



# EXPRESSIVE HUES

BY TANJA GIOVANELLI

PAINTING WORKSHOP PRESENTATION 2025  
INTUITIVE WATERCOLOUR

[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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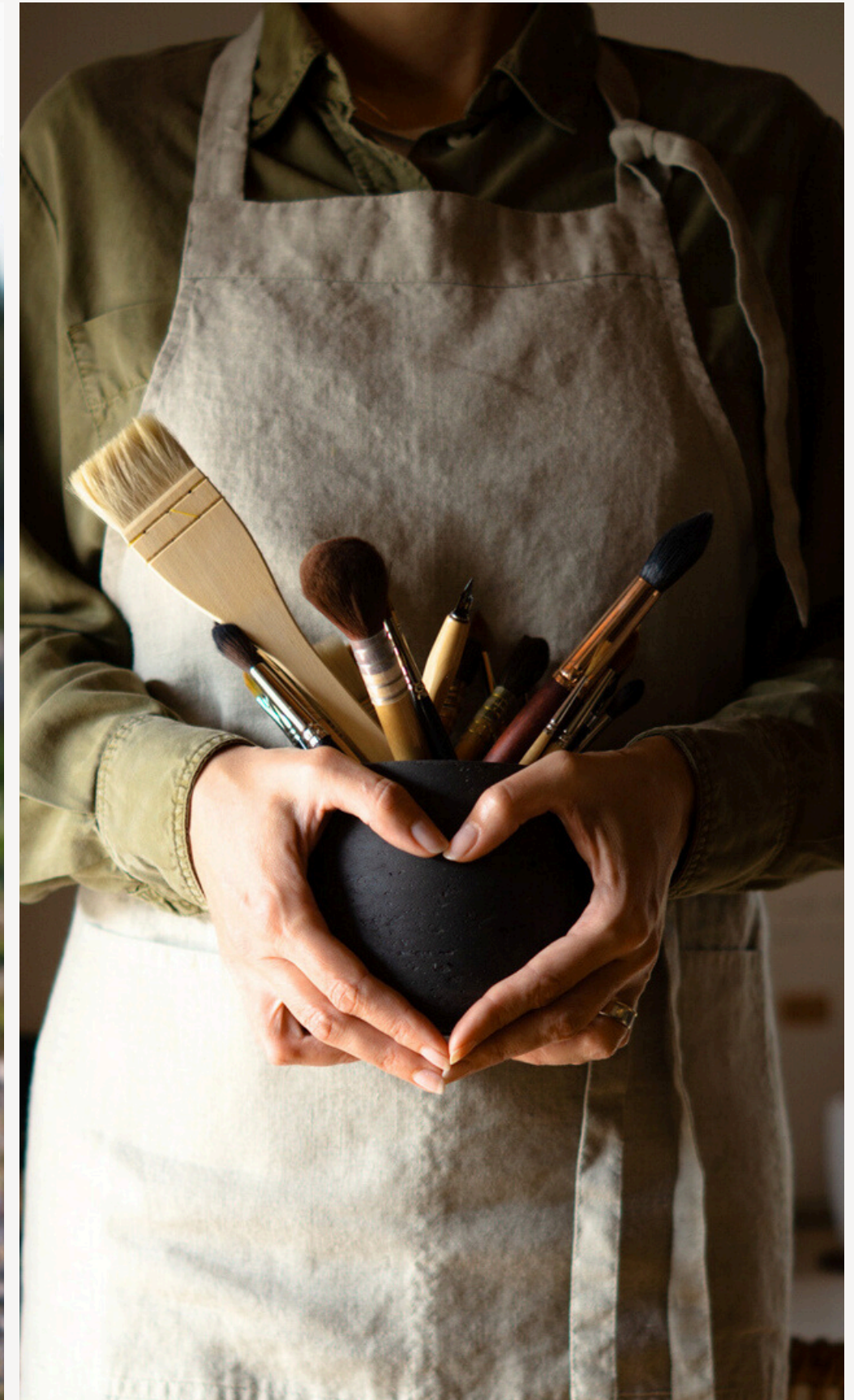
CONTACT

# ART RETREAT

*J*oin us for an immersive experience where mindfulness and creativity come together to foster well-being. Designed to spark self-awareness and ignite the power of self-expression, this workshop invites us to translate impressions of our inner world onto paper using simple watercolour techniques. Combining guided exercises, gentle prompts and intuition, we will let go of perfectionism and embrace the flow of water and colour as a metaphor for life's unpredictability.

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 the calming essence of mindfulness combined with the vibrant world of abstract watercolour painting. In this session, we explore how art can become a meditative practice, helping you connect with your emotions, quiet your mind, and express yourself freely. This workshop isn't about creating polished artwork—it's about honouring your unique process, finding joy in the present moment, and cultivating a deeper connection to yourself.

This mindful watercolour session is an opportunity to approach art as a practice of self-awareness rather than perfection—a way to let your inner landscape take shape through movement, colour, and texture. Watercolour, with its fluidity and unpredictability, offers a gentle reminder of life's impermanence and the value of embracing the moment as it is. When we surrender to the here and now we learn how to let the brush guide us, the colours blend freely, and the act of creating becomes its own form of meditation.





# 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.*

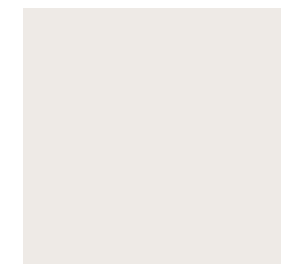


# THE INSPIRATION



*Keep some room  
in your heart for the  
unimaginable.*

*-Mary Oliver*



# PORTFOLIO



Fertile ground collection;  
in the making



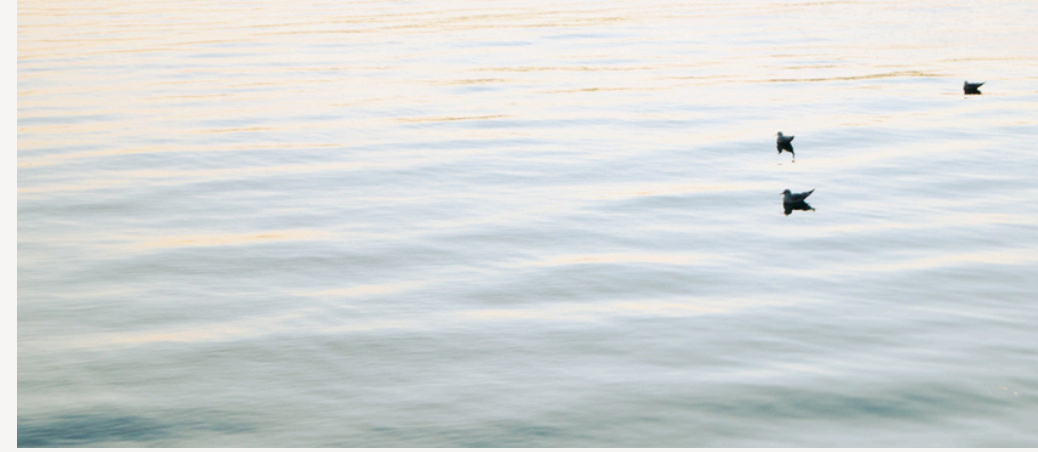
Illustration for Lei  
jewelery by Zaks; 2021.



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 your creative spark differently.

Cell:+385 95 908 3901

Mail: [tanja@saltynest.com](mailto:tanja@saltynest.com)

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

