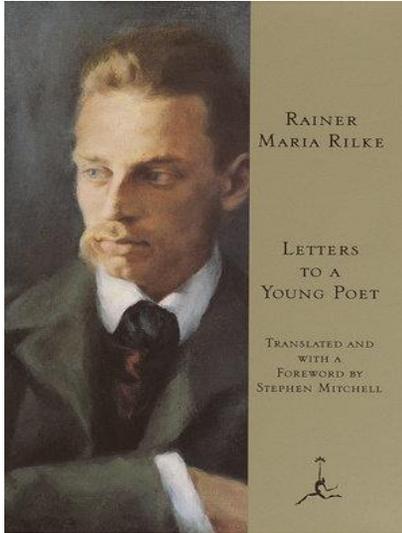




SEMINAR with Dr. Jon Jackson:

...Poetry and Discovering Yourself...

Exploring Rainer Maria Rilke's LETTERS TO A YOUNG POET



Ten Mondays, 4:00-5:30 p.m.

This 10-class discussion series will meet **every other week**, beginning Monday, July 16.

Meeting Dates:

July 16, 30 & Aug. 13, 27 & Sep. 10, 24 & Oct. 8, 22 & Nov. 5, 19

Discussion Series Fees:

SINGLE CLASS FEE: Members, \$8; Non-members, \$10

SERIES FEE: Members, \$65; Non-members, \$85

(Save \$15 by signing up for the series!)

About the Course: *Letters To A Young Poet* by Rainer Maria Rilke is a collection of ten letters written by Rilke to a young man who was considering whether or not to become a poet himself. It is a classic piece of literature. It is brief and easy to read. Yet, it is full of material relevant not just to the artistic life, but also for anyone seeking their calling in whatever field or activity they might choose to pursue, at whatever age. It is all about finding and living an *authentic* life which is meaningful, deep, and rewarding.

The goal of the course is not just to teach about the life of Rilke and elaborate on each letter, but also to challenge the participants to experience what it means to "look within" and discover what is calling them in their own lives.

The course will consist of ten presentations based on each of the ten letters. The format will include videos and audio material, as well as a prepared presentation, and time for discussion and questions.

Required Materials: You may purchase the book, rent it at the library, read it online, or listen to an audio recording. Instructor can provide a PDF (requires a computer and email address).

About the facilitator: Dr. Jon Jackson is a retired psychiatrist and lover of neuroscience, literature, the arts, music, radio programs and filmmaking, to list a few. He currently lives in Sebastopol where he holds monthly depth psychology and film discussion groups. He also hosts a one-hour music program on KOWS radio.

How to register: Call 707-829-2440, or stop by the front desk. Payment due upon registration. Enrollment maximum: 20 people. Those who pre-register are guaranteed a space; any available seating will be available for drop-ins.

****If your circumstances are such that you are unable to pay the full fee, we are happy to offer scholarships to assist.

Please see the front desk for a sponsorship application.****

Sebastopol Area Senior Center • 167 N. High Street, 95472 • 707-829-2440 •

www.sebastopolseniorcenter.org