

# Poetry and Mindfulness

Manon Voice	
Program Type	Workshop
Art Form	Literary Art
Primary Curricular Connection	Lang Arts
Grades	1   2   3   4   5   6   7   8   9   10   11   12
Delivery Method	In-Person
Audience Size	30
Program Length	45



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## View Artist & Programs

[Manon Voice](#)

## Teaching Artist Review

## Program Description

This workshop will link poetry as an art form and mindfulness as a healing modality. Students will engage with and respond to music, art, and poetry to explore both their inner and outer world.

## Video

## Pricing

Single: \$90

Multiples: \$80 each