

# THE ARTIST'S WAY

## A GUIDE TO ARTIST DATES IN LOCKDOWN

### WEEK 1: TAKE A VIRTUAL GALLERY TOUR

[Google Arts & Culture](#)  
[British Museum](#)  
[Guggenheim](#)  
[The Broad](#)  
[National Gallery of Victoria](#)

### WEEK 2: VISUAL PLAYTIME

[Recreate an artwork at home](#)

### WEEK 3: AUDIO SENSATIONS

[Go to the Opera](#)

### WEEK 4: FOCUS ON LINE

[Take a calligraphy class](#)

### WEEK 5: THEATRE BECKONS

[The Globe](#)  
[The National Theatre](#)  
[Musicals online](#)

### WEEK 6: TREAT YOUR EARS

[Culture podcasts from the Barbican](#)

### WEEK 7: TAKE TO THE (VIRTUAL) STREETS

[Florence](#)  
[Paris](#)  
[Singapore](#)

### WEEK 8: RUN AWAY WITH THE CIRCUS

[Watch Cirque Du Soleil online](#)

### WEEK 9: WONDER AT THE WORLD

[Great Wall of China](#)  
[Petra](#)  
[Palace of Versailles](#)

### WEEK 10: RESET YOUR ARTIST'S PASSION

[IsolationArtSchool on Instagram](#)

## A NOTE FROM JULIA CAMERON

I have been flooded with questions about Artist Dates. "How can I take an Artist Date while I am quarantined?" person after person has asked me. In short, we can't take Artist Dates – as we know them – right now. But with a little imagination, we can chase – and discover – the feeling of expansion that they bring us.

In normal times, Artist Dates are small adventures pursued solo outside the house. In the times we live in now, Artist Dates are small adventures pursued within the confines of our own homes. There are many ways to fill your time with a sense of adventure. Listening to music that you don't usually listen to. Trying a podcast that seems "too frivolous." Trying a craft that seems "too silly." I've heard tell of carpentry projects in the basement, vision boards on the refrigerator, re-reading children's books, baking cakes. Students have reported candlelit baths with rainbow, fizzing bath bombs, explorations into hand lettering, homemade nail art using Swarovski crystals found online, learning to knit. I personally have taken to choosing a familiar and beloved object – one I've seen so often that I no longer "see" it – and sketching it, connecting to both the object and its memories anew. Artist Dates are not high art. Artist Dates are meant to be fun. Ask yourself, "What sounds delightful? What have I been drawn to that I might have written off as a waste of time, too silly, too frivolous?" Try doing that.

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