

The Haiku Path

A workshop conducted by Stanford M. Forrester, past president of the Haiku Society of America and Editor of "bottle rockets: a collection of short verse"

According to one definition, "A haiku is an unrhymed Japanese poem that records the essence of a moment keenly perceived, in which nature is linked to human nature." In English it "usually is written in three lines totaling fewer than seventeen syllables."

For some, writing haiku is a spiritual path. It requires an uncluttered mind and a strong sense of the present-moment awareness. The practice has been known to relieve stress and create renewal and appreciation for our daily lives.

Discover how haiku can reveal the radiance of your most ordinary moments. Poet Stanford M. Forrester will share the many aspects of writing haiku and how to integrate it into your art and spiritual practice. Each participant will learn the skills necessary to approach a haiku as well as compose, revise, and recite haiku through various exercises and methods. Workshop attendees will participate in a traditional Japanese haiku walk called a ginko—learning to combine walking meditation, mindfulness, observation, nature sketching, and awareness to immerse yourself into the haiku moment. The haiku moment is a place of refuge, which can be found in any place and at any time.

www.bottlerocketspress.com



Date: Saturday, November 5th

Location: The Loomis Chaffee School* Windsor, CT (10 minutes from Hartford and off Rt. 91)

Time: 9:30AM-5:30PM with an one-hour break for lunch

Price: \$100 for the day.

To Register: E-mail Stanford M. Forrester at: bottlerockets_99@yahoo.com or call (860) 687-6160.

Deadline October 26th

We reserve the right to cancel the workshop if sign-ups do not meet our needed quota. Cash or check will be accepted. Feel free to e-mail if you have and questions.

* This workshop is sponsored by Haiku Path not the Loomis Chaffee School.