



✨ **Season of Sparkle** ✨

Art & ShuiSoulful Art Retreat Day

Celebrate • Create • Reconnect

Sunday, December 7, 2025

10 AM – 4 PM

✨ **Open yourself to let your creative energy flow** ✨

Have you lost yourself caring for everyone else? You're always giving, juggling it all, yet feeling drained and disconnected. It's time to refill your cup and reconnect with the creative, joyful you.

Join us for a one-of-a-kind experience to **nourish your mind, body, and spirit**. Let go of obligations, connect with inspiring women, and realign your energy for balance and fulfillment.

Through creativity, mindfulness, meditation and Feng Shui-inspired insight, you'll open to new clarity and self-expression. Everything is prepared for you — **just bring an open heart, an open mind, and your beautiful energy**.



✓ No art or meditation experience needed

✓ Lunch and all materials provided

✓ Bring your favorite pens or pencils, photos, cards, art images

You'll leave feeling refreshed, inspired, and re-energized with tools to keep your creative spirit flowing long after the day ends. *Come as you are.*

Join our Waitlist - More Details Coming

With Love & Gratitude,

Jessica & Lois: jbush0530@gmail.com & lois@loiskramerperrez.com