

Create History and Mystery
With *Sandra Duran Wilson*
Learn the secrets of abstract painting
In Tuscany Italy



Dates: 12-22 September 2018

About the artist



Hailing from a family of artists and scientists, Sandra Duran Wilson's work represents a beautiful blending of sounds, nature and science.

Inspired by physics, chemistry and biology as well as her strong spirituality; Sandra's work swings between realism and abstraction. Sandra's synaesthesia no doubt also inspires her work. Sounds appear as colours, numbers as music and melodies dance through her mind as she paints.

Born and raised on the border of Mexico, the Mexican people, landscape, music and culture shaped her reality as a child. Years later, she would return frequently to South America and Mexico to absorb its culture, traditions and art.

The pure fun of exploring what paint can do and her natural curiosity keep her work fresh and lively. She is continually exploring new surfaces, materials and techniques.

Her work is represented in galleries in the US and Australia and is found in corporate, civic and educational institutions and private collections globally. She experiments, paints, writes and teaches at her studio in Santa Fe, NM. She also teaches around the US, Europe and Australia. She is the author of six art technique books, several DVDs and her work has been featured in numerous books and magazines.

Join the artist, publisher and instructor Sandra Duran Wilson for her new workshop experience in Tuscany, where you will find inspiration on every corner...

Creating History and Mystery is more than a painting technique, it is a way of seeing through the layers. We begin our journey exploring the hills of Lucca and our beautiful restored farmhouse. Absorb the surroundings and let their history mingle with yours. The painting classes will proceed with developing concepts for your paintings. Shapes will define the composition, your interaction with your surroundings will influence your colors and the textures will be incorporated into your paintings.

We will paint using acrylic paints and mediums. I will share with you my formulas and techniques for creating textures, building layers to create history and veiling to add mystery. We will also incorporate local materials into our mixed media piece and we will add a transfer or two. When we begin with intention, our painting will join us in the adventure. I like to think of this way of painting as intentional spontaneity. As we work, we dialogue and listen to what the painting is calling for. The layers are added and then we intuitively veil and add shapes to create mystery. You will learn new painting techniques, but more importantly you will learn innovative ways to see. Please join us for this lifetime experience to open your eyes and paint the mystery from within.

Workshop highlight includes:

- Painting tuition by Sandra
- Best Italian Food during all stay
- Day trip to Famous Cinque Terre-Land of Artists
- Day trip to Volterra
- Cooking Lesson with personal Chef
- Lucca town tour
- Ceramic course
- Wine Tasting
- Puccini concert in a Romanesque church with 8 course Dinner
- Glamorous Tuscan farewell dinner

Your Tuscan Experience

Our 10-day courses are held at the beautiful Casa Fiori, on the idyllic Capella Hill overlooking the city of Lucca.

Tuscany is one of Italy's best-loved regions. Its beautiful countryside is reminiscent of the landscapes of Renaissance masterpieces. As well as rolling hills and vineyards, it also offers a rich artistic heritage including exquisite art and architecture – not forgetting premium wines and delicious cuisine.

Set down between the blue-green Apennine Mountains and the turquoise Tyrrhenian Sea, Tuscany is the heart and soul of Italy. Known and loved for its splendid landscapes, charming low hills, olive groves, vineyards, and beautiful old farmhouses, Tuscany is the ideal location for any artist.

The weather in Tuscany in September is wonderful, with warm days and cooler nights. The air is clearer than in the hot summer months, making for excellent views and great painting weather. Your days will be divided between painting at home with Sandra and daytime excursions to local points of interest.

As an immersive cultural experience, we also offer activities including a classical Puccini concert, cooking class with our Chef specialized in Tuscan Cuisine, wine tasting in our favourite local vineyards, a visit to a local ceramics expert Ariana, where you will create your own ceramic souvenir to take back home, this is only a few from all our attractions.

About Casa Fiori

Your home Casa Fiori is situated on a small hill called Capella, alongside the 16th century church of Saint Lorenzo. It offers beautiful views of the Valley and the city of Lucca. It's ideally positioned for a number of interesting excursions, including to the towns of Lucca, Volterra, Pisa, Cinque Terre.

