

Socially Distanced
Outside Art & Poetry
at The Stable!



creative retreats that invite your spirit to roam
presents

The Spirit Likes to Dress Up Like This...

An outdoors, Halloween retreat inspired by the poetry of Mary Oliver

with Claudia Fulshaw & Mandy Mizelle
LIVE, in person, and socially distanced at The Stable,
tucked away between Hillsborough and Durham, NC

Saturday, October 31, 2020 | 10am - 3pm | Rain date: Sunday, Nov. 1

On hallowed ground carved by tree-lined fields, colorful leaves, and an outdoor labyrinth, this creative retreat will conjure the familiar excitement of dressing up and trick-or-treating in cooler autumn air.

In the spirit of traveling door-to-door, participants will move station-to-station, finding fun and illuminating writing prompts and simple art projects invoking the poetry of Mary Oliver. With plenty of space for physical distancing, contemplation, and creativity – surrounded by the beauty of the changing seasons – treats and surprises are bound to arise. **Costumes optional, but do bring a mask, please!**

Presence and process over perfection. No art or writing experience is required for this guided, safely spaced, exploratory retreat! All materials provided with *no sharing amongst ourselves*.

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 and inspiring art projects, Claudia reminds us of how the arts afford us insights into our spirits and how this can influence our lives. Her personality fosters a warm, natural, personal connection that will leave you energized and fed. **Mandy Mizelle** also lives in and loves Durham. She is a chaplain and minister, an Enneagram 4 who is always running late (except for retreats she's co-leading), a lover of trees, animals, and poetry. Mandy enjoys creating spaces of grounding and gratitude that remind us of — and invite us to pay attention to — the sacredness around and inside us.



Claudia Fulshaw



Mandy Mizelle

How does *your* spirit dress up? Registration Now Open!

\$115 includes all materials, lunch from Grub Durham, beverages, snacks

REGISTER ONLINE at: www.artwanders.com

Registration Deadline: Sunday, October 25, 2020