

The Artist's Way Class

A 13-week course to higher creativity

To be more freely creative in any area of your life, this process helps to unblock the flow of your own natural creativity. Together we will journey through *The Artist's Way: A Spiritual Path to Higher Creativity* by Julia Cameron. You'll leave with support, insight and camaraderie for your own faith path.

AWE: The Artist's Way Extraordinaire

Time: 7:00pm to 8:30pm

Dates: **Wednesday Evenings** June 9, 16, 23, 30 July 7, 14, 21, 28 August 4, 11, 18, 25 Sept. 1

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

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 Artist's Way 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.

What you'll need

For this "guided encounter with your own creativity," you will need to purchase the book, *The Artist's Way: A Spiritual Path to Higher Creativity* by Julia Cameron. Used copies are often available in second-hand bookstores, or you may choose to buy it new. New books are available for purchase from Amy for \$16. You will also need a notebook for daily journaling, and simple spiral-bound school notebooks are suggested.

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

What you can expect

At the first class, we will create and clarify our intention to experience the full 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.

The group meetings are intended to provide support, company, laughter and compassion along the way that will be unique to each individual path and yet universal to us as creative human spirits. Some fun surprises from life coaching will be sprinkled in along the path as well!

Also Included

Individual Coaching Opportunities when you can personally receive coaching from Amy during class.

Online Sharing Center where current and past participants of *The Artist's Way Experience* and other Spirit Out! classes can share their questions, insights and support for the creative journey.

Facilitator

Amy Egenberger, M.Ed., CPCC is a teacher, artist and certified life coach living in Minneapolis.

Registration

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

You can also register online from www.spiritout.com

Class size is limited to 12, so sign up early!

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