

The body, heart, brain knows
how to heal. How to suture
and secure. Let it do what it does.
Your body is yours. Your body
will always be yours.

—Daphne Gottlieb



Befriending the Body

a Poetic Medicine workshop with Birch Dwyer

Wednesday, November 15th | 3:30–6 p.m. | Jordan Schnitzer Museum of Art | **FREE**

What if you treated your body as you would a dear friend? What would you hear if you deeply listened to what your body has to say? Wherever you are on your journey, poetry offers you a pathway to the wide field of your imagination and the healing power of imagery.

In a safe and supportive environment, our images are like medicine: word tinctures heal our wounds and open our hearts. They have the ability to connect us to our feelings, clarify meaning, and increase our capacity to respond to difficulties with authenticity and courage. Spoken aloud, their wisdom is absorbed into our bodies and carried forward with us to support new ways of being.

Please join us! **ABSOLUTELY** no experience with poetry is necessary, only a desire to listen to your heart and to the hearts of others.

For more information and to RSVP, email ebircht@hotmail.com

Birch Dwyer CPT, MFA believes that writing in community is a sacred act. She has repeatedly witnessed the power of words to connect us more deeply with ourselves and with one another. Her practice is rooted in her personal reliance on writing and art to heal and transform her own life. She has offered workshops in a variety of settings since 2002, including universities, hospitals, recovery centers, churches, homeless shelters and public schools.