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# How to Find & Write Your Own Hero's Journey... with Julie Mariouw

May 21 at 1:00 pm - 3:30 pm EDT \$10.00 – \$20.00

In this workshop we will discuss the twelve stages & eight archetypal characters of Joseph Campbell's "Hero's Journey." We will attempt to find our own Hero's Journey through the use of Mind Memory and Body Memory Maps, accessing the places within us that still need to be healed. We will write with this material, discovering our Heroine/Hero in their Ordinary World, a possible Mentor, and a Call to Adventure. You will leave this workshop with the beginnings of a personal Hero's Journey story that you can continue to write with every day.



Julie Mariouw is a certified AWA workshop leader and an AWA affiliate who runs online and in-person workshops through Wellspring Writing Workshops, LLC. Julie is fascinated by the healing power of creative writing and creates prompts using metaphor, the senses, polarity, and physical movement to expand writers' imaginations and increase their creativity.