

# Heart Arts



*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 2006

**In 2006 Heart Art will be conducted in the Zart Art Workshop, 7/41 Lexton Road, Box Hill North.** The workshop is behind the wonderful student's gallery. Parking is available in the Zart complex.

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. Do not ring Zart Art.

To confirm your phone booking, please 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, please visit

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

### ENROLMENT FORM

Name

Address

P/C

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Workshops

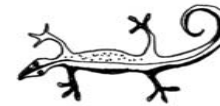
Dates

• Enclosed amount \$

• \*Cheques payable to Ann Bidstrup, GST is Included

• 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 and air drying clay.

**Cost** includes tuition, art materials, sketchbook and supper. **Time** 7.15pm– 10pm on Wednesdays Fortnightly

### • Commencing:-

<b>Term 1</b>	8th Feb	3 classes	\$117
<b>Term 2</b>	29th March	6 classes	\$234
<b>Term 3</b>	5th July	5 classes	\$195
<b>Term 4</b>	4th Oct.	6 classes	\$234

## Growing Rugs

A beautiful project that combines simple crochet stitches and a variety of wools in colours that appeal to you.

You will crochet a thick, soft fabric (not granny squares) that becomes a wonderful unique rug. As this fabric grows it provides a “canvas” on which you can easily embroider with crochet lines and patterns. The possibilities are endless and the process is like a visible meditation.

Come along and discover some more of yourself as you create an heirloom.

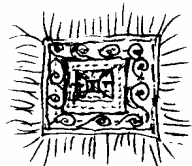
*\* Thankyou to Jane Badger for sharing this lovely idea and technique*

**The Class has two parts :-** DAY ONE is a full day from 9am –3.30pm when we will make a practice piece then begin the rug. FOLLOW UP is a morning session 9.30am –12 noon, a few weeks on, to see how work is progressing and to revise the decorating techniques.

**Cost** \$95 – Includes tuition, lunch on day 1 and morning tea on both occasions, wool to practice with and notes.

Participants to bring No.5mm crochet hook and 2 balls of 8 ply wool in a colour they like. (not too dark)

- Day One—Sun. 9th April  
Follow up—Sun 30th April
- Day One— Sun. 24th Sept. (school hols.)  
Follow up—Sun 15th October.



**NOTE :** Jane's 2nd Crochet Embroidery Exhibition 9th/10th Sept. - Surrey Hills C.Centre

## Hairy Potter Tea Cosies

Forget the Mad Hatter's tea party—these wizardly wild tea (or coffee) cosies full of colour and “scrumbled” texture will add magic to every cup of tea and delight your family and friends. If rainbow colours are not you, then tribal or floral influences will work well too. Participants need to be able to do basic chain and double crochet, other skills will be taught. (for Learn to Crochet classes, see further on). This workshop has two parts :- (A) 2 hour evening class to learn “scrumbling” and begin creating crochet fabric. (B) a day workshop to sculpt completed fabric into your cosy ( or hat, bag or cushion if you wish). Learn to build and attach wild motifs and add “juicy” bead work. You won't want to stop.

**Cost** \$95—includes tuition, notes, sewing materials, patterns, supper, m/tea and lunch. Participants need to bring No.5mm crochet hook, colourful textured wool scraps and beads. **Times-** Friday 7.30pm to 9.30pm. Sunday 9.30am to 4pm.

- Fri. 3rd & Sun. 19th March. ( School Hols)
- Fri. 7th and Sun 16th July
- Fri. 10th and Sun 19th Nov.



## Bejewelled Bag

This beautiful, envelope style, handbag (approx. 26cm X 17cm ) is stunning to look at, excellent to use and exciting to make. A two part workshop. **Part A**— Friday night, you learn to make felt and felt the fabric for the bag using black or white pure wool and pure silk in sunset or peacock colours.

**Part B**—Full day to decorate your now dry felt and form the bag. Embroidery (stitches will be taught) in wonderful new coloured and metallic threads, and drifts of glass seed beads, all contribute to individual design, rich texture and sparkling colour. The felt is stitched over a strengthening insert and you will be in love with your finished handbag.

**Cost** \$135 includes both sessions, all materials, tuition, notes, supper, m/tea and lunch.

**Times** Friday 7.30pm to 9.45 pm  
Saturday 9.30am to 4pm

- Friday. 10th & Sat. 18th March (school hols.)
- Friday 12th & Sat. 20th of May
- Friday 20th and Sat. 28th of October.



## Nuno Felting—felting on fabric

*\* thankyou to Bridget Bygott and Jillian Finch for their tuition.*

This felting technique enables you to create a very light, warm fabric with honey comb texture. Participants can create a wrap ( or scarf) approx 1.5m X 45cm or a skapron. A skapron is an apron-like garment that is worn as an over-skirt with jeans, leggings or a skirt ( see website for pictures). Materials used will be pure wool, pure silk, light-weight fabric and interesting yarns. Colour range includes black, blues, purples, greens and cream. The look can be either delicate or wild. The mood is fun as you try this fascinating technique and create a wonderful garment.

**Cost** \$130 includes all materials, tuition, notes, m/tea and lunch.

- Sat. 25th March (school holidays)
- Sat 17th June (school holidays)
- Sun 6th August



## Felt Slippers

Brighten up your winter by making your own felt slippers in colours such as turquoise with bells or orange with black spots— think outside the normal! A great workshop for those who have made felt before. (see *Learn to Felt Classes over page*). The “resist” technique will be taught (so there is no sewing). Participants will use their own feet as a mould for the final size and shape. The slippers will be very thick and strong with reinforcement for the sole. A wet play day, so bring 4 old towels. **Cost** \$140 includes all materials, tuition, notes, m/tea and lunch.

