



# Join us!

at the  
Center for Contemplative Studies



October 9, 2021 • 10 am to Noon • In person or on Zoom

## *Complexity. Tragedy. Resonance.* **Selecting poetry for teaching mindfulness.**



Most of us know the “sacred scripture” of mindfulness-based programs (MBP), Rumi’s “The Guest House.” What makes it a perfect poem for this use? How do we build our own poetry anthology to use with the specific groups that we run?

Join Center Director Don McCown to look at the characteristics of poems that support teaching points and bring the group together with inner and outer dialogue. We will also investigate the why and when of using poetry in teaching mindfulness. And, of course, we will segue into mindfulness practice ourselves!

**Register for the seminar at [ccs@wcupa.edu](mailto:ccs@wcupa.edu)**