



October 6–8, 2010 Wednesday–Friday

Finding Refuge in the Moment: The Way of Haiku

Stanford M. Forrester

The present moment is a place of refuge that can be experienced in any place and at any time. Through the practice of writing haiku, we unclutter the mind, revealing a heightened awareness of what is essential and true. Haiku can relieve stress and create renewal and deep appreciation for the simple beauty of what is. Come discover pure radiance in the most ordinary of moments

Poet Stanford M. Forrester will share how he approaches haiku and integrates this meditative art form with his own spiritual practice. Using haiku composition, revision, recitation, and ginko, a traditional haiku walking meditation, he will lead you through deep experiences in mindfulness, keen observation, and nature sketching, submersing you in the natural world and the profound sensitivity of your own loving nature.

Everyone is welcome and no experience is necessary. Just bring a pen, a journal, and an open mind.



Stanford M. Forrester is a past president of the Haiku Society of America and the editor of *Bottle Rockets: A Collection of Short Verse*. He has had poems published throughout the world, and his work has appeared in 23 anthologies, most notably in *Haiku* edited by Peter Washington in the Everyman's Pocket Poets series. In 2004, he took first seat in the 57th Annual Basho Anthology Contest in Japan. Most recently, he received an artist fellowship from the Greater Hartford Arts Council. Stanford also edited *Seed Packets: An Anthology of Flower Haiku* which includes more than 100 of the top haiku poets worldwide. www.bottlerocketspress.com



exploring the yoga of life.

Take time away to do what you love. Kripalu Center for Yoga and Health offers hundreds of workshops, retreats, and trainings in yoga, personal growth, creative expression, holistic health, and more.

While you are here... Enjoy yoga classes, healthy food, massage and healing arts, hiking trails, whirlpool and sauna—all in the natural beauty of the Berkshire Mountains of western Massachusetts.

Kripalu is 3 hours north of New York City.

find out more ➔ kripalu.org • 800.741.7353