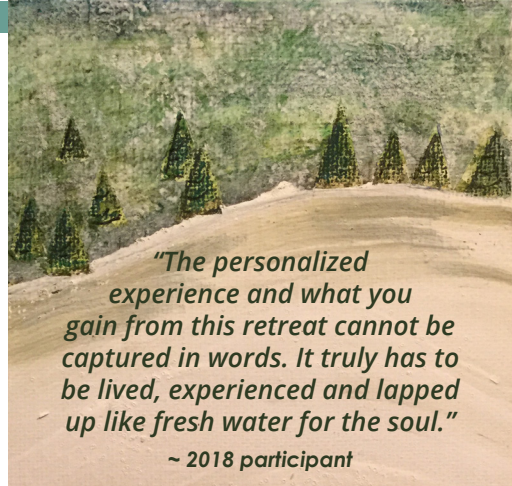


An Annual Offering

A Wintry Mix: ART, SPIRIT, REST

Friday - Sunday, January 11-13, 2019
or Saturday only, January 26, 2019



with **Claudia Fulshaw**
at **Avila Retreat Center**
711 Mason Rd. Durham, NC
or at **The Stable** - tucked away
between Durham & Hillsborough

ART, SPIRIT, REST - three things we really don't get enough of! Welcome 2019 by giving yourself a day or an entire weekend to consciously immerse in all three. Have you felt the Spirit's presence while engaged in creating art? Does peace sneak up and surprise you? Has your spirit been moved when those "ahh haa" moments strike or while being in a group of like-minded souls? This retreat allows the time and space to experience a joyful mix of Art, Spirit and 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. Claudia's fun-loving and optimistic personality fosters a warm, natural and personal connection that will leave you energized and fed. **No art experience is required for this guided and exploratory retreat!** Gentle encouragement and support is always available in this fun, sometimes funny, and safe environment.

Snacks, coffee/tea, meals (as indicated below) and all art materials are provided. Amazing creations, relaxation, smiles and laughter are guaranteed during this soul-stirring retreat.

Info/Details/Questions: Contact Claudia, **919-306-2919** or **claudia@artwanders.com**
www.artwanders.com and **www.avila-retreat-center.com**

A Wintry Mix Registration: To secure your spot, register ASAP! This retreat usually has a waiting list!
Deadline to Register for 2 night retreat is January 4, 2019 | Deadline to Register for Saturday only retreat is January 17, 2019 (unfortunately, I can not offer refunds after these dates)

Name: _____

Address: _____

Best Phone# to reach me: _____ Email: _____

- 2 Night Retreat at Avila: Friday 6:30pm - Sunday 11am** (Sat. breakfast/lunch/dinner and Sun. breakfast) - **\$280**
- I will share a room with _____ I prefer a single room, if possible
- Day Retreat at The Stable: Saturday only, 9am-4pm** (includes lunch, beverages, snacks) - **\$125**

Mail check, payable to Claudia Fulshaw/Art Wanders, to PO Box 3338, Durham, NC 27702 or call Claudia with your credit card information, 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 as well as driving directions. Hope to see you!

TWO RETREAT OPTIONS

2 Night Retreat at Avila Retreat Center:
Friday, Jan. 11, 6:30pm
thru
Sunday, Jan. 13, 11am
or

Day Retreat at The Stable in Durham:
Saturday, Jan. 26
9am - 4pm

"I'm not an "artist" - no art experience, but this process is transformative."
~ 2018 participant

