

POETRY DOJOS

Offered by Renée Gregorio
at Little River Dojo, El Rito, New Mexico

In 2008, from 1-4 p.m. as follows:

Saturday, July 12; Saturday, August 23; Saturday, October 11;
Saturday, November 15; Saturday, December 13

Dojo is a training place, a place to be on a path with others, a place to try out new ways of being. In the poetry dojo, participants work with language and bodies to expand their sense of themselves as expressive human beings. The poetry dojo is experiential and integrates poetry-making and somatic work. It engages participants in exercises and practices that help them discover the power of their own words and the wisdom that resides in their bodies.

Somatics helps participants tap into their felt senses and begin to articulate what is found there. The body is seen as a place of learning and transformation. In somatics, the self is inseparable from the body. *Listening to and making poetry* tunes our mind, body and spirit. Poetry speaks the truth, someone's truth—and this encourages us to speak our own truths. Poetry connects us to spirit, to something larger than ourselves, and to each other in an essential way. We listen to poems and we write poems with and from our bodies.

We will be engaged in exercises and practices that help participants achieve a more centered, aware presence. When we write, we become a vessel for the energy of language to come through us. We have to show up; we have to practice; and we have to be both connected to ourselves and able to forget ourselves to write a poem. We have to be able to surrender to the page. When we are centered and grounded, we are more alive to what's in us and what's around us. We are more able to meet what is other than us in a full way. Our seeing opens up. The more we build capacity in our bodies to fully sense and feel experience, the more authentic and powerful our writing becomes.

Come explore:

- how do you show up to the page?
- where does your writing emerge from?
- what shapes you, and in turn, what shapes your poems?
- what is it to be a centered presence and how does this affect your writing?
- what is the territory that body and language occupy?
- is your writing as authentic and powerful as you want it to be?
- can you access the deep wisdom of your body?

The cost of each workshop is sliding scale, \$50-75. Register by sending a check to P.O. Box 275, El Rito, NM 87530. Call or e-mail Renée with questions: 575-581-0073 or reneeclaire@cybermesa.com.



Renée Gregorio is a poet whose published collections include *The Skins of Possible Lives*, *The Storm That Tames Us*, *Water Shed* and *Drenched* (forthcoming in 2009). She has an M.A. in creative writing from Antioch University, a second degree black belt rank in aikido, and she is a certified somatic coach with the Strozzi Institute. She's taught poetry workshops for many years, including at the New Mexico Military Institute, the Taos Institute, the Harwood Art Center and Little River Poetics, and was a visiting professor at Colorado College and a lead writer on a travel and writing course for San Juan College. She opened Little River Dojo for aikido and poetry in June 2008. She is available for poetry dojos in other locations, and is developing programming for work with teens. She also works with individuals as a somatic coach.