

Seeing Takes Time

A WRITING WORKSHOP PRESENTED BY JOHN FOX, CPT

FEBRUARY 18 – 20, 2011 IN SAN DIEGO, CALIFORNIA



*Nobody sees a flower—
really—it is so small—we
haven't time—and to see
takes time like to have a
friend takes time.”*

~ Georgia O'Keefe

A gift of poetry is that it encourages us to take our time. We can take our time to not only see a small flower, but see and feel the richness of the world and of the person whose shoulder is next to yours.

Writing poetry allows us to reflect upon our lives and varied experiences. Sharing our poems with one another, we take time to listen to a friend. It is a great gift, this kind of listening.

This retreat offers a safe, supportive environment to write poems—or what William Stafford preferred to call ‘things’—that can open up feelings, distill meaning, shore up your ability to respond to difficulties with integrity and courage.

And we'll take our time.

Date: February 18 – 20, 2011

**Friday eve., 7:00 – 9:30 pm; Saturday, 10:00 am – 5:00 pm;
and Sunday, 9:30 am – 12:30 pm**

**Location: Home of Lynn Pollack and Ilan Auerbach
2546 Deerpark Dr., San Diego, CA 92110**

Fee: \$170

**For registration and questions, please contact:
John Fooks at johnfoos1@gmail.com or call (760) 672-7680.
Sliding scale scholarships available.**

John Fox is a certified poetry therapist and associate adjunct professor at the California Institute for Integral Studies in San Francisco, California. He also teaches at the Institute for Transpersonal Psychology and John F. Kennedy University in the Bay Area. He is the author of *Finding What You Didn't Lose: Expressing Your Truth, Creativity Through Poem-Making* and *Poetic Medicine: The Healing Art of Poem-Making*. His work is featured in the PBS documentary, *Healing Words: Poetry & Medicine*. He offers workshops throughout the United States.



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