

Finding Water Class (FWC)

A 13-week course to discovering enduring inspiration

This course is designed for those who have already taken the Artist's Way Experience class with Amy.

Group coaching is a component of this class designed for you to access the support and power you may be seeking. You'll gain clarity and encouragement as you deepen your understanding and increase your agility on your own creative path. The continued Artist's Way practices helps to tackle the greatest challenges of the artistic life and to open ourselves even further to divine guidance on the way. Together we will journey through *Finding Water: The Art of Perseverance* by Julia Cameron.

The book jacket of *Finding Water* promises that Julia Cameron gives us wisdom about:

Making the decision to begin a new project.

Persevering when a new approach to our art does not bear immediate fruit

Staying focused when other parts of your life threaten to distract you from your art

Finding possibilities for artistic inspiration in the most unlikely places.

Time: **Thursday Afternoons 2:00p to 3:30p**

Dates: May 27 June 3, 10, 17, 24 July 1, 8, 15, 22, 29 August 5, 12, 19

Location: Homewood Studios 2400 Plymouth Ave. N., Minneapolis, MN 55411

What you can expect

You will need, for this guided encounter with furthering your own creativity, to purchase the book, *Finding Water: The Art of Perseverance* by Julia Cameron. New books are available for purchase from Amy for \$16. You will also need a notebook for daily journaling, and walking shoes!

Prior to the first meeting, it helps to read the introductory chapter about the basic tools and the walk.

In the first class, we will get acquainted with this new group and clarify our intentions to experience the fullest value of what is possible throughout this process. This course calls for weekly readings, daily writing, a weekly "artist date" with your self and the fulfillment of each week's tasks and weekly walk.

During each class, there will be opportunities for both sharing and coaching. We'll make a schedule so that everyone is assured a turn to receive coaching, and then additional participants will get coaching as time allows. As you know, the group meetings are intended to provide support, company, laughter and compassion along the way that will be unique to each individual and yet universal to us as creative human spirits.

Facilitator

Amy Egenberger, M.Ed., CPCC is a teacher, artist and certified life coach living in Minneapolis. Learn more about her work with Spirit Out! Inc. at spiritout.com

Cost

Regular Price:

Basic

\$495

Premium*

\$695

Early Bird Price (before 6pm on May 19, 2010):

\$299

\$399

Payment is due before the first class. (See registration details below.)

*Premium

The Premium package includes all the benefits of the *Finding Water* class, **plus** two one-hour in-person private coaching sessions (\$250 value) with Amy. We will schedule your sessions before or during the course of the class so that you can maximize your clarity of intentions, purpose and creative direction. The private coaching opportunity will help give your actions the extra traction you desire for your creative journey.

Registration

To register, call Amy at 612-588-8704 or email amy@amyegenberger.com.

Send \$299 prior to the first class. Payment plans available.

Please make check payable to **Spirit Out!, Inc.** and mail to: 3914 Queen Av N., Minneapolis, MN 55412

We need at least 6 participants for the section to be held. Class size is limited to 12.

Directions

[Homewood Studios](#) is located on the NW corner of Plymouth Av N. and Russel Av N. Homewood Studios is an artists' workspace and gallery/meeting space in North Minneapolis designed for local artists and their neighbors in the belief that the visible presence of working artists contributes to the vitality, self-image, and coherence of our community.

*It's possible to go the Artist's Way on your own...
and a lot of fun in a group!*



SPIRIT OUT!, Inc.
Making way
for Creative Action

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