

## Feltmaking- Wild Birds

Learn to make felt in a 3D way. Felt making is an ancient and 'down to earth' process, it is also very tactile, rewarding and easy to do. A great place to work is at the kitchen sink and so it is easy to make more felt at home.

These small wild birds are 3D, not flat felt, see [www.heart-art.com.au](http://www.heart-art.com.au) for images. They are fun to form and the results will make you smile...so will the big range of vividly coloured pure wools you can work with.

You have a choice of a Parrot or a new Wattlebird shape. Your bird can be put on a stick to add a splash of colour to indoor plants or hung by a thread under a light.....yes, quirky and unique. A fun filled afternoon in Winter.

**Time** Sunday 2nd Aug 1pm- 4.30 pm  
Cost \$75- includes tuition, notes, all materials and afternoon tea.

## The Heart Art Studio

Heart Art workshops are held in a lovely, light filled studio in **Park Orchards** (8 minutes from the Eastern Freeway/East Link. Melways Map 35 D12).

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.



## Sashiko and Boro.

Sashiko and Boro are two lovely old stitching techniques from Japan. Traditionally done on hand dyed cloth, the 'running' stitches feel meditative as one carefully stitches simple repeated line and shape designs.

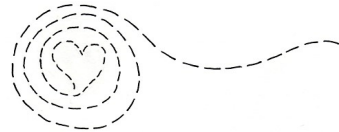
This relaxed day will give participants a playful introduction to Sashiko and Boro and also ways of colouring fabric and creating designs.

The stitching can be mounted on a small canvas board if desired. No previous threads & textile experience is needed.

Note: This workshop may change slightly after I have visited Japan in April.

**Time:** 9.30- 4.30 pm Sunday 28th June

Cost: \$150- includes all materials, canvas board, notes, tuition, morning tea and a light lunch.



## Memories of Spain

A day for enjoying colours, patterns and shapes that remind us of Spain. We will begin with easy printing and painting activities that can become the starting point for an artwork on canvas or paper.

There will be plenty of images available in the studio for inspiration and participants are also welcome to bring their own photos or resources to use. Patterned tiles, archways, balconies, flamenco, mosaics, pomegranates and sangria~ whether you've been there or not, Spain has a rich culture that inspires creativity and colourful art.

**Time:** 9.30- 4.30 pm Sunday 11<sup>th</sup> October.

Cost: \$150- includes all art materials, a canvas 30x40cm / 30x 30cm or watercolour paper, tuition, morning tea and a light lunch.

## Gaudi Glass- Klimt Glass

Antoni Gaudi coloured his amazing architecture in rich and striking ways with glass, tiles and textures. Gustav Klimt used repeated shapes to create memorable patterns in his paintings.

Transparent mosaics is a great workshop for making art works inspired by Gaudi or Klimt using brilliantly coloured and textured glass on simple glass shapes.

There are 5 base shapes to choose from (circle, heart, bird, rectangle and waterdrop) all are approximately A4 in size. The designs can be pictorial or abstract. Finished with a flexible wire, the art work looks great hanging in a window where the light flows through it. See Website [www.heart-art.com.au](http://www.heart-art.com.au) for images.

**Time :** 9.30am - 4pm Sunday 25th October

Cost \$170 - includes tuition, notes, all materials, morning tea and lunch.

## 4 Saturdays Painting

Begin, or expand, your experience of Acrylic paints this year during these themed Saturdays of creative painting. (Note: no previous painting experience is required).

With each theme the inspiration, tools, mediums/ paint and results will be very different. Participants can choose to pursue the theme for the whole day (with Ann's support) or take a tangent that has appeared for them along the way (with Ann's support).

These workshops can be taken individually or as a Course of 4.

**Time:** Saturdays 9.30am- 4pm

**Dates and Themes :-**

Sat 22nd Feb. ~ Loosening Up

Sat 16th May ~ Changing Surfaces

Sat 29th Aug. ~ Personal Symbols & Stamps

Sat 5th Dec ~ Clear Message Composition

Cost: \$145 for individual workshops, \$540- for all 4 workshops (\$135 a workshop)

Cost includes one 30x 40cm or 30x 30cm canvas, all paints, tools, tuition, morning tea and a light lunch.



# Heart Art

## Workshops for 2020

*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.*

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

## ENROLMENT FORM

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

Enclosed / Bank Transferred amount \$  
 \*Cheques payable to Ann Bidstrup  
 Banking Details:- Ann Bidstrup  
 BSB 733 382 Account Number 524 288  
**Mail form to :- Ann Bidstrup**  
**14-16 Curry Road, Park Orchards 3114.**

## Heart Art 2020

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 or email Ann first to reserve a place :-**

**(03) 9876 1913 / ann@heart-art.com.au**

Classes will only happen if there are sufficient confirmed bookings.

