

BOTANICAL HUES

BY TANJA GIOVANELLI

PAINTING WORKSHOP PRESENTATION 2025
WATERCOLOUR BOTANICALS

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SALTY NEST
A MINDFULLY CREATIVE STUDIO

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*P*ainting is an intuitive practice that connects us with our life force,
translating that creative bond into tangible mindfulness lessons.





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ART RETREAT

*S*tep into the gentle rhythm of Nature with our mindfulness-based botanical watercolour workshop, created to celebrate the beauty of a nurturing kinship. Combining guided exercises and simple watercolour techniques, we'll paint impressions of reaching and blooming rooted in our shared experience. Join us in weaving art, Nature, and connection into a moment of togetherness worth treasuring and walk away with artworks handbound in an album to cherish.

Hosted in a tranquil Airbnb near Marjan Park Forest, or a location of your choice, the workshop is open to all ages and skill levels, with no previous painting experience required.

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WORKSHOP DURATION: 4 HOURS

PRICE: 1-3 GUESTS; 400 EUR

PRICE: 4-6 GUESTS; 600 EUR

EACH ADDITIONAL PARTICIPANT: 90 EUR

ART SUPPLIES, SNACKS AND DRINKS INCLUDED

*The way the pigment moves through water, sliding across the paper wild and free, feels like a meditation.
And if done with such intention it can become one.*



THE STORY

*A*t the heart of this artful story is blooming combined with the calming essence of mindfulness and the vibrant world of botanical watercolour painting. This unique experience is crafted to offer a gentle pause—a chance to slow down and create together in a spirit of mindfulness.

We'll embrace watercolour painting as both a creative expression and a meditative practice and let each brushstroke become a practice of presence, each leaf and flower a symbol of growth. This is not simply an exercise in technique but an exploration of how art can reflect the grace and resilience of the beauty that surrounds and inhabits us.

By the end of this art retreat, our creations will come together in a collection of artwork—a keepsake in the form of a thoughtfully designed handbound album to hold this unique tapestry of honouring Nature in a lasting tribute to reaching and belonging.





YOUR HOST

*T*anja Giovanelli is a journalist turned artist, an art therapy practitioner in education and a mindfulness teacher in training. Her passion for creative expression was rekindled while recovering from burnout, prompting her to replace the editorial office with an art studio and nearby forest. Her stories and art are infused with nourishing sentiments and advocate creativity in the service of well-being.

She is a freelance illustrator, copywriter and photographer, a teacher trainer for Erasmus Courses, the author of the Salty Nest blog and contributes to other online and print publications oriented toward well being and creativity.

Join me as we paint our way to wellness, colouring our inner landscape free of expectations, one intuitive brush stroke after another. Let your creative spirit embody that nourishing sentiment.

