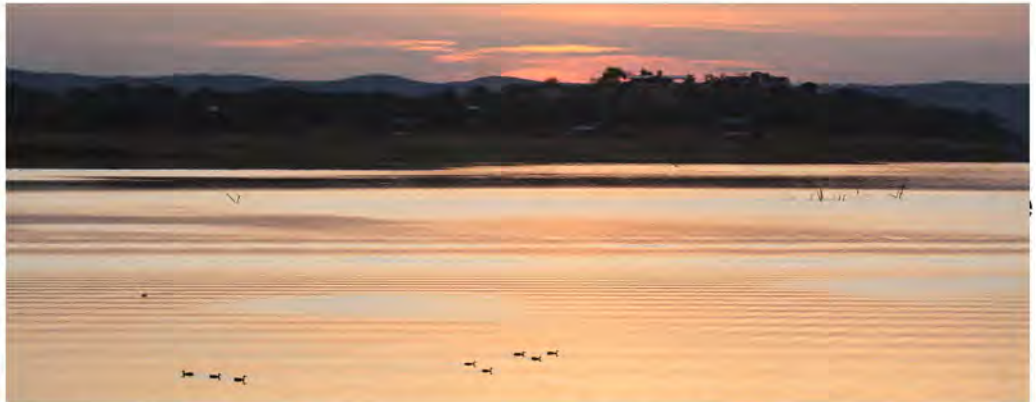




Women need time away and a place to relax with other women. **Body, mind, spirit** is a refreshment weekend purposely set in a quiet, casual, clean and relaxed hotel overlooking Lake Buchanan.



**PAINTED SKY INN**, in Burnet (just a short drive from Austin or Georgetown), offers a community house extending into a stretch of private units that all face the lake.

Conversation Starter topics will address issues that almost every women can enjoy in sessions scattered throughout the days. While relaxing and meaningful, it will be fun and there will be laughter! A schedule of easy art projects, music, and campfire provide other entertainment. Attendance to anything is optional but everything is provided to encourage. If you prefer, take a nap or read a book. These creative and accepting days really are about about **YOU** and what **YOU** need.

**OCTOBER 11-13, 2013**

**CONVERSATION STARTERS**

- Something New Begins
- Centered or Self-centered?
- The Cost of Busyness

**ART PROJECTS**

- Bloom - Polymer Clay and Thread
- Community Trade Bead bracelet
- Create a domino pendant

**OTHER FUN**

- SANGRIA AT SUNSET
- Music is Soul Food
- CHAI tea party

**body  
mind  
spirit**

For more information and registration, visit [www.deepintheART.com](http://www.deepintheART.com)

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