



THE SALTEE ACADEMY  
*for Complex Creators*

## FEBRUARY THEME: SAVORING

Check in: Feb 17, 2023

**Your Life is Your Studio**

*A six-month program for supported creative practice in the art of life.*

“This is the first, the wildest  
and the wisest thing I know:  
that the soul exists and is built  
entirely out of attentiveness.”

– *Mary Oliver*





Once, in the cool blue middle of a lake,  
Up to my neck in that most precious element  
of all,

I found a pale-gray, curled-upwards pigeon  
feather floating on the tension of the water at  
the very instant when a dragonfly, like a blue-  
green iridescent bobby pin, hovered over it,  
then lit, and rested.

That's all.

I mention this in the same way that I fold the  
corner of a page in certain library books, so  
that the next reader will know where to look  
for the good parts.

– *Tony Hoagland, Field Guide*



Tell us something about your  
experience with Savoring practice  
these last two weeks





Did you learn anything about how  
you approach new practices?

What kinds of things make it more  
likely that you'll embed a new  
practice in your daily life?



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