400 year-old stone house, surrounded by 150 acres of olive vineyards and colourful gardens. The house itself is divided into several sections, to offer places to work individually or as part of a group. You can paint, read a book from our home library, or simply enjoy the landscapes. The house is arranged over four levels and features seven comfortable double rooms with en-suite bathrooms. It is adapted to meet all of your modern needs, boasting air conditioning and Wi-Fi.

The house also offers a stunning infinity swimming pool with a spacious relaxation area to relax and soak up Tuscany's beautiful Italian sun.

The heart of the house is our dining room with a beautiful teak table and wood burning fireplace, that makes it perfect for celebrating every meal. For your comfort, we have two kitchens; one adapted for cooking lessons, and one situated in the garden. The garden kitchen offers incredible views of the valley as well as a

shady pergola where you can enjoy dinner and a glass of wine. Here you'll also find a wood-fired pizza oven, where our pizza chef will teach you to make your own personalised pizzas.

With our magnificent views, food and services our fantastic crew will make your visit so special that you just want to stay forever...

About the Region

As part of the course, you'll also have the opportunity to travel in the local area, and take in the region's most beautiful sights.

Lucca is one of Tuscany's most loved cities; a stop you simply cannot miss. The city is located on a plain at the foot of the Apuan Alps and is less than half an hour from the coast of Versilia. Since it isn't a hilltop village, it is ideal for anyone with mobility issues as well as for anyone wishing to take a break from climbing!

Most of the attractions in Lucca today reveal its ancient history: from the remain of the Roman amphitheatre, to the archaeological remains under the 12th century church of Saints Giovanni and Reparata, to the various towers and villas from the 12th to 16th centuries.

Extraordinarily, as the city grew and modernised, the walls that surrounded the old town were maintained which was not the case for many other cities in Tuscany, including Florence. As the walls lost their military importance, the top of the walls became a pedestrian promenade, today one of Lucca's most popular attractions. The area around the walls is well taken care of, with green grass and trees everywhere. They have in essence become a park that surrounds the city and blocks out more modern life. Here you can enjoy a bike ride around the entire perimeter, a stroll as you enjoy an ice cream, or simply as a pit stop from sightseeing!

Volterra is a town of great architectural interest located 1770 feet above the sea level, between the rivers Bra and Cecina in Tuscany, Italy. The main features are two fine castles and numerous Etruscan remains. The ambience of Volterra is extremely attractive, easily rivalling that of the more famous Tuscan destination of San Gimignano.

Cinque Terre is a small town in Liguria, and arguably one of the most beautiful places on the west coast of Italy. In 1997 Portovenere and the villages of Cinque Terre were designated by UNESCO as a World Heritage Site. It is the perfect example of the combination of nature and architecture: from its seaside promenade framing the marina to the infinite range of colours of its narrow houses, and the Bocche promontory where the church of San Pietro stands proudly.

Day-by-day workshop schedule

Day-1: 12th September

The arrival day! Group will be picked up from Pisa airport or Lucca Station at 4:00pm. Arrival, unpack, settle in villa Fiori, time to rest. Around 17:30, Welcome and introduction of the Workshop with Meeta and Karolina. Day-to-day schedule and workshop plan, goals, and challenges. Dinner - pizza festival with our Pizzaiolo

Limoncello start process-To be ready a tour last Gala dinner

Day-2: 13th September

Home day! Slow Start, jet lag recovery Breakfast at 9.00am Time to Relax, Swim, take a walk. Lunch at 13:00 under Pergola prepared by our chef. Lunch at 13.00. At 15:00 First session with Sandra. Dinner at 19.00.

Day-3: 14th September

Breakfast at 8.30 .Trip to our friend Ariana at her beautiful farmhouse on the hills of Pisa for a ceramic course-opportunity to Create own souvenir plate Lunch with the Hostess 14.00

Free time to explore, 15.30 Come back home with the 1h stop in Pisa to See the Leaning Tower.

Dinner at 19.00

Day-4: 15th September

Home day! Breakfast at 8:30am followed by painting workshop; the group will paint along with Sandra around the villa gardens. Lunch at 13:00 . Around 16:30, Half of the group will enjoy cooking lesson and prepare dinner for everyone. For non-cooks, massage (on own cost) by our specialized masseuse Charlotte!

