


## Mythic Masks

Faces are fascinating and we are all experts at reading the subtleties of human faces. On the first afternoon of this workshop an excellent new modelling material will be used to model a human face. As participants learn to build the face they can playfully adjust, exaggerate, embellish and texture the 'clay' so that the face becomes a unique and expressive mask- face.

On the second afternoon the masks will be painted and decorated using tonal painting skills and working to develop the special qualities of each face. e.g. ancient, earthy, angelic, exotic etc. The resulting masks are amazing and powerful (especially when worn) they also look wonderful hanging on the wall.

- 
- Sat. 20th March and Sun. 21st March
  - Sat. 26th June & Sun 27th June (School Hols.)

**Time** 1pm – 4.30pm each day

**Fee** \$105—includes materials, tuition, afternoon tea.

## Inspirational Beads

Beads can be used as symbols and to help tell stories. During this meditative afternoon, we will explore several processes and thread beads to bring our own hearts and minds together in simple, beautiful ways leading us to that precious place of peace within ourselves. The threaded beads become wonderful visual and tactile reminders of the journey and can be used in daily living.

A non – religious spiritual workshop with personal, often surprising, practical benefits as we learn to listen to our Inner Wisdom .

- Sunday 28<sup>th</sup> March (School hols ) 1.30pm - 4 pm
- Sunday 28<sup>th</sup> November 1.30pm - 4pm

**Fee** \$ 45 - Includes materials, notes and afternoon tea.

## Chameleon Textile Art

This popular workshop begins with two productive techniques using textiles, paint and an unusual glue. The samples made are very interesting, and become excellent starting points for imagination and creativity.

Developed during the day with stitchery, beads and paint adding texture and detail, the now delightful, original art work is mounted on a small stretched canvas decorated to match. All skills are taught in the class.

- See website for pictures .

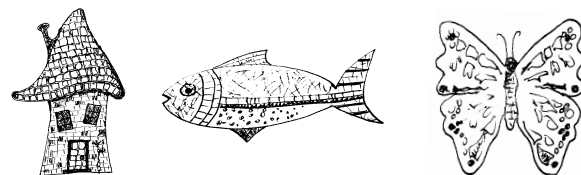
**Times and dates** >>>>

## Heart Art Mosaics

Mosaics are colourful, bold and unique. Create a stunning original artwork for your home or as a gift for someone special. (see website for pics) These artworks, like the mosaic Mirrors, are suitable for indoor and outdoors but not exposure to rain.

Base shapes and grout are black which shows off the vividly coloured glass. Shapes available are a Pixie House and a Fish (both approx 50cm X 33cm and a Butterfly (approx 46cm X 36cm) (see pics below & on website). There is time for one of these artworks to be made in the blended 1 1/2 day Mosaic Workshop.

**Fee** is \$240. The dates and times are listed bottom right near the Mosaic Mirror.



## Transparent Mosaics



Light and colour combine brilliantly in this art work. Participants will use transparent colored glass pieces to form a mosaic on a clear glass shape. Glass beads, glass frit, textured glass and crystal clear glue add new dimensions to the mosaic process. The base can be circular (25cm diam.) heart, teardrop or bird shaped. (Approx. A4 in size) Ready to hang in a window or outside , this lovely mosaic can be finished with glass beads and a crystal drop .

**Fee** \$145– includes tuition, notes, all materials, use of cutters, morning tea and lunch.

**Time** 9.30am— 4pm

- Sun 12th September
- Sun. 21st November

### Chameleon Textile Art—continued

**Date & Time** - Sun. 23th May 9.30am to 4pm  
- Sun 14th Nov. 9.30am to 4pm

**Fee** \$130— includes materials, one stretched canvas 20cm X 25cm, tuition, notes, morning tea and lunch.

## Mosaic Water Bowls, Table Tops, Wall Plaques, Pavers and Mirrors

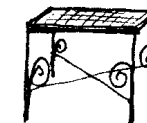
This is a blended workshop. Participants are asked to indicate when they book in which project they would like to create. The specific materials will then be ready on the workshop day. All activities take 1 1/2 days. All projects use a wide range of beautifully coloured small glass tiles, the finishing grout will be black to enhance the colours, the mosaics will be suitable for indoor or outdoor use.

Participants will experience the direct method of mosaicing using whole tiles, cutting tiles and working with fragments. Each project allows for lovely, individual, artworks to be created while at the same time ensuring that the piece will be finished and ready to take home at 12 noon of day 2. (\* Note that mosaics will need to be polished clean when they are dry.)

