



Opening the Creative Floodgates – TAEA2664

Regardless of the craft, creativity is an inner process – fluid and mysterious, yet of enormous consequences in our art. What can be done to develop our creative drive into its full capacity? If you are a visual artist, a writer, musician, dancer or a practitioner of any creative art, the exercises and techniques in this course will help you develop an approach to your art that taps into the inner source of your own experience. The course is experiential, working in pairs and the whole group, in a spirit of open minds, discovery and having fun.

Topics:

- Working with internal structures
- Finding the entrance point for change
- Opening the heart, emptying the mind
- The presence of the body
- The fire of the present moment
- Authenticity and respect
- Generational lineages of behaviour
- Performance: angst and ecstasy
- Discipline and transformation

Learning Outcomes:

- Participants will gain a structure and a pathway to work with specific internal aspects of their character and behaviour that have become obstacles to connecting with their art form in a deeper fashion. The course includes sixteen specific exercises which can be repeated and adapted to their work.

Facilitator: Michael Walters spent 33 years playing music as a spiritual practice before beginning to play publicly. After 20 years he composed his first two compositions, and after 33 years his work with the medicine traditions of the Amazon, produced a shift that has resulted in five years of non-stop composing. He has produced over 100 performances since 2005, both solo and collaborative, and is part of a duo named Nomad, with the Ugandan virtuoso Kinobe.

Length: 4 evenings

Date: Tues & Thurs, Feb 21, 23, 28, and March 1, 2012

Times: 7pm - 9pm

Cost: \$125 + applicable taxes

Best to Register By: Tues, Feb 7, 2012

To Register:

Register online at <http://www.royalroads.ca/continuing-studies> using Visa or MasterCard; or by telephone, Monday to Friday, 9:00 a.m. – 4:00 p.m. at **250-391-2600, ext. 4801**; or **Toll Free at 1-866-890-0220**. Or, come by in person to the Continuing Studies reception area in the **Grant Building, 2005 Sooke Road, Victoria, BC, Canada V9B 5Y2**.