

A Weekend of Visual Journaling and Self Expression October 7, 8, and 9, 2011 In Gorgeous Sedona, Arizona

Join Artist Linda Pullinsi
as she leads you through a weekend of relaxation,
adventure and expression through movement, writing and art making.
Give yourself permission to play, laugh and learn...

The retreat will take place at Los Abrigados in Sedona, a gorgeous Resort and Spa that sits on the banks of Oak Creek right next door to the best shopping in Sedona, the picturesque Tlaquepaque. Some of our activities will take place at this magical park which is on property and has a relaxing fountain and labyrinth.

The fee for this once in a lifetime retreat is \$295 which includes art instruction by a talented & fun loving artist, all your art supplies, a welcome lunch, all breakfasts and snacks, and a picnic lunch on Saturday. You will be taking home not only skills to last a lifetime but a fabulous bound keepsake filled with your art and writings, a couple Soul Collage Cards as well as some other goodies and new friendships. This retreat offers new exciting projects and tricks to keep you creating.

What is not included: Your transportation and lodging, your dinners Friday and Saturday and your lunch on Sunday. I have a discounted rate if you wish to stay onsite at Los Abrigados and will give you that information upon registration as well as our schedule and what to bring.

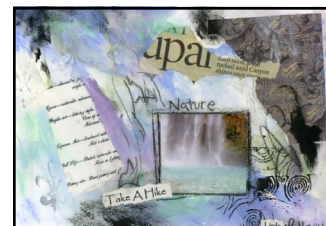
To register you simply fill out the attached registration form, sign it and send in your 50% deposit. Please contact me for questions.

SPACE IS LIMITED so sign up early!

\$150 holds your spot... Give Yourself a Weekend Retreat...Makes a Great Gift, too!



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Visual journaling example