

3rd Annual June
Art & Poetry
Retreat at The Stable!



art wanders

creative retreats that invite your spirit to roam
presents

The Art of Disappearing

A retreat inspired by the poetry of Naomi Shihab Nye

Saturday June 13, 2020 | 9am - 4pm | \$150 lunch, beverages, snacks included.

with Claudia Fulshaw & Mandy Mizelle Norris
at The Stable, tucked away between Durham & Hillsborough, NC

Disappear for a day?! How delightful! This isn't magic — it's a retreat away from all that keeps you distracted and occupied, a day to get lost in the poetry of Naomi Shihab Nye. A gift of time to ponder, to wander, to reflect with creative writing, and to notice what appears out of nowhere while engaged in simple art prompts. Inspired by Nye's words, one another, and the beauty of our surroundings, we will practice the art of remembering who we are and reconnecting with what is most important to us, what is too important to forget. **Presence and process over perfection. No art or writing experience is required** for this guided and exploratory retreat! All materials will be provided.



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 of 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.



Mandy Mizelle Norris also lives in and loves Durham. She is a minister and chaplain, an Enneagram 4 who is always running late (except for retreats she's co-leading), a lover of trees, pets*, and poetry. A lifelong learner, Mandy continues to be inspired by theology, psychology, words, and the world around her, reflecting her wonder in the sacredness of each person and all our stories. *noun, not verb



Want to Disappear? Registration Now Open!

www.artwanders.com

Contact Claudia for more info or to register by mailing a check:
claudia@artwanders.com

Registration Deadline: June 7, 2020 Space is limited to the first 12 people with paid registration.