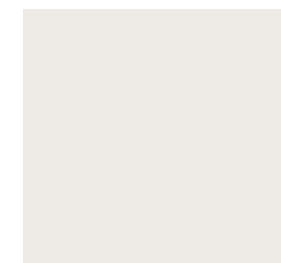
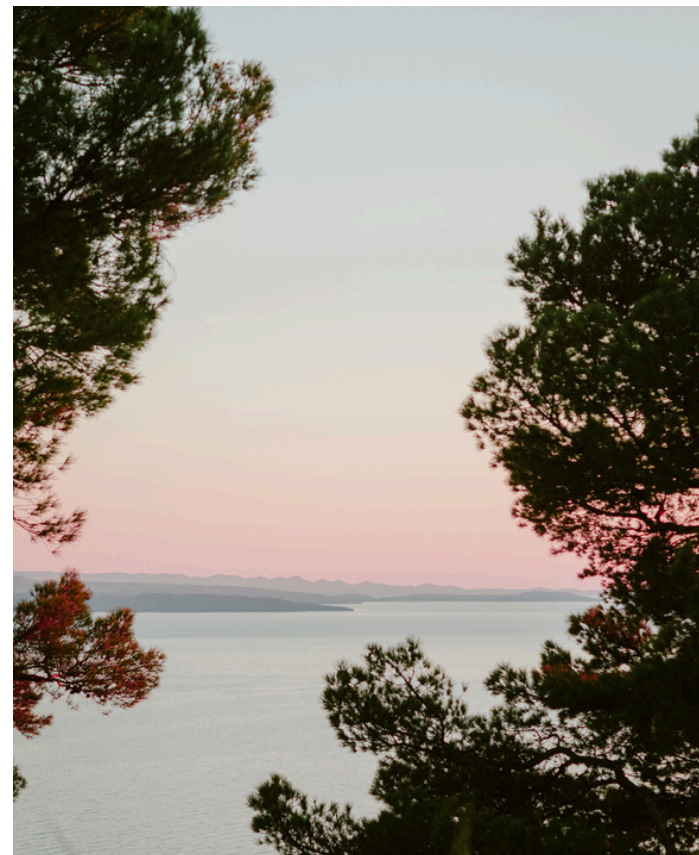
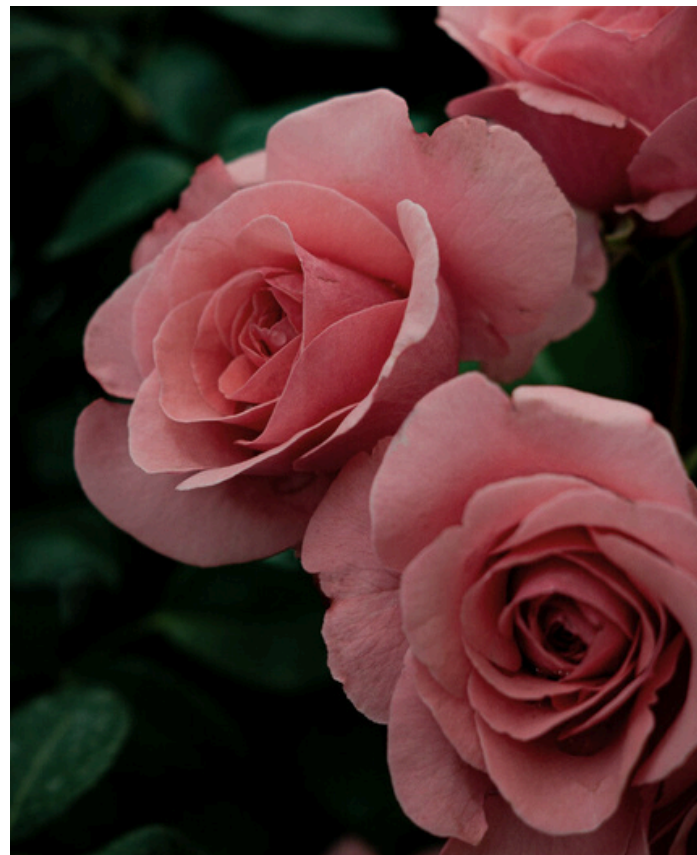


THE INSPIRATION



Maybe the desire to make something beautiful is the piece of God that is inside each of us."

-Mary Oliver



PORTFOLIO



Fertile ground collection;
in the making



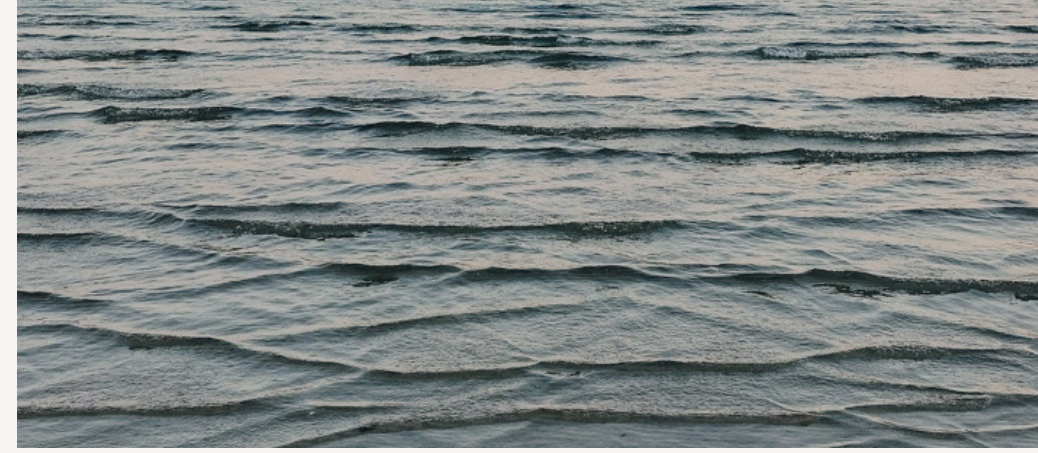
Illustration for Lei
jewelery by Zaks; 2021.



Becoming collection;
2020.



Nurture cards;
2020.



LET'S CONNECT

*W*e are here to answer any questions you might have to help bring this unique workshop your way. Please feel free to contact us and take the next step toward the experience that will have you see botanicals differently.

Cell:+385 95 908 3901

Mail: tanja@saltynest.com

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*May this be your invitation to slow down and notice the beauty;
a chance to align with your inner wisdom.*

