

Sashiko and Boro.

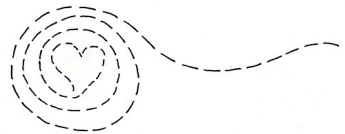
Sashiko and Boro are two lovely old stitching techniques from Japan. Traditionally done on hand dyed cloth, the 'running' stitches feel meditative as one carefully stitches simple repeated line and shape designs.

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.

Time: 9.30- 4.30 pm Sunday 21st March
or
Sunday 29th August

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



Winter Watercolours-Summer Watercolour

The Seasons can be beautifully expressed with soft drawing and the subtle washes, colours and details of water colour paints.

Two peaceful days to enjoy artmaking. No need for previous experience with water colours-the basic skills will be taught on the day.

Winter Watercolours — Sun. 1st August
Summer Watercolours — Sun. 14th November

Time: 9.30am -4pm

Cost: \$145 for each day. Cost includes tuition, all materials, morning tea and a light lunch.



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 2021 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.

28th Feb. — Impressionism

23rd May — Surrealism

15th Aug. — Art Deco

24th Oct. — Realism

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.

"when patterns are broken
new worlds emerge." Tuli Kupferberg

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 for images.

Time : 9.30am - 4pm **Sunday 10th October**

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



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 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 creating 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 20th June** 1pm- 4.30 pm

Cost : \$75- includes tuition, notes, all materials and afternoon tea.

Heart Arts



Workshops for 2021



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



Ann Bidstrup Heart Art

Heart Art 2021

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, nature, food and happy company so it will be a special experience for you.

Covid restrictions will be followed.

Class sizes are very small to enable social distancing. Participants may be required to wear masks depending on regulations at the time.

BOOKING for these workshops :-

Email or phone Ann
heart-art@optusnet.com.au
9876 1913

The Heart Art Studio

Heart Art workshops are held in a lovely, light-filled studio in **Curry Road, 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.



“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)

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 previous years’ activities are on the website www.heart-art.com.au

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

Term 1 Class A	11th Feb.	4 classes	\$240
Class B	18th Feb.	4 classes	\$240
Term 2 Class A	22nd April	5 classes	\$300
Class B	29th April	5 classes	\$300
Term 3 Class A	15th July	5 classes	\$300
Class B	22nd July	5 classes	\$300
Term 4 Class A	7th Oct	5 classes	\$300
Class B	14th Oct	5 classes	\$300

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

Creative Acrylic Painting

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

Term 1	12th Feb	7 classes	\$420
Term 2	30th April	8 classes	\$480
Term 3	23rd July	8 classes	\$480
Term 4	15th Oct	8 classes *	\$480

* Note: No class on 26th Nov.

Cost includes paints, mediums, tools, visual diary, 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.



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 heart-art@optusnet.com.au

Painting and Drawing - the Basics.

Love the idea of painting and drawing, but don't know how to start or what to use?

Here are two new workshops for you. These days are designed to build your skills with Ann and gain some confidence.

Each workshop will be rich with enjoyable activities that give you experience with a range of painting (drawing) , tools, paints (pencils/pens), canvas, papers, choosing colours etc. Ways to use a Visual Diary & create starting points will also be included.

Beginning Acrylic Painting— Sat. 20th Feb.
Beginning Drawing—Sat 24th April

Time: 9.30am to 4pm

Cost: \$145 for each day. Cost includes all materials, a visual diary, tuition, morning tea and a light lunch.

2 Saturdays 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. They also come in a beautiful spectrum of colours and are quick to dry.

Add to this a “juicy” theme to encourage design ideas and Ann’s help with techniques..... now you are set for a very creative day that will nourish your heart.

Sat.5th June— BIRDS
Sat 18th Sept.— PETALS

Time: 9.30am—4pm



Cost: \$145 for each workshop. Includes all materials, a canvas 30 x 30 cm or 30 X 40 cm , tuition, morning tea and a light lunch.