Day-5: 16th September

Breakfast at 8:30am. Around 09.30am, Lucca day trip! 2 hour guided Tour with our friend Anna. After It's time to explore and shop on your own. The group will have lunch on their own. At 18.45, meeting Karolina for Puccini concert, followed by dinner in our favorite restaurant at La Norma, Lucca.

Day-6: 17th September

Home day! Breakfast at 8:30am followed by painting workshop; the group will paint along with Sandra around the villa gardens. Lunch at 13:00 . Around 16:30, The 2 Half of the group will enjoy cooking lesson and prepare dinner for everyone. For non-cooks, massage (on own cost) by our specialized masseuse Charlotte!

Day-7: 18th September

Time to explore Tuscany! 09.00am: Breakfast en-route. A day trip to Volterra – a walled town in Tuscany with medieval and renaissance buildings, a Roman theater, and Etruscan sites. It's one of Tuscany's most evocative hill towns. It is time to shop, explore and relax on own (with city map in hand). Meeting at 14.00 for Lunch at Volterra. Return home at 16:30. Dinner at 19:00.

Day-8: 19th September

Home Day! Breakfast at 8:30am followed by painting workshop with Sandra . Lunch at 13.00. Post lunch it is time to relax. Around 15.30, the group will depart for wine tasting in best Bio-Dynamic winery. At 19:00, back home for dinner.

Day-9: 20th September

Time to Expor Tuscany Again!08.30am:Breakfast en-route.A day trip to Cinque Terre -most beautiful peace of Tuscany with spectacular sea landscapes,well known as an land of the artist.The group with the map in hand Can choose relax on the beach on the first Island or explore on own .Lunch on own ,Return home 4.30.

Dinner Home 19.00

Day-10: 21th September

The last day of workshops! You'll start the day with breakfast at 8:30am. The group will finish the art works on session with Sandra. After lunch at 13.00pm, there'll be time to pack, relax, and rest. Later in the afternoon, we'll create a gallery with all of your works! You'll enjoy this with a spritz and casual spuntini. At 19.00pm there'll be a glamorous gala dinner offering the best Tuscan cuisine. You'll have a five-course meal prepared by our chef along with home made limoncello.

Day-11: 22th September

Departure day! Breakfast at 8:30am. After breakfast, the group will be taken to Lucca train station or Pisa airport.

Cost for the workshop is \$3449

| Day | Activities | Lunch | Dinner |
|----------------------------|---|--|--|
| 12 th Wednesday | 4pm: Group will be picked up from Pisa airport or Lucca Station. Arrival, unpack, settle in. A welcome with glass of prosecco and Italian 'spuntini'! 5.30pm: An introduction to the workshop, teaching method, activities, challenges and goals. | - | 19.00pm: Pizza party! Begin preparation of limoncello, to be ready for Gala night. |
| 13 th Thursday | 09.00am: Breakfast. Home day. A slow-start, recovery morning with Italian pastries and fresh coffee. Instruction and painting with Sandra | 13.00pm: Lunch under the pergola prepared by our chef. | 19.00pm: Dinner prepared by our chef. |
| 14 th Friday | 08.30am: Breakfast. 09.30am: Excursion to Arianas. Opportunity to create your own ceramic souvenir. 16.00pm: Return to villa with the 1h stop in Pisa to see the leaning Tower | 13.00pm: Lunch with ceramicist Ariana. | 19.00pm: Dinner prepared by our chef. |
| 15 th Saturday | 08.30am: Breakfast. Home day. Instruction and painting by Sandra around the villa, gardens, and views. Optional walk to visit Our Friend Marco and his vineyards | 13.00pm: Lunch prepared by our chef. | 16.00pm: Half of the group will enjoy a cooking lesson, and prepare dinner for everyone. Optional massages by our specialized masseuse Charlotte |
| 16 th Sunday | 08.30am: Breakfast. 09.30a: Introduction to Lucca, with a stop for my favourite cappuccino. Tour with our guide Anna. Time off for lunch and shopping. 18.45pm: Puccini concert in a Romanesque church, after dinner at our favourite restaurant, La Norma. | Lunch not included*. | Dinner in Karolinas Favourite Restaurant „La Norma,,Lucca 8course dinner with best selection of wines |
| 17 th Monday | 08.30am: Breakfast. Home day. Instruction by the teacher and painting around the house. | 13.00pm: Lunch prepared by our chef. | 16.00pm: The second half of the group will enjoy a cooking lesson, and prepare dinner for everyone. Optional massages for „not cooks,, |
| 18 th Tuesday | 08.30am: Breakfast. 09.30am: Depart to Volterra- Precious walled mountain top town. Individual exploration.(meeting for lunch) 16.00pm: Leave for villa. | 13.00pm: Lunch at restaurant Volaterra. | Dinner prepared by our Chef |
| 19 th Wednesday | 08.30am: Breakfast. Instruction and painting By Sandra 14.00pm: Lunch. 15.30pm: Depart for wine tasting, at a local winery. 18.00pm: Return home. | 13.00pm: Lunch prepared by our chef. | Dinner prepared by our chef. |
| 20 th Thursday | 09.00am: Breakfast en-route. | Lunch not included*. | Dinner prepared by our chef. |

