

The Southern Sampler Artists Colony Presents *A Creative & Spiritual Retreat in Charleston, South Carolina*



April 5 – 12, 2017

Join us in creative expression through the culture, art, music and spirituality of the South combined with yoga, chakra discovery, and mindfulness.

PRESENTERS



MIRABAI WARKULWIZ is a San Francisco Bay Area certified yoga instructor (CYT), professional Kirtan and folk musician, swing dance teacher, and lover of the arts. She has a deep passion for bringing people together, and teaching in different cultures and places where she can offer her unique yoga teachings to lift consciousness on our planet and unite hearts and minds all over the world.



SHARON COOPER-MURRAY/ AKA THE GULLAH LADY, a Lowcountry performer, storyteller and fiber artist presents all things Gullah. Gullah is a bit of Africa dropped into the fertile Lowcountry soil—a culture that remained true to its African traditions—a culture whose threads are woven into Charleston's cuisine, crafts, language, music and beliefs.



CATHLEEN O'BRIEN, a native Californian and longtime San Francisco resident, is a graphic designer with a specialty in books for children. She has directed and designed well over a hundred children's books, publisher's include Chronicle Books, Lee and Low Books and Children's Book Press.

*Celebrating Lowcountry
flavors . . . fibers . . . flora . . .
fauna . . . music . . . art . . .
and life!*

WORKSHOPS

- **Yoga** with a focus on chakra discovery, Kirtan (chanting), and meditation led by Mirabai Warkulwiz.
- **Not just for kids**—picture books as a creative haven for poetry, a script, novel, or personal story. You'll learn how a 32-page book is laid out, and will work on your own book.
- **Salon-style gathering** offering mutual creative support and positive feedback on individual projects.
- **Indigo dyeing** with Arianne King Comer
- **Lumens Prints** with Cecelia Dailey
- **Paper cut out illustrations** with Sherry Browne

ACTIVITIES

Evening events with Charleston friends:

- **Bowens Island:** jivin', shuckin' and swingin'— live music with Mary Edna Fraser & Dana Downs
- **Private Tour** and Lowcountry supper at a historic Charleston home
- **The Music Café** with Susan McAdoo and performers
- **Meet the artists** at a private viewing of a Lowcountry art collection

INCLUDES

- **9 nights total accommodations**, Folly Beach: pristine oceanfront lodging complete with kitchen facilities, Wi-Fi, and easy walking access to cafes, coffee shops, and restaurants.
- Plenty of time for relaxation, reflection, renewal—time for your creative projects.
- Expenses related to daily activities, workshops and creative materials.
- **6 suppers:** break bread and experience true Southern hospitality. (While scheduled group breakfasts and lunches are not included, the kitchen will be stocked with healthy food choices for those who want to prepare a continental style breakfast and lunch at home.)
- **Transportation** to all scheduled events during the retreat. (Airplane flights and airport transportation to and from Folly Beach and extracurricular trips not included.)

COST

Ocean front, Folly Beach Accommodations—**Private room: \$2,125**
Shared room \$1,925. The choice of private and separate rooms depends upon availability at time of registration. Please email Mary Brent Cantarutti at Mbrent@comcast.net for information and sign up.

Full Retreat details: www.southernsamplerartistscolony.com