



January 29-March 4
Sundays 6:00-8:30 PM
\$135 for Six-Week Series
32 East Micheltorena Street
(805) 965-6045
www.SantaBarbaraYogaCenter.com

The Practice of Poetry

“Poetry is language at it’s most distilled and powerful.”
~ Rita Dove

Poetry is often thought of as a mystical turning loose of emotion, where thoughts and feelings hurl their way onto the page with wild abandon. However, poetry, like yoga, requires a great deal of practice.

The practice of poetry is made up of many components, from its formal elements (such as sound, images, diction and metaphor) to its purposes (such as story-telling, communicating a feeling or making an argument). This six-week series is designed to highlight specific aspects of poetry writing, so that each individual can develop their own writing practices. Each session will include both discussions on poetic themes and workshops on one another’s writing.

If you want to give poetry a try or have been wondering how to improve your writing, this class would be a great place to start. All level of writers are welcome. Please bring paper and something to write with.



Lena Firestone is a poet, writer and teacher. She received her MFA in Creative Writing from the University of California, Irvine. A veteran of countless poetry workshops, she has taught creative writing, poetry and composition classes at UC Irvine. She currently teaches private workshops in Santa Barbara.