

## FEMS FESTIVAL CONCURRENT WORKSHOPS: Titles, descriptions, facilitators & times

**Friday 6:00-7:30 pm**

***Solitude & Ourselves: poetry for lonely times* with Lyd Havens**

lydiahavens@u.boisestate.edu

Ocean Vuong writes, "& remember: loneliness is still time spent with the world". During a time of isolation, fear, and burnout, what does it mean to be alone? How do we care for ourselves while being physically apart from our communities? This workshop aims to create a space to talk and write about the ways in which we may feel too singular or quiet in our everyday lives, both before and during this pandemic.

***Mapping the Heartbeat* with Golden**

[goldengoldengolden.com](http://goldengoldengolden.com)

The study of enjambment, defined in Poetry Foundation's glossary as, "The running-over of a sentence or phrase from one poetic line to the next, without terminal punctuation," is one key tool to measure, map, and analyze the "voice(s)" in a poem—which I also like to call the heartbeat(s).

In this workshop, we will be analyzing & dissecting poems to discuss the ways in which enjambment is used as a tool to pace & create pathways for multiple themes to exist throughout a poem. In the second half of this workshop, participants will be looking back at previous written or newly prompted works with the intention of sharpening skills around meter assessment and tone shifts, through the vehicle of enjambment. This workshop has been created to heighten poetry readers' attention to thematic shifts and form, as well as to develop writers' skills in line breaks and intentionality of tone throughout a poem. This workshop is open to poets of all ages and all levels.

**Saturday 12:00-1:30 pm**

***Poetry Through Meditation for Radical Healing* with Faith Aya**

Anthologyofaya@gmail.com

We invite all to intentionally reflect inwardly as we learn how to cultivate mindful tools for radical healing. Faith Aya will lead the group into meditation blended with poetry, scripts from experts in mindfulness, and guided breath-work. We will then spend the last 20 minutes working on a duality writing exercise and the last few minutes to share and reflect. Our intention is for our time to be a space filled with an abundance of peace and compassion.

***Using Music To Elevate Your Poetry* with Star Quilon**

allisterquilonmusic@gmail.com

This workshop draws clear connections between music/lyric writing and performance poetry. Together we will introduce techniques for analyzing lyric structure through rhythm, evocative imagery, and breakdown pop writing techniques such as melodic math and show how these techniques can translate into writing and lead to other nuanced ways of enjoying performed poetry.

**Sunday 2:00-3:30 pm**

***abolition now! poems to freedom dream & #FreeThemAll* with Laurel Chen**

yujane.yc@gmail.com

In this workshop we'll be drawing on the work of Ruth Wilson Gilmore, Tourmaline, and other Black femmes & abolitionists to explore how poems are a form of freedom dreaming & placemaking that can help us build new abolitionist futures & worlds. we'll read some poems together, free write for a little bit, and then learn about ways to support current ongoing freedom campaigns to support currently/formerly incarcerated survivors of gendered violence through Survived & Punished/ other orgs, culminating in some DIY poem postcard making & letter writing to folks inside.

***Making Room for Pleasure in the Body* With Cassandra Rachel Myers**

cassandra.rach.myers@gmail.com

In this workshop, pleasure is brought to the centre. Based on the writings of Adrienne Marie Brown in Pleasure Activism and other queer love poems. This is a space to write about our desire in all forms, and to get in touch with our euphoric yes in our writing, to write about the people, places, and things that give us our deepest joy. Poets will come away with tools for mindful masturbation, platonic self-massage, and questions to implore the ways we are enduring and holding in our bodies and find resistance to endurance in our poems.

Saturday, 2:00 - 3:30 PM

***The Short Script as a Form Poem***  
**with Marshall "gripp" Gillson**  
marshall@glassEyeballs.com

In "The Short Script as a Form Poem", an AI-facilitated, online writing workshop, we will examine the writing processes that underlie success in the slam format, adapt them to the process of conceptualizing a compelling short film script, and discuss approaches to composition that magnify words' ability to help us understand our experiences.

***what's a body?***  
**with Jess Rizkallah**  
jessrizkallah@gmail.com

In this workshop/lecture, we will talk about poetry and the body by extracting from "body" all the things we mean when we use that word, and then connecting them as we write, both in formal ways and intuitive ways. so, bodies and embodiment. how many different bodies are there, and why it's important to decenter the human body, and then align it with everything else a body can be, metaphorically, in the natural world, and collectively with other human bodies. this feels necessary in a world that imposes so much on humans and nature with language, with labor, with violence. and then we internalize these things as truth, even those of us who live by tenants of resistance.

Sunday, 4:00-5:00 pm

***Channeling Quiet Ferocity***  
**with Angie Lopez**  
alopez77@stanford.edu

Quiet Ferocity refers to calculated passion, streamlined temper, and/or insidious rage. When fury dissipates, quiet ferocity haunts. In this workshop, we will discuss the concept of quiet ferocity (especially how it operates within fem poetry), go over the technical aspects of how it's achieved, look over two example poems and most excitingly, we will undergo a generative meditative practice that will move us into a space of creation and poem building. At the end, we will surely have an open mic!

***In The Beginning: (Re)Writing Our Creation Myths***  
**with Lip Manegio**  
lipmanegio@gmail.com

In this workshop, we will look at poets working through and with myths of creation, using the work of Adrienne Novy and others as a starting point. This will include religious allegory, but also poems centered around creation in terms of (re)birth. After discussion, we will then generate pieces concerning these sorts of myths, whether that involves the origin story of the whole universe or just of the poet themselves. There will be time to share at the end of the workshop, though this is in no way required!