

2nd Seasonal Retreat in the 2020 "Mix" Series

Spring Mix: ART, SPIRIT, NATURE, REST and the element AIR

Saturday, April 18, 2020

9am-4pm

\$150



art wanders

creative retreats that invite your spirit to roam

with **Claudia Fulshaw**
at **The Stable**
Durham, NC

Included in your retreat:

- Fun & unique venue
- All art & writing materials
- Breakfast snack
- Yummy lunch and baked good
- Coffee, tea, fruit-infused water

Some of the things we will explore, create, and create with incorporating the element AIR:

mobiles • light & airy poetry
our own breath • feathers
balloons • springs • bubbles

"Exactly what I had hoped for! Relaxing, engaging, fun. I feel like I really got away."

~ Spring Mix 2019 participant

Register Online!

www.artwanders.com

Have Questions?:

claudia@artwanders.com



Spring Mix is an annual, day long, creative retreat for women. Held in April each year, this retreat welcomes the spring season with wide open arms, giving you the time and space for creative self-discovery through a variety of hands-on art projects, writing prompts, new connections, relaxation and lots of fun. The second of the 4 seasonal, "Mix" retreats in 2020, **Spring Mix: AIR** will surely lighten your step, engage your hands and lift your spirits as you experience new ways to set sail to your creativity, curiosity, spontaneity and joy while discovering how AIR relates to Art, Spirit, Nature and Rest in your life. Come ready to take a deep breath and free your mind into a day of relaxation as we breath in the goodness that spring's colors, textures, sights, scents and sounds bring - all while creating art. **No art experience is necessary for this guided and exploratory retreat.**

Claudia Fulshaw lives in Durham, is a graphic designer, artist, long-time wanderer and leader of retreats that combine Art, Spirit, Nature & Rest. Through fun, inspiring, hands-on and multi-media art projects, Claudia reminds us how the arts afford us insights into our spirits and how this can influence our lives. Her fun-loving and optimistic personality fosters a warm, natural, personal connection that will leave you energized and fed. Amazing creations, relaxation, smiles and laughter are guaranteed during this soul-stirring retreat.

Spring Mix: AIR Registration: Register ASAP! First come, first served!

Deadline to Register - April 10, 2020 (full refund until 4/10; sorry, no refund after 4/10. See website for more info on cancellations and additional options)

Name: _____

Address: _____

Cell Phone: _____ Email: _____

Lunch and snacks will be served. Please let us know of any food allergies or sensitivities: _____

Registration Options: Register online at www.artwanders.com. If you'd like to register by check - call or email FIRST to check availability then mail check, payable to Claudia Fulshaw/Art Wanders, along with this registration form to PO Box 3338, Durham, NC 27702. Another option is to register via credit card over the phone: (919) 306-2919. Your spot can only be reserved with a paid reservation. You will receive a confirmation email once your registration has been received. Let's breathe in the awesomeness of the spring season together!