



# COASTAL HUES

BY TANJA GIOVANELLI

PAINTING WORKSHOP PRESENTATION 2025  
WATERCOLOUR LANDSCAPE

[www.saltynest.com](http://www.saltynest.com)



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

*J*oin us for an immersive experience where nature and creativity come together to foster well-being. Designed to inspire a connection to self, nature and community, this gathering will encourage you to translate impressions of coastal scenery onto paper using simple watercolour techniques. Combining mindfulness with creativity participants will build on their sentiments to create original artwork as a unique souvenir. A practical postcard form will allow them to travel light or share these vignettes via snail-mail.

Hosted in a tranquil home studio 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 the allure of coastal scenery with the sea, its shores, and sunlit glitters playing together to create the magic behind the Dalmatian state of mind. According to the "blue mind" theory, time by the sea brings us into a natural state of balance, encouraging the release of feel-good hormones that enhance our well-being. As the same happens with creative endeavours, especially with sea-inspired art in calming blues, this workshop combines seascapes and creativity with mindfulness to create an engaging and immersive experience.

Art has an incredible ability to stir something deep within us — a spark of inspiration, a moment of awe, even a quiet sense of hope. Painting has the power to ignite our creativity, and push the boundaries of our imagination; challenge the way we think. With every brush stroke, we're invited to explore new perspectives, unlocking parts of ourselves that yearn for transformation. It's in these moments of connection that we realize just how limitless our own potential truly is.





# 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 wellbeing 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.*

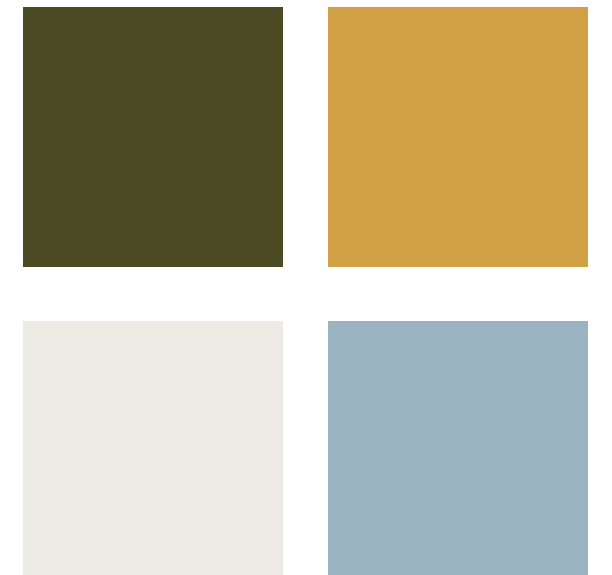


# THE INSPIRATION



*When you go out to paint, try to forget what objects you have before you, a tree, a house, a field, or whatever. Merely think, here is a little square of blue, here an oblong of pink, here a streak of yellow"*

*-Claude Monet*



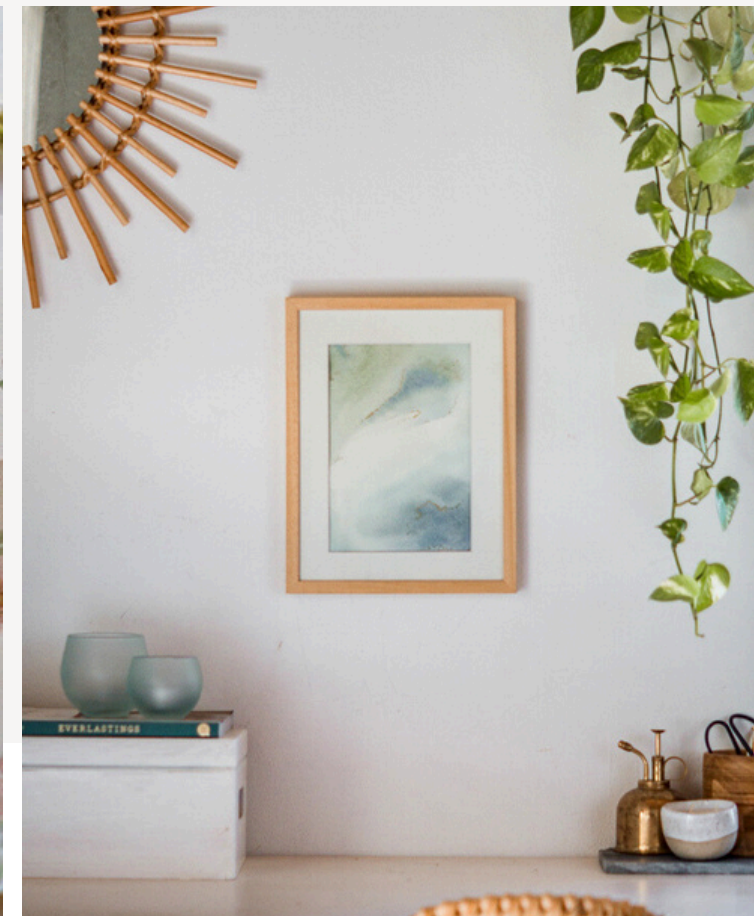
# PORTFOLIO



Fertile ground collection;  
in the making



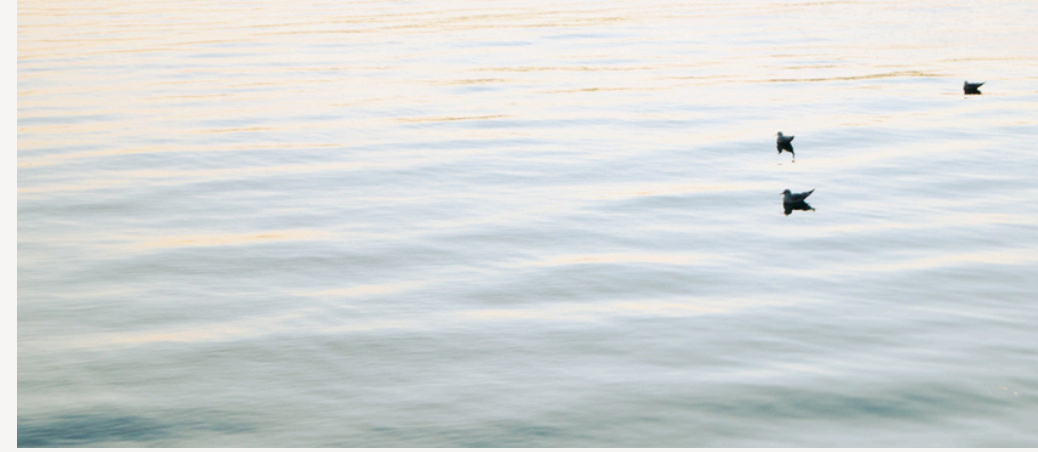
Illustration for Lei  
jewelery by Zaks; 2021.



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 the sea coast differently.

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

