

LIFELONG LEARNING

PERSONAL ENRICHMENT CLASSES FOR INQUISITIVE ADULTS

Zen Lessons For Writers

Lifelong Learning Class (LLWRC 873)
Spring 2026

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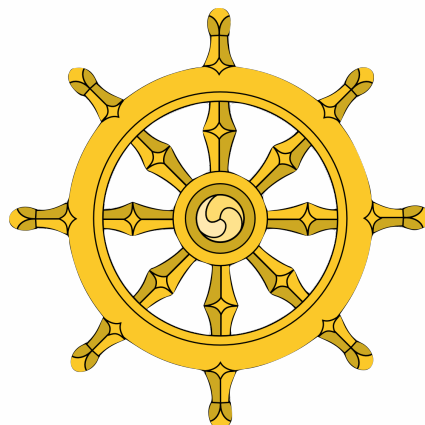
Zen Lessons For Writers

Where philosophy meets activity

Zen Lessons For Writers (LLWRC 873): Join a published author as he shares his discoveries in Eastern philosophy and their applications to the life of a writer. We will focus on overcoming writer's block, the nature of the Muse, and the nature of the work. This is a class about wellness and art, philosophy and creation, work, success, and existence. Sessions include directed mindfulness meditations, lectures on basic Buddhist concepts, and explorations of how these can be successfully applied to the author's journey. You will experience creative writing, discussions, homework, and camaraderie **This class may explore adult themes, language, and content.**

Class Goal: This is a class about wellness and art, philosophy and creation, work, success and existence. We will explore certain aspects of Eastern philosophy and discover applications of them to the life of a writer. Classes will include directed mindfulness meditations, lectures and connections, writing and sharing of work in a workshop critique environment.

Students should come away with a new perspective on their art and new tools to proceed in its creation.



CONTINUING
EDUCATION
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