

Fall 2021

Haiku, Healing, and Wholeness

WHEN

Sundays, 4 - 5:30pm
Oct 24, Nov 7, 21, 2021

WHERE

Online via Zoom

INSTRUCTORS

Carmen Alonso
Rudy Bankston



FEE

\$150 standard fee
\$100 supported fee, discount code on website

We invite you to gather and be present with one another in community. With grounding in mindfulness practice, guided by Carmen Alonso, and poetry/haiku written by Rudy Bankston, we will reflect, write, meditate and co-create, exploring themes that range from woundedness to healing to joy. Please join us in taking a healing pause and holding space together.

INFORMATION/REGISTRATION

uwhealth.org/mindfulness

UWHealth

UW Health Mindfulness Program
(608)265-8325

