

## Silk Paintings

The technique of painting on silk is a delight for the senses. The dyes chase each other across the pearly, transparent fabric creating lovely currents of colour. In other places the gold and silver gutta lines hold the colour in pools reminiscent of ruby, sapphire and emerald jewellery.

There is time to play, experiment and refine skills on samples in this full day workshop before creating a stretched silk painting ( approx. 30cm X 30cm ready to hang) for your home. See website for pics.

**Time** 9.30am –4pm

- Sun. 5th Oct. (School Hols)
- Sun. 26th Oct.

**Fee:-** \$140 includes all materials, tuition, morning tea and lunch.



## Featherweight Felting in Silk & Wool

Create a delightfully soft and unique scarf (approx 1.5m X 17cm) by felting pure wool and silk on to fabric. The process is called "Nuno felting" and the results can be delicate or wild. The silks and wools are in a lovely range of colours. The base fabric is neutral in colour.

**Time** 1.30pm to 5pm

### Dates

- Sunday 25th May
- Sunday 24th August

**Fee** \$65 Includes tuition, notes, all materials, and afternoon tea



## Felt Painting

Combine vividly coloured pure wools, silks and yarns in creative ways to form original designs or pictures—then learn to felt these artworks. The resulting fabric is beautiful to use as a picture, table centre/place mat, cushion cover, coffee pot cosy, book cover etc.

There will be time to create two pieces of felt—maybe one can be a gift to a friend! Needle felting (dry felting) and embroidery can add more detail to felt and both processes will be demonstrated in the workshop.



**Time** 1.30pm to 5pm

- Sunday 20th April
- Sunday 19th October

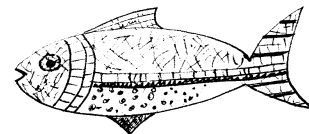
**Fee** \$55—includes tuition, notes, all materials and afternoon tea.

## More 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 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. (see pics below). There is time for one of these artworks to be made in the blended 1 1/2 day Mosaic Workshop.

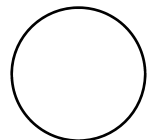
**Fee** is \$215. The dates and times are listed bottom right near the Mosaic Mirror.



## 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** \$140— includes tuition, notes, all materials, use of cutters, morning tea and lunch.

**Time** 9.30am— 4pm

- Sun 9th March (long weekend)
- Sun 31st August
- Sun. 23rd November

## 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.)

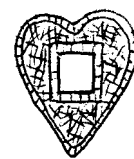
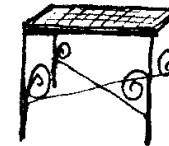
Comprehensive notes on materials, stockists, costs and process are given out.



**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.

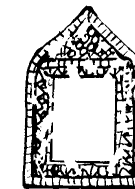


**Mirrors** Three base shapes are available, a rectangle 50cm X 40 cm (mirror 18cm X 25cm) a Persian inspired shape, as illustrated, 60cm X 40cm (mirror 16cm X 25cm) and a heart 60cm X 40cm. See left. *Measurements are approximate.*

**Fee** \$215 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. 29th & 30th March (school hols)
- Sat./Sun. 26th & 27th April (long weekend)
- Sat./Sun. 9th & 10th August
- Sat./Sun. 11th & 12th 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 2008

Heart Art workshops are held in a lovely, light filled studio in Park Orchards (about 8 minutes from the Eastern Freeway 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.

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 more information and to download copies of this brochure, visit

**www.heart-art.com.au**

**ENROLMENT FORM**

Name \_\_\_\_\_

Address \_\_\_\_\_  
P/C \_\_\_\_\_

E-Mail \_\_\_\_\_

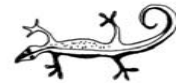
Phone H _____	W _____
Workshops _____	Dates _____

Enclosed amount \$ \_\_\_\_\_

\*Cheques payable to Ann Bidstrup

**Mail form to :- Ann Bidstrup 14-16 Curry Road, Park Orchards 3114. ( Phone 9876 1913 )**

## 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 art activities that will build drawing skills, introduce painting skills, explore collage and printmaking, extend perception 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.

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

### • Commencing:-

<b>Term 1</b>	7th Feb.	4 classes	\$172
<b>Term 2</b>	10th April	6 classes	\$258
<b>Term 3</b>	17th July	5 classes	\$215
<b>Term 4</b>	9th Oct.	5 classes	\$215



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

## Heart Art for Children

Small, special art classes for the age group 7-12 years in an inspiring environment.

Art teacher Ann Bidstrup focuses on developing awareness, creativity, self worth and a range of visual arts skills in the students. Ann has had many years of art teaching experience with primary school students and also facilitating professional development workshops for art teachers.

