



Hosted by

LISA SHEPARD STEWART

Lisa is an author, designer and instructor based in New Jersey, specializing in sewing and creative home décor with African fabrics and embellishments.

Her books, **AFRICAN ACCENTS**, **GLOBAL EXPRESSIONS**, and **ON THE GO!** show readers how to incorporate the fabrics into a variety of make-it-yourself projects.

Through her company, Cultured Expressions, Inc., she offers classes, seminars and special events to promote decorating, quilting and crafting projects with cultural significance.

This QUILTERS'

RETREAT represents Lisa's combined

passions for creative projects, spa vacations, and holistic living. Having visited Jackie's on the Reef several times, she enjoys sharing it with others in this special retreat format.



Visit www.CulturedExpressions.com.

Quilters' Retreat 2008 * Negril, Jamaica

ITINERARY

THURSDAY -- 1 May

11:00 a.m. Arrival at Sangster Intl Airport in Montego Bay - transfers to Jackie's on the Reef in Negril
 Afternoon Check-in, Reception & Orientation; Welcome Massage

6:00 "QRST" Individual time: Quilting, Relaxation & Spa Treatments
 Dinner

FRIDAY -- 2 May

8:30 a.m. Spa class
 9:30 Breakfast
 10:30 **AFRICAN MOSAIC QUILTING** intro
 Afternoon "QRST", Continue Mosaic or work on your own projects
 6:00 Dinner

SATURDAY -- 3 May

8:30 a.m. Spa class
 9:30 Breakfast
 10:30 **CREATING A SACRED SPACE**
 Afternoon "QRST"
 6:00 Dinner

SUNDAY -- 4 May

8:30 a.m. Spa class
 9:30 Breakfast
 10:30 Optional All-Day River Trip or "QRST"

6:00 Dinner

MONDAY -- 5 May

8:30 a.m. Spa class
 9:30 Breakfast
 10:30 "QRST"
 Check out, departure

Classes are suitable for all skill levels.

Itinerary is subject to change according to the group's collective



Join us for a unique experience...

Quilters' Retreat Negril, Jamaica

May 1-5, 2008

- Expand your creativity with African fabrics and easy techniques to make distinctive projects with cultural style.
- Immerse yourself in a quiet, peaceful environment that encourages creativity while learning holistic techniques to enhance your life.



- Enjoy spa treatments, fine cuisine and comfortable accommodations inspired by nature, at the award-winning Jackie's on the Reef spa in sunny Negril, Jamaica.

CULTURED E*PRESSIONS

"FEEL THE **FABRIC**... EMBRACE THE **CULTURE**" in an exceptional setting...

About Jackie's on the Reef: Jackie's is a holistic spa with a daily program that includes a morning spa class (yoga, breathing, tai chi, etc.), deliciously prepared breakfast & dinner each day, and comfortable accommodations inspired by nature. Owner Jackie Lewis has been profiled in Essence, Spa-Finders, O, the Oprah Magazine and others. Enjoy individualized attention from Jackie and her attentive staff as you unwind and rejuvenate your spirit. (For details, visit www.jackiesonthereef.com)

About the Creative Sessions: You'll love this peaceful setting as the backdrop to our informal program, working at your own pace with relaxing and culturally relevant hands-on activities. Enjoy the opportunity for artistic exchange with other retreat participants, sharing ideas & inspirations, and take the precious "me-time" you deserve.

"African Mosaic Quilting" - Recreate the wall hanging featured in African Accents, a bold & exciting variation of watercolor quilting, using authentic African fabric prints & baïks. Become familiar with color transition & placement with pre-cut 2" squares of fabric contained in the African Mosaic Kit.

"Creating a Sacred Space At Home" - Whether it's a place for spiritual or artistic endeavors, we'll discuss ways to carve out and decorate a permanent "sacred space" at home. Make a special accessory for your own space at home, with supplies included in your Gift Bag.



- PLEASE NOTE:
- Sewing machines and basic quilting supplies are required for the classes - a supply list will be sent upon receipt of your registration.
 - A selection of additional fabrics and trims will be available for purchase.

Cost: \$1175 includes accommodations for 4 nights (double occupancy); round trip airport transfers between Jackie's and Montego Bay*; two spa treatments**; daily breakfast and dinner; morning spa classes; creative instruction and materials (kits, fabrics, etc.); gift bag.

*Based on 3 or more riders per trip. Schedules will be finalized once all participant flight arrival info is received, and trips will be combined where possible to accommodate everyone. An additional fee of \$25 per person may be charged for trips of less than 3 passengers on a shuttle.

**One welcome massage for each participant, plus a second treatment of your choice, up to a \$60 value)

[Additional costs: Airfare; additional spa treatments; gratuities; optional day trip (\$50) Lunch is available daily.]



OUR POLICY: A deposit of \$300 is required to reserve your space by March 15, 2008. Full payment is due by **APRIL 1, 2008**; late payment may cause your space to be re-assigned and your deposit to be forfeited. If the space remains available, a retreat participant with a balance due after April 1 will be charged an administrative fee of 10% of the cost of the retreat. Returned checks will be subject to a \$35 bank service fee. **REFUNDS:** If you must cancel your paid reservation before April 1 = Amount paid, less \$200; after April 1 = Amount paid, less \$300. Cancellation by Cultured Expressions or Jackie's on the Reef will result only in a full refund of all payments to Cultured Expressions, and priority placement for an alternate retreat date.

Questions? Please call Lisa at 1-866-MUDCLOTH, or email: info@CulturedExpressions.com
 PO Box 356, Rahway, NJ 07065 * www.CulturedExpressions.com

Yes, I *need* to come to the Quilters' Retreat in Negril, Jamaica! I have read the attached Policy and enclose my deposit of \$ _____

Initials _____ Date _____

Send to: Cultured Expressions, Inc.
 PO Box 356 - Dept. QR
 Rahway, NJ 07065

PLEASE PRINT

Name _____

Address _____

City _____

State _____ Zip _____ Phone _____

Email _____

Method of Payment *

- MC
 VISA
 AMEX
 DISC

Check / Money Order — U.S. funds only
 Payable to Cultured Expressions, Inc.

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Exp. Date ____/____/____ Signature _____

* PLEASE NOTE: A processing fee of 4% will be added to all credit card payments.