Comprehensive notes on materials, stockists, costs and process are given out.

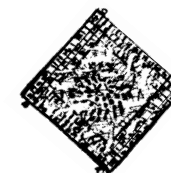


**Water Bowls** are terracotta and measure 40cm in diameter.



**Table tops, Plaques and Pavers** are all 40 cm square

Specially designed metal table bases (46cm high) and wall plaque frames are available in a black rust proof finish. Table bases \$95. Wall Plaque frames \$35.



**Mirrors** Three base shapes are available, a rectangle 55cm X 50 cm (mirror 18cm X 25cm) a Persian inspired shape, as illustrated below, 60cm X 40cm (mirror 16cm X 25cm) and a Heart 52cm X 48cm. (mirror 14cm x 14cm) See left. *Measurements are approximate.* These mirrors are not suitable for exposure to rain.

**Fee** \$240 Includes all mosaic materials, use of cutters, tuition, notes, morning teas on both days and lunch on Day 1.

**Time Day 1** 9am to 4.30pm  
**Day 2** 9am to 12 noon.

- Sat./Sun. 17th & 18th April
- Sat./Sun. 21st & 22nd August
- Sat./Sun. 16th & 17th October



*The art in heart is more than just three letters of the alphabet. There is a beautiful connection that happens when you take the time to explore and use the elements of art (colour, line, shape, etc) in your own way. These workshops are about creating art that nourishes your heart.*

## WORKSHOPS for 2010



Heart Art workshops are held in a lovely, light filled studio in Park Orchards (about 8 minutes from the Eastern Freeway / East Link Mel.Map 35). Set in an acre of garden and trees, with abundant bird life, the studio has a retreat-like atmosphere. A wonderful place for encouraging creativity.

[www.heart-art.com.au](http://www.heart-art.com.au)

## ENROLMENT FORM

Name	
Address	
P/C	
E-Mail	
Phone H	W
Workshops	Dates

Enclosed amount \$

\*Cheques payable to Ann Bidstrup

**Mail form to :- Ann Bidstrup 14-16 Curry Road,  
Park Orchards 3114.**

## Heart Art 2010



Art teacher ANN BIDSTRUP will lead the activities and help you develop art skills. No previous art experience is required. Each workshop is enriched with music, good food and happy company so it will be a special experience for you.

Class sizes are small so please phone Ann first to reserve a place on **(03) 9876 1913**. Classes will only happen if there are sufficient confirmed bookings.

**To confirm your phone booking, just complete the Enrolment form, cut it out and post it with half of the workshop cost as a deposit to :-**

Ann Bidstrup, 14-16 Curry Road,  
Park Orchards, 3114.

For pictures of activities and to download copies of this brochure, visit

[www.heart-art.com.au](http://www.heart-art.com.au)

## Art For Well Being

This ongoing course explores imagination, story, symbols and the beauty of nature— all aspects of life which gladden our hearts, intrigue our minds and draw forth our spirit.

Ann leads playful, experimental 2D and 3D art activities that will build drawing skills, introduce painting skills, explore collage, printmaking and modeling, extend awareness of colour, line, tone etc., and give participants the opportunity to discover their own creativity and self confidence. Materials used will be pastels, watercolour pencils, paints, pens, air drying clay, threads and textiles etc. There are pictures of past activities on the website.

Afternoon and evening classes Thursdays fortnightly  
12.30pm to 3.15pm, and 7.15pm to 10pm

Commencing:-



<b>Term 1</b>	11th Feb.	4 classes	\$192
<b>Term 2</b>	22nd April	5 classes	\$240
<b>Term 3</b>	15th July	5 classes	\$240
<b>Term 4</b>	7th Oct.	5 classes	\$240

**Fee**— includes tuition, art materials, sketchbook and afternoon tea or supper.

## Heart Art in Spain !

It has long been a dream of mine to visit Spain. I am intrigued with the colour, culture, history and architecture of the place. Particularly, the 13<sup>th</sup>C palace-fortress Alhambra in Granada. The idea of going with a small Heart Art group ( 15 ) is growing in my imagination and I wonder if you are interested in going with me in early May 2011. As part of this journey, I envisage an Art Workshop before the trip to prepare us for creating rich Visual Diaries while we are away, and afterwards to develop our diary material / photos into inspired original art works capturing the flavour of our adventure.

