

## **Wabi Sabi & Poetry**

Exploring the Ancient Japanese Aesthetic  
*with Carolyn Locke*

Saturday, March 3 & Saturday, March 17  
1:00 p.m. to 4:30 p.m. (both sessions)  
Bangor Public Library

MWPA Members: \$70 | Nonmembers: \$125

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### **THE WORKSHOP**

While the traditional Japanese aesthetic known as wabi sabi defies a simple definition, simplicity is—ironically enough—certainly one of its core ideals.

Wabi sabi believes that in the ordinary we can find the most extraordinary and deepest meaning—it prizes authenticity above perfection. This two-part, seven-hour workshop explores how the wabi sabi aesthetic can inform and expand your poetry by embracing, among other things, humility and an appreciation of the short-lived beauty of the physical world.

The first session of this workshop will feature a presentation, discussion, and practice in looking at the world through the lens of this fascinating aesthetic that emphasizes ideals such as "less is more." At the end of the first session, participants will be given writing prompts, urged to take walks, keep a wabi sabi journal, and draft new poems.

During the workshop's second session, participants' new wabi sabi-influenced poems will be discussed and critiqued in a thoughtful, encouraging format.

### **THE INSTRUCTOR**

A longtime teacher in Maine schools, Carolyn Locke is a graduate of Bates College and holds an MFA in Creative Writing from Goddard College. A widely published poet, Locke has had work appear in *Puckerbrush Review*, *Off the Coast*, *Anthology of the Live Poets Society*, *Bangor Daily News*, *Cafe Review*, and other publications.

Locke has travelled twice to Japan, first in 2002 as a participant in teacher workshops sponsored by the Fulbright Memorial Fund and then in 2009 for a Fulbright-Hays Special Project during which she followed in the footsteps of the seventeenth century haiku poet Basho on a journey through northern Honshu.

Locke is the author most recently of the collection *Always This Falling* (Maine Authors Publishing, 2010).

**THE FELLOWSHIP**

The MWPA is proud to offer one full fellowship to the Wabi Sabi & Poetry workshop. The fellowship will be judged on both writing ability and financial need. To apply for a fellowship, please download the application form on the MWPA website. FMI: contact the MWPA at 207-228-8263 or [info@mainewriters.org](mailto:info@mainewriters.org)