

Valuable Visual Diaries

Would you like to develop your artist eyes ? feel more connected to your heart? and enjoy making art that encourages your own unique style ?

A Visual Diary is a great tool for helping these things happen and this set of three Sunday afternoon workshops is designed to get you started on this life enriching project. Ann will lead playful activities to teach you drawing techniques, stimulate your imagination and help you see your world with more appreciative eyes. To view some visual diary pages from around the world search internet "images" for "visual diary examples".

Sunday 24th July, Sun. 21st Aug. & Sun. 18th Sept. 1.30pm-4.30pm each afternoon.

Fee \$ 145- for the set of three workshops - includes a visual diary , art materials, tuition and afternoon teas.

Mandala Nature

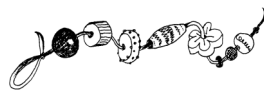
Mandalas are present in nature everywhere (our eyes, centres of fruits, spirals) – the more you see, the more you see. Mandala (Sanskrit for Circle) art has an ancient history in many cultures and the processes of creating and visually exploring mandalas are recognized for helping us to find mental balance. In this relaxing one day workshop participants will use artists acrylic paints and natural collage to create their own mandala on a canvas as they explore the circle as a symbol. Participants are encouraged to collect small natural treasures during the year to enrich their unique art works .

Sunday Nov 13 9.30 -4pm

Fee \$125- includes canvas(30cmx30cm), notes, paints and art materials, morning tea and lunch.

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 10th April (School hols) 1.30pm - 4 pm
- Sunday 27th November 1.30pm - 4pm

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

Heart Art Mosaics

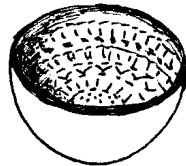
This is a blended workshop. Participants are asked to indicate when they book in which project they would like to create. The specific materials will then be ready on the workshop day. All activities take 1 1/2 days. All projects use a wide range of beautifully coloured small glass tiles, the finishing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

Participants 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 the process are given out.

Projects available are:-

- Water Bowl
- Mirrors
- Table
- Plaque
- Paver
- Mosaic Artworks



(descriptions below and see web site for pictures)

LOTUS MANDALA WATERBOWL

There is a new waterbowl this year. (sketch above) It allows for a different approach to the mosaic process / design. The deep bowl is approx 37cm in diam. and is glazed inside and outside. The glaze colours available vary with each workshop. Taking inspiration from the Lotus flower, the mosaic is also a mandala that is worked from the centre of the bowl outwards. The results are stunning and the bowls have a beautiful presence whether they are used inside the house or in the garden.

MIRRORS

There are three base shapes available :-

1. A **persian** inspired shape
H 60cm X W 40 cm
(inserted mirror 16cm x 25cm)
2. A **rectangle** 55 cm X 50 cm
(inserted mirror—18cm X 25cm)
3. A **heart** H 52cm x W 48cm
(inserted mirror — 14cm X 14cm)



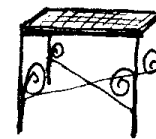
(see web site for pictures)

Continued

TABLES, PLAQUES, PAVERS

The mosaic part of each of these activities is the same. All are worked on a strong weatherproof (rain resistant) 40cm square shape.

Tables The mosaic forms a table top when you add a table base. The metal base frames are especially designed to complement the mosaic and provide a strong indoor and outdoor table. They are in a black, rust proof finish and stand 46cm high. The Table base is \$95.

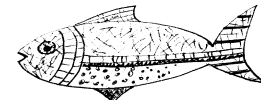


Plaques The Plaques are heavy and need to be secured in a solid metal frame that can be screwed to an indoor or outdoor wall. The black rustproof frames are hardly visible when supporting the plaque. The plaque frame is \$35.

Pavers The mosaic artwork can be used as a decorative paver. It would need a supportive gravel/sand layer under it. As the glass tiled mosaic would scratch with constant wear, it is better suited to a garden position.

Mosaic Art Works

- **Pixie House** H 50cm X W 33cm
- **Fish** H 33cm X W 50cm
- **Butterfly** H 36cm X W 46 cm



These special Heart Art shapes are sealed, painted black and fitted with wire for hanging up. In the mosaic workshop the addition of jewel coloured tiles and mirror tiles transform the shapes into brilliant, original artworks that look wonderful inside or outside the house. (not suitable for exposure to rain)

Fee \$240 for any project (plaque and table frames are extra—see above). The fee 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. 2nd & 3rd April
- Sat./Sun. 6th & 7th August
- Sat./Sun. 22nd & 23rd 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 2011



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

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 2011



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

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:-



Term 1	10th Feb.	5 classes	\$240
Term 2	2nd June	3 classes	\$144
Term 3	28th July	5 classes	\$240
Term 4	13th Oct.	5 classes	\$240

Fee— includes tuition, art materials, visual diary and afternoon tea or supper.

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.	9th Feb.	9 Classes	\$243
Term 2.	1st June	5 Classes	\$135
Term 3.	3rd Aug.	8 Classes	\$216
Term 4.	12th Oct.	9 Classes	\$243



Sketching in the garden.

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 Friday classes 10am—1.15pm

Term 1	11th February (no class 11th March)	- 6 classes \$288
Term 2	3rd June (no class 17th June)	- 4 classes \$192
Term 3	5th August	- 6 classes \$288
Term 4	14th Oct. (No class on 28th Oct.)	- 6 classes \$288



The fee includes paints, mediums, tools 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 of Abstract Acrylic Painting & Collage are offered each term and participants can book for individual or all Saturdays. These days are a great way of forgetting your worries— the combination of the studio, painting and being surrounded by nature works a special magic.

Time — 9.30am to 3.30pm

Term 1.	19th Feb, 5th March
Term 2.	no classes
Term 3.	20th Aug, 3rd Sept, 17th Sept.
Term 4.	5th Nov, 19th Nov, 3rd Dec.

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

Heart Art goes to Spain !

I am so thrilled, my dream of visiting Spain with a group of Heart Art friends has become a reality and 18 of us fly off to Barcelona on May 1 this year ! There has been so much interest that I am now **hoping to take another group in 2012**. I envisage the 2012 trip as similar to - or an improved version of - this year's Itinerary.

2011 Itinerary – more details on website.

15 days in Spain :- Fly to Barcelona then to

Malaga (1 day) on the Costa del Sol. Met by our tour guide who is with us for the first 13 days.

Granada (8 days) A delightful mixture of history, culture and sensory experiences eg. Alhambra and gardens, market visit, cooking class, day trips into Spring countryside with white hilltop towns, crafts, castles and wildflowers. Studio visit to make ceramic tiles. At night Flamenco, tapas, special dinners etc.

Cordoba (3 days) Enjoy the beauty of the Great Mosque and old architecture, the flowers in the open courtyards/balconies of the Patio Festival and the local silver and leatherwork.

Barcelona (3 days) Full day guided tour of Gaudi's Barcelona, 'rambling' & shopping.

The art component of this trip is designed to help us be more aware and appreciative of each day of the adventure. No previous art skills are needed — but an 'eye for beauty' is a great asset. A visual diary is a fun, easy, personal way to record snippets of daily life—especially if you are on holidays.

There are two art workshops. One before the trip to prepare everyone for using the visual diary and one afterwards to make an art work that has a Spanish flavour and captures some happy memories.

Estimated Cost for 2012 \$7000- This includes airfares (Singapore airlines & Spanair) all breakfasts, 1 lunch, 3 dinners.

If you are seriously interested in joining me on this trip in 2012 please phone me asap to register your name. There will be a meeting in early June after the first trip is completed. Deposits will be collected in mid June.

Ann

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