, patience, gratitude and gentleness through the gift of **Poetry Salons or Writing Clinics**.



Writing Clinics:

“You can discover more about a person in an hour of play than in a year of conversation.”
—Plato

NOTE: **PLAYtools** are used as a variety of openings to explore and lay aside resistance and blocks to your inner knowing, your inner wisdom, and find paths that work for you.

P.L.A.Y represents:

Purpose, Lightness, Action (&) Yes!

PLAY is used as a guide to develop personal practice towards health and wellness. Through using **PLAYtools**—journaling, questions, activities and exercises—participants delve into their own story, motivations and implications, and in doing so discover their path and purpose from *inside out*.

write4health simply facilitates, listens, and guides your process. All answers reside *within* and through **PLAYtools** keys are revealed. Outcomes and choices are yours to follow or discard.

“The genius of play is that in playing, we create imaginative new cognitive combinations. And in creating these novel combinations, we find what works.”—author unknown

Typically salons & clinics are facilitated monthly and each session is between 1-1 ½ hours. Session help participants lighten-up, find focus, face transition and much more...

Applications: Heart, Mind, Body & Spiritual Health; how to get unstuck; gain clarity, create space, and take action one step at a time to name a few benefits...

