

SMR turns 5 Cue the Hearts & Parts!



Pantoum Poetry

Celebrate with us! Invite your inner poet to write, listen and/or share in this exploratory heart-focused session

***Sunday - 23 March, 2025**

07:00 CST (Mexico)

09:00 EDT (New York)

14:00 CET (Berlin)

16:00 EAT (Nairobi)

21:00 MYT (Kuala Lumpur)

22:00 JST (Tokyo)

*SAME ZOOM ROOM, Post Newcomer Q/A

Join us - All your parts and hearts are welcome!

Supplies needed : whatever your hearts or parts are calling for (blank paper, a journal, crayons, colored pencils, a computer or digital notepad....it's completely up to you.)

