

PSC's own Nancy Bierman presents:

**The Contemplative Poet**

*Searching for the spiritual through poetry*

In this workshop, we will take a meditative journey in search of ways to express our spiritual center in our poems. We will take time to breathe into a place of calm. Then we will walk through several poems that express spirituality through Meditation, Inspiration, Lament, and Gratitude. As we read, we will try to step inside the poem and sit in conversation with the poet. We will use the examples as inspiration as we create poems that explore our own perspective on the different aspects of spirituality.