

Your unique journey

The Artist Way

**A 12-week course
discovering and recovering
your creative Self!!**

**26 April – 12 July 2019
Every Friday 10am – 12 noon**

Using the book written by Julia Cameron, each week we will explore something new and different. The creative exercises will use a mixture of artistic materials, aiming to provide opportunities to let yourself follow your curiosities.

At home, we will commit to read one chapter weekly and complete the book's inspirational tasks. There are commitments (for good reasons) to write daily morning pages and taking yourself on one weekly Artist's Date on your own, a date to nourish the artist within you.

**Venue: Westbury Arts Centre
Foxcovert Drive, Shenley Wood, MK5 6AA**

Cost: £120

**Contact Ka-ye at 07562891884
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"I am running this course because 2 years ago, I felt very lost, confused and hollowed despite a good profession and family life. I took the "The Artist Way" journey ... and had never imagined the powerful impact from the course and the exercises! I started running the first cohort in January this year and am really privileged seeing the encouraging insight and clarity among the group. This will be my 2nd cohort in responding to much enquiries and requests." Ka-ye