In Heart Art a range of enjoyable and interesting 2D and 3D activities, using good quality art materials, will involve participants in all aspects of the creative process. Early art experiences can provide the foundation for an "art enriched life"

**There are two classes — Tuesdays & Wednesdays**

**Times** 4.15pm till 6pm both days

**Commencing :-**

Term 1	5/6th Feb - 7 classes	\$175
Term 2	8/9th April - 10 classes	\$250
Term 3	15/16th July - 9 classes	\$225
Term 4	7/8th October - 9 classes	\$225



**Fee** includes all art materials, equipment and sketch book.

## The Heart Art Studio



## Satsang Mantras

An informal gathering of like-minded souls who enjoy the singing and silence of melodic chanting. A great way to refresh our hearts and find peace during the busy year. **Mondays** 7.30pm—9.30pm.

Every six weeks commencing 3rd March  
- No singing talent needed

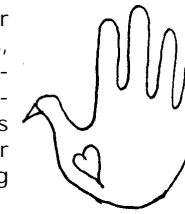
**Fee** \$2 per session (please phone first)

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)

## Collage for the Soul

Collage is a wonderfully expressive art area. It can be as simple as combining words and images from a magazine or as complex as a layered artwork with the ingredients of painting, drawing, printing, stitching and modelling.

The choices made in creating this 2D or 3D artwork can connect memories, thoughts, hopes and dreams in fascinating ways and help to uncover your well-spring of creativity. Personal treasures such as a button, bead, card, photos or ribbon can provide a wonderful starting point or focus for your design.



This is a one and a half day workshop. The first date is an afternoon for trying out materials and learning painting and printing techniques. The gap provides time for creative collecting, and the second date is a full day for creating the collaged artwork which can be on paper or stretched canvas.

**Times** Afternoon 1.30pm to 4pm Day 9.30am to 4 pm

**Dates**

- Sun 4th May and Sun 18th May
- Sun 2nd Nov. (long weekend) and Sun 16th Nov.

**Fee** \$155—includes tuition, art materials and equipment, afternoon tea, morning tea and lunch. Participants to collect and bring some items to collage.

## Abstract Acrylics



Artists acrylic paint is the best paint for expressing feelings and exploring ideas. It can be thickened, thinned, overpainted, transparent, opaque, glossy or matt. It dries fast and comes in luscious colours.

These workshops will give participants varied experiences with this versatile paint and a range of painting tools. Art works will be on canvas. Knowledge of colour, shape and texture will grow as they are used symbolically and as exciting starting points. There is no need for previous art experience, just a willingness to take inspiration from our inner and outer worlds and a desire to enjoy painting.

Weekday or weekend (weekly) classes.

Frid. 10am—1.30pm Sat. 9.30am —1pm.

**Commencing :-**

Term 1	15th / 16th Feb. - 4 classes	\$184
Term 2	11th / 12th April - 7 classes	\$322
Term 3	15th / 16th Aug. - 6 classes	\$276
Term 4	17th / 18th Oct. - 8 classes	\$368

**Fee** includes all art materials 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.

## Wild Knitting with Sari Silk Yarns

Knitting is fun, especially when the stitch is simple, the needles are thick and the yarn is an enchanting blend of lustrous silk threads wound into fascinating combinations of colours.

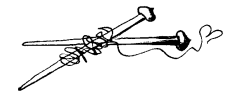
Sari silk scraps are collected from Sari makers in India, then recycled by hand-spinning into beautiful yarn that varies in thickness, is soft to handle and very long wearing. The yarn knits into a fabric that drapes well and is washable.

This one day workshop provides participants with 600gm Sari Silk yarn (plenty for a tunic), basic patterns for a hip length tunic, a poncho/wrap and a bag (see web site for pics) and time to knit.

Participants need to bring their own needles. Scraps of the popular frayed/hairy knitting yarns can combine well with the Sari Silk yarn—bring these if you have any. (optional)

**Time** 9.30am-4pm

- Sun. 13th April
- Sun. 20th July



**FEE** :- \$140 includes silk yarn, patterns, tuition, morning tea and lunch.



## Seeing / Drawing

The difference between looking and seeing is vast. Looking is superficial and does not involve the heart, it is the mind's strategy for moving swiftly through the world.

Seeing connects with life, it liberates the artist-within. When this happens awareness expands. Seeing / drawing is a wonderful on-going activity that naturally increases life and drawing skills in a gentle and personal way.

The drawing reawakens your seeing and your seeing enlivens your drawing. We will rediscover fruit, flowers and other treasures from the garden as we practise this open-eyed meditation.

Three Saturday Afternoons — 2.30pm to 5pm  
Sat 16th Feb, 23rd Feb and 15th March

**FEE** \$120— includes guidance, sketchbook, pencil, folio & afternoon teas.

Full Day - 9.30am to 4pm  
Sun. 21st Sept. (school holidays)

**FEE** \$125—includes guidance, sketchbook, pencil, folio, morning tea and lunch.