To confirm your booking, just email / post the information on the Enrolment Form to Ann with your deposit of half of the workshop cost.

**See payment details on above form.**

## Art for Wellbeing

Each term this ongoing course explores different areas of art and expands artistic awareness and art skills.

Ann leads playful, experimental 2D and 3D art activities that build art experience and self confidence as, over time, participants explore painting, drawing, modelling, printmaking, textiles, collage and construction.

Inspiration is taken from aspects of life such as nature, famous artists, words and stories, special art materials, colour, line, shapes etc.

New participants are welcome and, as the course is always changing, no previous art experience is required. Images from last year's activities are on the website [www.heart-art.com.au](http://www.heart-art.com.au)

There are two afternoon classes alternating on Thursdays fortnightly at 12.30- 3.15 pm

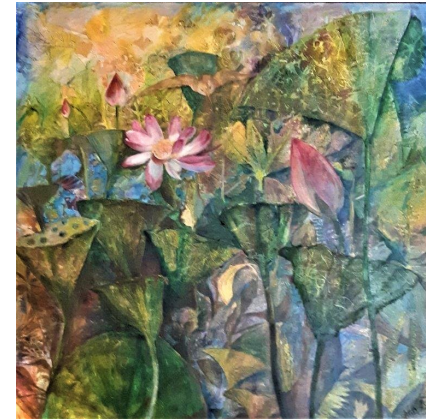
<b>Term 1 Class A</b>	30th Jan	4 classes	\$240
<b>Class B</b>	6th Feb	4 classes	\$240
<b>Term 2 Class A</b>	23rd April	5 classes	\$300
<b>Class B</b>	30th April	5 classes	\$300
<b>Term 3 Class A</b>	16th July	5 classes	\$300
<b>Class B</b>	23rd July	5 classes	\$300
<b>Term 4 Class A</b>	8th Oct	5 classes	\$300
<b>Class B</b>	15th Oct	5 classes	\$300

Cost includes tuition, art materials, visual diary and afternoon tea.



Needing help with an art idea? Wanting individual tuition? Ann is happy to give private sessions. To discuss this or the workshops in this brochure, phone Ann on (03) 98761913 or E-mail [ann@heart-art.com.au](mailto:ann@heart-art.com.au)

## Creative Acrylic Painting



Acrylic paints are very accommodating and versatile - they can be made thick and creamy like oils, transparent like watercolours, work as a glue to include collage or be layered and scrubbed to give a weathered, aged effect. There is a beautiful spectrum of colours and they dry quickly.

In these workshops Ann introduces participants to a wide range of ideas, techniques and experiences with acrylic paints all aimed at building painting skills, developing individual creativity and discovering personal style and symbols.

Participants are also encouraged to find their own inspiration for their art and consequently these morning workshops are suitable for beginning and experienced painters alike.

Weekly Friday classes 10 am- 1.15 pm

<b>Term 1</b>	7th Feb	7 classes	\$420
<b>Term 2</b>	24th April	8 classes	\$480
<b>Term 3</b>	24th July	8 classes	\$480
<b>Term 4</b>	16th Oct	8 classes *	\$480

\* Note: No class on Nov 27

Cost includes paints, mediums, tools, visual diary and equipment including one stretched canvas either 30cm x 30cm or 30cm x 40 cm, tuition and morning tea. Note: participants may need to provide additional small canvases during the term.

## Visual Diaries - art full living

Using a Visual Diary on a daily or weekly basis is a great way for honing your 'eye for beauty' and finding what really inspires your imagination and heart.

Your Visual diary can become a wonderful informal folio of art ideas growing out of images you draw, or find, in your day-to-day life.

In 2020 there are 4 workshops through the year to encourage your creativity, grow drawing skills and enrich your Visual Diary with different art ideas, interesting art materials and new energy.

The Theme for each date gives character and focus to the activities in that workshop.

1st March — Tactile

31st May — Totems

16th August — Transform

8th November — Triptych

**Time :** Sundays 1.30pm—4.30pm

Cost \$248-for all four Sundays (or \$70- for individual Sundays) Includes one A4 Visual Dairy, tuition, all art materials and afternoon teas.



**"The artist is not  
a different kind of person.....  
but every person  
is a different kind of artist."**

Eric Gill (designer of 'Gill Sans' typeface)

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