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|---------------|--|-----------------------------------|---|
| | All day trip to the famous Cinque Terre. Relax on the beach, Walk, time to paint or explore. 16.00 Return home | | |
| 21th Friday | Home day. Work on finishing paintings. 17.00pm: Gallery of artwork. Pizza night with your own personalized pizza and a homemade limoncello! | 13.00 Lunch prepared by our chef. | 19.00 Five-course Tuscan Gala dinner prepared by our chef, with your home made limoncello to make the last „Cin-Cin,, |
| 22th Saturday | 08.30am: Breakfast. Group will be taken to Pisa Airport or Lucca Train Station. | A prossima! until next time! | |

*Two lunches are not included in the final price.

[Sandra's Website](#)

Learn more about Sandra, her work, gallery and workshop.

<https://sandraturanwilson.com/>

This workshop is being arranged through followyoursensesintuscany.com Karolina will follow on all questions about the Workshop, accommodation, activities, coordinate arrivals and departures, food issues and all other details.

Contact: Karolina Lenart
followyoursensesintuscany.com
 Telephone: +39 3455809974

Sandra will handle all booking arrangements. All enquiries, and receive the payments of deposit and balance from the students directly.

Contact:

Sandra Duran Wilson
skwduran@msn.com

Included in the cost of your workshop in Tuscany :

- Accommodations
- All tuition fees
- All excursions
- All activities
- Airport transfers and local transportation including day trips to Lucca, Pisa, Cinque Terre, Volterra.
- All breakfasts lunches and dinners (excluding two lunches)
- The use of folding chairs

Excludes:

- Flights to and from Pisa
- 2 lunches
- Painting supplies

Travel:

It is suggested that you fly into Pisa airport as our transportation for a workshop will be coordinated from here on Wednesday at 16.00pm on the 12th September 2018. We can also pick-up participants from Lucca train station at 16.45pm -17.00pm.

Register: To sign up, a non-refundable deposit of €500 is required. Reserve your place now, so you don't miss out!

Contact Sandra or Karolina to register.

Questions?

Kimberly Conrad
303-881-2258
kkconrad2@aol.com

Or

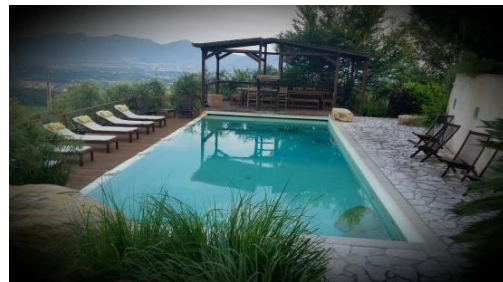
Karolina Lenart
followyoursensesintuscany@gmail.com

Everyone should visit Italy at least once in their life.

Make 2018 your year to follow your passion and discover the Tuscan countryside, stroll through historic villages, enjoy a cappuccino in Lucca, taste the best sea food in Cinque Terre, sip a glass of Sangiovese wine in Volterra. Won't you come along with us?

Tuscany is waiting...

Some images of Casa Fiori





Visit at www.followyoursensesintuscany.com for more information about Casa Fiori