



## Bubble Poetry and Balloon Haiku

**Instructor:**

Professor Pippa Puff

**Location:**

Devon

**Course Type:**

Mindfulness

**Cost:**

**£55.00**

### Learning Objectives

- Master the art of writing haikus inspired by natural sounds
- Learn techniques to create decorative bubble art
- Explore deep breathing techniques through playful balloon exercises
- Develop mindfulness meditation skills using poetic reflection
- Enhance creativity and stress relief through playful artistry

### Provided Materials

- Eco-friendly bubble solution
- Assorted balloons in various colors
- Eco-friendly biodegradable paper
- Scented pens
- Handcrafted wind chimes for inspiration

## Skills Developed

Mindfulness

Creative Writing

Artistic Expression

Stress Relief

Meditation

## Course Description

Welcome to a delightful fusion of mindfulness and playfulness with 'Bubble Poetry and Balloon Haiku'! Under the guidance of Professor Pippa Puff, an eccentric expert in whimsical wellness, you will embark on a journey of poetic discovery and creative expression. Taking place in the serene landscapes of Devon, this class invites you to embrace the joy of creation while learning practical skills that soothe the soul. Begin your adventure by concocting eco-friendly bubble solutions that you'll use to create mesmerizing bubble art. As each bubble pops, you'll pen down a haiku inspired by the sound and motion, capturing fleeting moments of serenity. Next, engage in meditative balloon exercises—inflate colorful balloons with deep, mindful breaths, using their expansion as a metaphor for personal growth. As you float through the day, draw inspiration from handcrafted wind chimes, and use scented pens to write haikus that reflect the harmony of nature and the charm of your surroundings. This unique class will teach you how to channel stress into creativity, combining play and mindfulness into a harmonious symphony of self-expression. By the end of the day, not only will you have a collection of personal poems and bubble impressions, but you will also leave with a light heart and a peaceful mind, ready to bring a bit more joy into your everyday life.