



Zenku 365: A Zenku A Day Invites Mindfulness To Stay

Jay Verney

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Zenku is the daughter of Haiku, the Japanese poetic form read and written around the world. Zenkus are freestyle three-line micro poems. They are of the moment, inviting mindfulness in both creator and reader.

When you write a Zenku, you create your life in moments. In *Zenku 365*, Jay Verney offers a year of Zenkus (plus a Leap Zenku, plus spares!), and a micro workshop to guide you on your way to writing your own Zenku life.

Zenkus are for everyone, and everyone can record their life's special and ordinary moments by engaging with Zenku attention.

Create within and without Moving and still Your breathing life

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