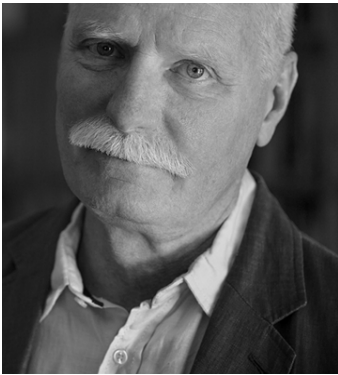


# Poem of the Heart, Poem of the Mind



The Welsh poet R.S. Thomas defined poetry as that “which arrives at the intellect/ by way of the heart”. We might also say that poetry reaches the heart by way of the intellect. In this series, we will start by examining some poems by great poets to try to understand how these poems reach both the intellect and the heart. We will then turn to your poems to discuss them in an open and respectful dialogue, using these discussions and in-class poetry writing exercises to develop your skills and help you write the poems you want to write, in whatever style you prefer.



Nicola Vulpe has taught literature at the University of Ottawa, and at the Universities of León, La Laguna, and Las Palmas de Gran Canaria. His recent work has appeared in journals such as *The Antigonish Review*, *The Manhattan Review*, *Montréal Serai*, and *Stand Magazine*. He has published four collections of poetry, including, most recently, *Through the Waspmouth I Drew You*, and *Insult to the Brain*, which received the Fred Cogswell Award for Excellence in Poetry.

Fridays, May 6 - June 10  
1:30 p.m. – 3:30 p.m. Eastern Time

Location: CU@Kanata (350 Legget Dr.)

Free parking

\$220.00 (HST included)

Enrollment capacity: 8-12 participants

Adults of all ages welcome.

This series is offered through the Lifelong Learning Program (LLeaP).

Details including registration, COVID protocols and policies, and workshop outline are available via our website.