**Time** 9am to 4pm.

- Sun 18th June (school hols.)
- Sun 23rd July
- Sun 27th August



## 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

Especially designed metal table bases 46cm high and wall plaque frames are available in a black rust proof finish. Table bases \$115. Wall Plaque frames \$35



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

*Measurements are approximate.*

**Cost** \$190 (\$180 for those who have previously done Heart Art mosaics ) Includes all mosaic materials, use of cutters, tuition, notes, morning teas on both days and a delicious lunch on Day 1.

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

- Sat./Sun. 1st & 2nd April
- Sat./Sun. 8th & 9th July
- Sat./Sun. 7th & 8th October
- Sat./Sun. 25th & 26th November



## Fairy Artistic



slippers, petal hats and more—all done with tiny haute couture style.

Delicate twig, husk and bark, 3D pixies and fairies can also be created to enchant young and old. Relax and lose yourself in creative play for a day—the results are magical, not only for your heart but also in your art work.



**Cost** \$95 includes tuition, art materials, m/tea and lunch. Participants are encouraged to bring natural treasures they have found to add to the trove provided.

**Time** 9.30 am to 3pm

- Sunday 7th May, Sunday 3rd September

## Garden Shrines or Grottos

suitable for indoors or outdoors.

These lovely mosaics are formed over a beautifully shaped, light weight, concrete base that has been especially created for Heart Art. The dimensions are 36cm H X 26cm W X 14 cm D. The niche is tiled with mirror fragments to brilliantly reflect a candle or flowers. The front face is decorated with colourful glass tiles in a medieval, oriental or garden style.

This workshop is 1 1/2days in duration.

**Cost** \$195 Includes grotto, materials, tuition, notes, use of cutters, morning tea and a delicious lunch.

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

- Sat./ Sun. 22nd & 23rd April
- Sat./Sun. 11th & 12th Nov.



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

“ Make visible what, without you, might perhaps never have been seen.”

Robert Bresson

## Drawing & Painting Flowers

Blossoms, buds, posies, wildflowers, lilies, iris, roses, daisies— joyful words for flower lovers. All you need for these art classes is a love of flowers.

Each class explores techniques, develops art skills and uses different art materials. These afternoons will be enjoyable and experimental as participants are encouraged to extend themselves, their creativity and how they see flowers.

It would be ideal if everyone could come to all four classes— especially the first session if they have done no drawing. However, individual classes can be taken, each class will stand alone and be rewarding in its own way.

**Cost** \$160 for 4 classes, \$47 for individual sessions.  
- Includes tuition, all art materials, afternoon tea.

**Time** 1pm to 4pm Saturdays

Class 1 :- Observational drawing. The art of seeing— watercolour pencils.

Class 2 :- Big, bold and colourful drawing— oil pastels, dry pastels.

Class 3 :- Soft & light — pen and watercolour paint.

Class 4 :- Colourful, stylized and small— artist acrylic paint on canvas.



### Dates

### Program

### Repeat

Class 1	18th Feb.	5th August
Class 2	25th Feb.	12th August
Class 3	4th March	19th August
Class 4	11th March (school hols)	26th August



## Learn basic Crochet and/or Feltpmaking

**Cost** \$8—includes tuition (basic) notes and a 'cuppa'. Plus \$3—for wool if making felt.

Crochet bring No.5mm crochet hook and ball of plain 8 ply wool (Totem, Country etc.) in light colour.

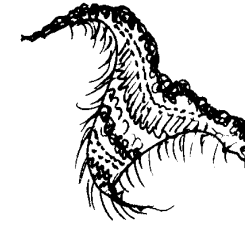
Feltpmaking bring an old towel

**Time** 1pm to 3pm on Sundays

- 19th Feb, 30th April and 15th Oct.

For any enquiries, or inclusion on the Heart Art E-mail News list — phone Ann on (03) 9876 1913 or E-mail [ann@heart-art.com.au](mailto:ann@heart-art.com.au)

## Gypsy Shawls



Design and knit your own beautiful “wear anywhere” shawl using some of the glorious yarns now available.

We will gather in the Workshop at Zart Art to look at how to combine colours, arrange textures and ways of creating these unique shawls.

The group will go by car to a wonderful Wool Shop where we will be given a discounted price and be inspired by this new generation of knitting yarns.

Returning to the workshop we begin knitting. You will be given simple patterns, so you can complete your shawl in your own time. Big needles and plain knitting make it an exciting and quick project for everyone. Lunch will be provided and the rest of the day is devoted to our creativity.

\* Participants will need to bring, or purchase, No.15mm needles and their own yarns/wools.

**Cost** \$85—Includes tuition, patterns, m/tea and lunch.

**Time** 9am to 4pm

- Sat. 13th May, Sat. 1st July (school holidays)  
Sat. 14th October.

- Phone Ann for dates to be added during year.

## 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 (23cm diam.) or heart shaped (19cm X 30cm approx.). Ready to hang in a window, this lovely mosaic can be finished with a glass bead and crystal drop .

**Cost** \$130— includes tuition, notes, all materials, use of cutters, lunch & a/tea.

**Time** 9.30am—3.30 pm

- Sun 26th Feb.
- Sun 25th June
- Sun. 13th August

