



ABOUT THE WORKSHOP LEADERS

John Fox, a certified poetry therapist, founded the Institute for Poetic Medicine in 2005 as a container for the healing work he provides in the field of Poetic Medicine. As a non-profit organization, the Institute is dedicated to the healing of body, mind, heart and spirit through

writing, reciting and listening to poetry. John serves groups and individuals in therapeutic, healing, medical, teaching and pastoral professions, as well as individuals living with life altering illnesses. He is the author of *Finding What You Didn't Lose: Expressing Your Truth and Creativity Through Poem-Making* and *Poetic Medicine: The Healing Art of Poem-Making*. He teaches at the collegiate and post graduate level at the California Institute of Integral Studies, John F. Kennedy University, Institute of Transpersonal Psychology and the University of California, Santa Cruz. John presents across the United States and in many other countries, including: the United Kingdom, Ireland, Canada, Israel and South Korea. He conducts poetry groups in the San Francisco Bay Area

Tad Gielow brings years of outdoor camping experience to help us in our canyon journey. He has backpacked the desert of Joshua Tree and Nazi Borrego, built trails in Big Tujunga Canyon, spent countless nights in the Sierras, climbed more than a dozen mountains over 11,000 feet, including Mt. Whitney. Tad has enthusiastically participated in other canyon retreats and will offer expert support and guidance in our camping and hiking experience.

Lisa DeVuono has hiked in New Mexico, Italy, the Shetland Islands, and canoed in the Temagami Wilderness of Northern Ontario. She brings a love of the outdoors and an enthusiasm for cooking that emanates from her Southern Italian roots. She is a poet and creativity coach for the Artist Conference Network, a national coaching community of artists and writers.

Jon and Lupita McClanahan are our hosts at Canyon de Chelly. They own and operate Ye'I Bi Cheii Footpath Journeys. Their vision is to share the many facets of Diné (Navajo) culture. They reside below the 800-foot sheer cliff walls of Canyon de Chelly in northern Arizona where they farm and ranch. Lupita is a certified tour guide and has worked as a Canyon de Chelly park ranger. Jon serves as a Cub Scout master for a local chapter of Boy Scouts of America. Both are members of the Diné tribe and feel deeply connected to the beauty of Mother Earth.

John Fox, C.P.T. and The Institute for Poetic Medicine
P. O. Box 60189
Palo Alto, CA 94306
www.poeticmedicine.org
1-888-558-3451 ex. 2



The Nature of Poetry Retreat
A Week - Long Hiking and Poem-Making Experience



The Nature of Poetry

IN SACRED CANYON DE CHELLY, AZ

8TH ANNUAL

WEEK-LONG HIKING AND POEM-MAKING
EXPERIENCE WHILE LIVING ON SACRED GROUND

MAY 23-30, 2006

PRICE: \$1,300

LED BY JOHN FOX, C.P.T. AND FRIENDS

A PLACE OF BEAUTY

Thanks for a magnificent experience. You provided listening, space, silence and words in this numinous place, Tse Gi(Canyon de Chelly). Your Diné friends, Jon and Lupita McClanahan shared their culture and themselves. Their Beautyway entered into all of our hearts. You and they helped build a strong group feeling that was a vital aspect. Tenting, cooking, hiking, writing and listening together enlarged each of us. A “must” experience!

— Ken Gorelick, M.D. Washington, D.C.

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This workshop is a rare opportunity for non-Native people to be welcomed for a long period of time into this sacred place. We will stay with Diné (or Navajo) who honor fire, air, water and earth on a daily basis. The retreat experience is a cooperative adventure in simplicity. The light of dawn & dusk, the hum of the wind, will inspire and guide us. This adventure is appropriate for both beginning and more advanced campers.

THE CANYON EXPERIENCE

We will set up camp in one place for the entire week and go on day-hikes. Tad Gielow and Lisa DeVuono will provide excellent support and delicious meals throughout the week. Each day, John will offer writing exercises that will uplift and inspire you while enhancing your receptivity to the beauty of the canyon. Poem-making is a tangible, creative act to reclaim and embody your voice, feelings, truth, and the particulars of your world. John’s approach is to emphasize a non-judgmental experimentation and playfulness with writing. Veterans of poetry writing and those new to poetry are welcome. During the week, we will weave together sessions of writing and sharing, walking and contemplation. We will visit sacred sites such as Talking Rock, Spider Rock, White House Ruins and the Ye’I Bi Cheii Trail. There are caves and amazing petroglyphs everywhere!

The wisdom stories of the Diné originate in and around the stunning beauty of Canyon de Chelly. Our hosts, Jon and Lupita, will share these stories and their way of life, around the campfire in the evening. You will have time to read, saunter, climb, meditate, write, recite, eat, rest, linger, breathe, sigh, sing and laugh. If you wish to bring a musical instrument, please do!

WHAT TO BRING

We will provide all group food, camping and cooking equipment. You only need bring personal camping items: your tent, sleeping bag, clothing, utensils and other personal items. Upon registering for the retreat, you will receive a detailed letter about all aspects of the trip. Prior to the trip, Tad Gielow can answer questions about camping and hiking.

GETTING TO THE CANYON

The canyon is located about 18 hours from the San Francisco Bay Area or Southern California. If you’re flying, plan to land in Albuquerque and share a rental car to Chinle, Arizona — about a four-hour drive. If you wish to carpool, John will help with arrangements. You may also drive to Chinle on your own. We will meet at the Best Western Tuesday evening for dinner and stay there overnight in Chinle, leaving for the canyon on Wednesday morning. If you choose, other motels and free camp-grounds are also available.

Canyon de Chelly is a place of respect for the earth and for those whom have gone on before. In the silences, in shifting shadows on canyon walls, in fellowship around the campfire, your imagination may feel like it is coming home. John has picked the perfect place to invite healing language.

For more information visit: www.poeticmedicine.org



Photo by Tad Gielow

Dear Friends,

Join us for our 8th annual adventure at Canyon de Chelly to explore the healing potential of your own words. We will stay on the land of Lupita and Jon McClanahan, teachers living and sharing the traditional Diné way of life. Generations of Lupita’s family has lived in the canyon for well over 300 years. Come rediscover what matters to you in your heart of hearts. Learn, with poem-making, to express your truths, your prayers and praises, your joys and sorrows. You will find in yourself and others, a voice for the living earth.

Warm regards,

John Fox, C.P.T.

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The Nature of Poetry

May 23-30, 2006 at Canyon de Chelly, Arizona

Reserve your space for The Nature of Poetry at Canyon de Chelly by sending this registration form and a check payable to The Institute for Poetic Medicine for \$300 (nonrefundable deposit) to: The Institute for Poetic Medicine, Attn: Barbara Lazarony, Executive Director and Treasurer, P.O. Box 60189, Palo Alto, CA 94306 via snail mail or by using PayPal by pasting the following URL into your browser:
https://www.paypal.com/cgi-bin/webscr?cmd=_xclick&business=Barbara%40PoeticMedicine.org&item_name=t&shipping=0&pbtype=donation&bn=paywiz0105mo-dxdx

Registration is open, space permitting until April 1, 2006.

Workshop is limited to 16 participants.

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: Day: () _____

Phone: Eve: () _____

Email: _____