

SAVOR EVERY MOMENT WORKSHOP

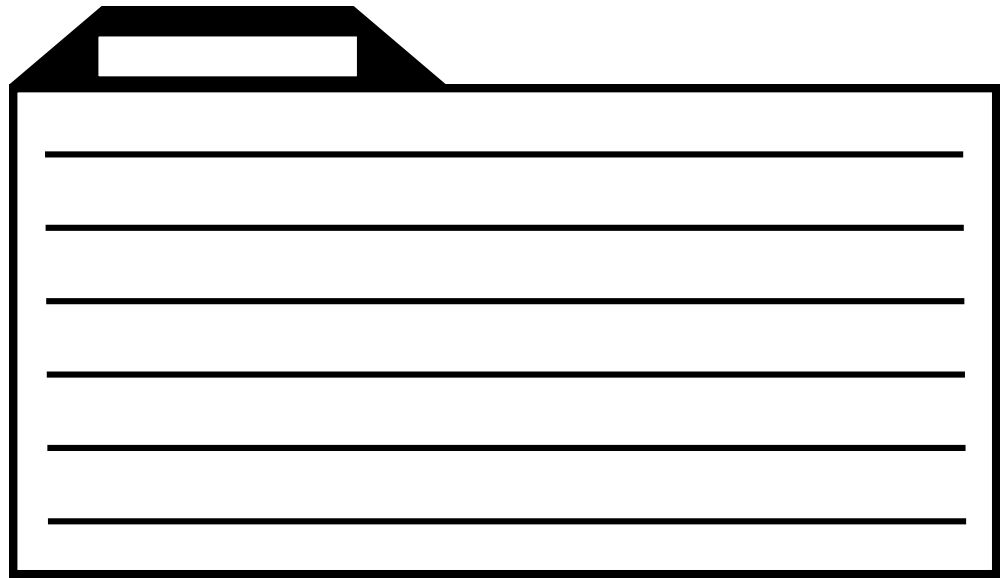
By Fallon Rae

Through sensory exercises, guided prompts, and the structure of a recipe, participants explore how ordinary experiences like preparing a meal, tending a garden, sitting at a family table, or tasting something familiar can hold complex emotional, synesthetic, and personal histories.

INGREDIENTS THAT MAKE A GOOD POEM

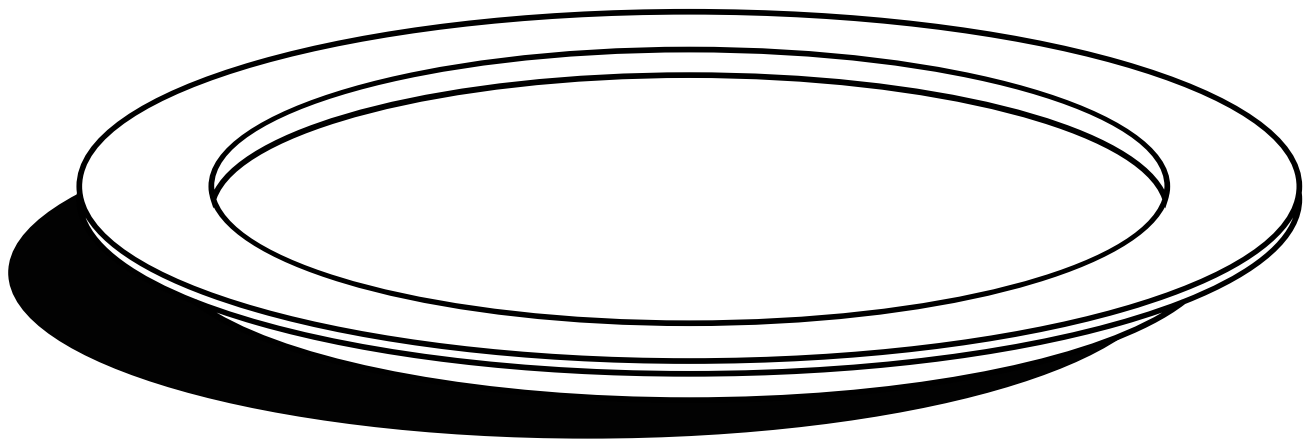
Fill the recipe card
with words that
come to mind.

What would your
recipe be called and
who inspired you?



WHAT FILLS YOUR PLATE?

Fill the plate with the people, places, routines, pleasures, and small moments that nourish you.



NOW YOU'RE COOKING

Using these as reference points, you can start to think about what positive poems call you to be tended to within. How can we relish in the light? What ways have you healed to be here today? How can you nourish others with this knowledge? Use the back of the page to continue.