I think the trip would be 12 nights in the Andalusia region with time in Granada, the countryside and Cordoba. A gentle pace allowing for walking, photography, drawing and absorbing the sights and sounds. Wonder at Alhambra and the gardens in Granada, explore the Old Towns in both cities and a local market, try the Tapas and the Tea shops, participate in a Middle eastern & Moorish cookery class, visit a Ceramic studio, photograph the Courtyards opened for the Patio Festival in Cordoba, see the mountains and Spring wildflowers and appreciate the Silver, Leatherwork and Flamenco dancing. A current estimation of the cost is around \$6500 including airfares.

To progress this idea, I need to know how many people might be interested. So please ring me ASAP on 03 98761913. **ANN**

## Abstract Acrylic Painting

Ann loves painting and encouraging others to paint . Painting is usually colourful and often playful. In abstract painting there are no set rules and the possibilities for creating original, personally pleasing artworks are endless.

Inspiration can be taken from nature, favourite artworks, shapes, textures, words, people, feelings, the painting tools used, techniques of applying or changing paint, imagination, collaging objects or papers into the painting etc. The Acrylic paints are very versatile – they can become thick and creamy like oils, transparent like watercolour or layered like old house paint.

In these workshops Ann introduces participants to a wide range of ideas, techniques and experiences that build skills and allow individual creativity and styles to grow and develop. Consequently these morning, or day, workshops are suitable for beginning and experienced painters alike.

Weekly classes. 6 classes each term

**Date** - Friday 10am—1.15pm

**Commencing :-**

Term 1	12th February (no class 5th March)
Term 2	30th April
Term 3	30th July
Term 4	15th Oct. ( No class on 29th Oct.)



**Fee** \$288 each term - includes paints, mediums, tools, brushes and equipment including one canvas board and one stretched canvas, tuition and morning tea. Note :- participants will need to provide additional small canvases during the term.

Escape into art for a whole day !

Some Saturdays are offered each term and participants can book for individual or all Saturdays.

**Time** — 9.30am to 3.30pm

Term 1	- 20th Feb, 13th March
Term 2	- 1st May, 15 <sup>th</sup> May, 29th May
Term 3	- 31st July, 14th Aug, 4th September
Term 4	- 23rd Oct., 27th Nov.

**Fee** \$98 for each day.—Includes one 30cm X 30cm stretched canvas, all paints, mediums, use of brushes and tools, tuition, morning tea and a "snack" lunch.

For further information or enquiries about these or additional workshops, phone Ann on (03) 9876 1913 or E-mail [ann@heart-art.com.au](mailto:ann@heart-art.com.au)

## Heart Art for Children

A small, special, ongoing art class for girls aged 8-12 years in an inspiring environment. The students experience an interesting variety of 2D and 3D art activities that develop a range of visual art skills and encourage awareness, self worth and creativity. Attention is also given to relaxation and balance after the pressures of the school day

**Time** 4-15pm to 6pm on Wednesdays

**Commencing :-**

Term 1.	- 10th Feb.	7 Classes	\$189
Term 2.	- 14th April	9 Classes	\$243
Term 3.	- 14th July	9 Classes	\$243
Term 4.	- 6th Oct.	9 Classes	\$243



## Knitted Landscapes

Impressionist Art looks great at a distance when all the dots and dashes of colour are blended by our eyes and come together in a cohesive 'whole'. The same thing is done in this workshop where participants are encouraged to bring landscape or seascape pictures that are meaningful to them and we will interpret them into interesting yarns and easy knitting. When we mount the knitting on a canvas and compliment it with paint, like Impressionist Art, the knitting disappears and from a distance an interesting textured picture is seen. An engrossing workshop with great results.

**Time** 9.30am-4 pm

**Date** Sun. 6<sup>th</sup> June **Date** Sun. 10th October

**Fee** \$130 - includes all materials, one stretched canvas 20cm x 25 cm, tuition, morning tea and lunch.

## Knitted – Felted Brooches or Miniature Art Works

A delightful Sunday afternoon making a miniature, wearable art work. Ann will lead participants through the techniques of Knitting , Wet felting and Needle-felting to form these vibrant and woolly brooches that look wonderful on winter clothes. If you are not a "brooch person" then the art work can be mounted on acetate to make a picture. Combining pure wool yarns, crazy yarns and silk tops in colours you love, every artwork/ brooch is wonderfully unique. If you like giving special, handmade gifts this is a great way to create them. (See Website for pics).

**Time** 1pm – 4.30pm

**Dates** Sun. 2<sup>nd</sup> May, Sun. 8<sup>th</sup> August, Sun 7th Nov.

**Fee** \$55- includes all materials, use of tools, tuition notes and afternoon tea .