

Poetic Medicine

To awaken soulfulness in the human voice

You are invited to dip into a safe and creative circle in which we'll explore themes vital to meaning making in our lives. Over the course of three sessions you'll experience the impact of the poem-making process as a roadmap to enhance and foster insights and wellness.

Poetry and poem-making are compelling and effective tools in the journey toward wholeness.

It's a language below the surface to view the world through a broader lens. Poetic Medicine is based on 17 years of groundbreaking work, from *The Institute for Poetic Medicine* and *Poetry as a Tool for Wellness*, integrating poetry and poem-making into mental health and wellness programs.

Sessions will include reflections on quotes / poems, writing prompts, and time to write and share what is speaking to you.

No prior experience with poetry or writing is necessary! Bring your curiosity and allow your unique voice to expand in this interactive and respectful circle of learners.

Coming soon!

\$95 for the series
or
\$35 per individual session

Facilitated by Lisa Mer
Lisa is a trained facilitator in
Poetry as a Tool for Wellness and
a certified spiritual director
More info about Lisa can be found
at Soul-Symbol.com

“By making us stop for a moment, poetry gives us an opportunity to think about ourselves as human beings on this planet and what we mean to each other.”

Rita Dove