



Hosted by

## LISA SHEPARD STEWART

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

Inspired by the natural surroundings, participants will create their own quilted Landscape designs, enhancing their quilting skills and commemorating their experience.



# QUILTERS' RETREAT 2011 \* NEGRIL, JAMAICA

## ITINERARY

### THURSDAY -- 2 June

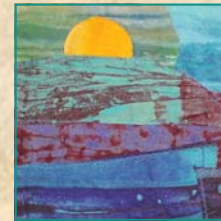
11:00 am. Arrival at Sangster Int'l Airport in (Approx.) Montego Bay - transfers to Jackie's on the Reef in Negril  
 Afternoon Check-in, Reception & Orientation; Welcome Massage; Quilt Inspiration "QRST" Individual time: Quilting, Relaxation, & Spa Treatments  
 6:00 Dinner

### FRIDAY -- 3 June

8:30 am. Spa class  
 9:30 Breakfast  
 10:30 **LANDSCAPE QUILTING** intro  
 Afternoon "QRST"; Continue with Landscape or work on your own projects  
 6:00 Dinner

### SATURDAY -- 4 June

8:30 am. Spa class  
 9:30 Breakfast  
 10:30 Open quilting session  
 Afternoon "QRST"  
 6:00 Dinner



### SUNDAY -- 5 June

8:30 am. Spa class  
 9:30 Breakfast  
 10:30 Optional Mayfield Falls Trip or "QRST"  
 6:00 Dinner

### MONDAY -- 6 June

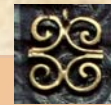
8:30 am. Spa class  
 9:30 Breakfast  
 10:30 "QRST"  
 Check out, departure

Classes are suitable for all skill levels.

Itinerary is subject to change according to the group's collective creative flow ;)



## CULTURED EXPRESSIONS



Join us for a unique experience...

# QUILTERS' RETREAT

NEGRIL, JAMAICA

June 2 - 6, 2011

- Expand your creativity with African fabrics and easy techniques to make a landscape quilt inspired by the natural beauty of Jackie's on the Reef.
- Immerse yourself in a quiet, peaceful environment that encourages creativity while learning holistic techniques to enhance your life.



- Rejuvenate with spa treatments, fine cuisine and comfortable accommodations at Jackie's, the Official Spa of Cultured Expressions!

"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](http://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 materials. Enjoy the opportunity for artistic exchange with other retreat participants, sharing ideas and laughs, and take the quiet, precious "me-time" you deserve.

**"Landscape Quilting"** - Choose your own inspiration from the scenic surroundings at Jackie's, including the reef and the sea, sunrises and sunsets, Jackie's big Stone House, the tropical greenery, even the view from your shower! You'll utilize easy techniques to recreate your chosen scene in African batiks. If desired, add unique embellishments to further customize your piece. There should be sufficient time to complete one landscape quilt, and possibly even a second one, or other projects as you desire.

- A supply list of basic quilting / sewing supplies will be sent upon receipt of your registration
- We recommend you bring your sewing machine, however, hand stitching can also be used.
- A selection of additional fabrics and trims will be available for purchase

**Cost: \$1280\*** includes accommodations for 4 nights (double occupancy); airport transfers\*\* between Jackie's and Montego Bay round trip; two spa treatments\*\*\*; daily breakfast and dinner; morning spa classes; creative instruction and a selection of fabrics & embellishments to be shared among the participants; gift bag.

\*For payments by check/MO; credit/debit payments charged at full price of \$1325)

\*\*Based on 2 or more passengers per trip. Pickups 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 \$60 round trip will be charged for single passengers.

\*\*\*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 (approx. \$65)  
Lunch is available daily at Jackie's



Photo: Jackie's on the Reef

**OUR POLICY:** A non-refundable deposit of \$300 is required to reserve your space by **March 15, 2011**. Full payment is due by **May 7, 2011**; late payments may cause your space to be re-assigned and your deposit to be forfeited. A retreat participant with a balance due after May 7 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, refund is equal to Amount paid, less \$300; after April 1 = Amount paid, less \$500. Cancellation by Cultured Expressions or Jackie's on the Reef will result in a full refund of payments to Cultured Expressions only, and priority placement for an alternate retreat date.

Questions? Please call Lisa at 1-866-MUDCLOTH, or email: [info@CulturedExpressions.com](mailto:info@CulturedExpressions.com)  
PO Box 356, Rahway, NJ 07065 \* [www.CulturedExpressions.com](http://www.CulturedExpressions.com)

QRJU11

Yes, I need to come to the Quilters' Retreat in Negril, Jamaica! I have read the attached Policy and enclose my deposit of \$ \_\_\_\_\_ \$300 Minimum

Initials \_\_\_\_\_ Date \_\_\_\_\_

Send to: **Cultured Expressions, Inc.**  
PO Box 356 - Dept. QR-11  
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.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Exp. Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Signature \_\_\_\_\_

\* PLEASE NOTE: Credit card payments will be charged the full trip price of \$1325.