

# " Let it Flow "

## Retreat

### Fluid Painting / Alcohol Ink / Abstract Flow

**November 24 - 27, 2022**  
**Maximum 5 people, 4 days**

## FREQUENTLY ASKED QUESTIONS

### 1. Which is our Daily Schedule?

#### **November 24 , 2022 - ARRIVAL & INTRODUCTION**

Check in will be organized individually, depending on your hour of arrival and transportation choice. I will send you the Airbnb information after the payment.

12:30pm - Lunch, a short introduction and Painting Session in my studio, provided by:  
<https://www.restaurantzurpost.com/>

#### **PAINTING SESSION - FLUID PAINTING: PART I - 4 techniques**

During the 3 Parts Fluid Painting sessions besides the 12 techniques you will learn about:

- what "Pouring Medium" is
- color theory and color mixing recipes
- translucent colors and their effect
- paint consistency/viscosity
- choosing the right colors
- make cells directly after the pour and decide where to put them
- use color movements and lines to achieve harmony
- silicon oil effect
- using a heat gun/torch or not, when
- tips on drying and varnishing

**At 19.30 - DINNER - at a Restaurant in the village.**

<https://www.restaurantzurpost.com/>

**November 25 , 2022**

Breakfast in your Airbnb or in the village (not included in the price)

**From 9:30 to 13.30 - MORNING PAINTING SESSION**

FLUID PAINTING: PART II - 4 techniques

**At 13.30 - LUNCH - Art Studio**

It will be served and delivered by a local restaurant. <https://www.restaurantzurpost.com/>

**From 14:30 to 17.30 - AFTERNOON PAINTING SESSIONS**

FLUID PAINTING: PART III - 4 techniques

**At 19.00 - DINNER - at a Restaurant in the village.**

<https://www.restaurantzurpost.com/>

**November 26 , 2022**

Breakfast in your Airbnb or in the village (not included in the price)

**From 9:30 to 13.30 - MORNING PAINTING SESSION**

ALCOHOL INK PAINTING: PART I - 2 techniques

During the 2 parts Alcohol Ink Painting sessions besides the 12 techniques you will learn about:

- fundamentals of working with alcohol inks
- different brands/types of inks and their properties
- different alcohol ink colours and how different colours mixed can complement each other to make effective artwork
- learn how different substrates can create different effects
- learn of the supplies that I use as well as important safety tips
- learn how to prepare different surfaces for the inks
- learn how to use the air through different tools to achieve beautiful energy, flow and designs

### **At 13.30 - LUNCH - Art Studio**

It will be served and delivered by a local restaurant. <https://www.restaurantzurpost.com/>

## **From 14:30 to 17.30 - AFTERNOON PAINTING SESSIONS**

ALCOHOL INK PAINTING: PART I - 2 techniques

**At 19.00 - DINNER - at a Restaurant in the village.**

<https://www.restaurantzurpost.com/>

**November 27 , 2022**

Breakfast in your Airbnb or in the village (not included in the price)

## **From 9:30 to 13.30 - MORNING PAINTING SESSION**

RESIN WITH ALCOHOL INK AND RESIN PIGMENTS - COASTERS AND/OR GEODES MAKING

During the RESIN sessions you will learn about:

- Create stunning 3D, heat-resistant coasters using a variety of dynamic techniques – getting gorgeous results and so much fun to make!
- Learn the secrets to creating gilded lux, bloom coasters - which will be your favorite?
- Measure, mix and add colour to your resin
- Explore our full range of alcohol ink & resin pigments
- Add embellishments such as our eco-glitter, metallic flake, and sparkles
- Achieve a perfect finish, removing any bubbles that appear
- Talk through creating an on-trend metallic edge to your coasters
- Use tips, trade secrets and techniques
- Make use of leftover resin

It's time to let go and go with the flow! Be mesmerized by the incredible effects created when resin, alcohol inks combine with gold/silver/copper leafs and glitters on silicone molds. You can create both pretty and practical pieces such as coasters. But be warned - it can be addictive! You'll love watching the inks react with the resin to make the intricate shapes and details. It's a very relaxing process.

Our class will cover the basics of the resin and alcohol ink techniques and inspire you to go on and create your own amazing mini artworks. Stare into the intricate details and it's like the whole galaxy right there in your resin. Or like looking at life under the microscope. People really are fascinated by how these look, and you will be too.

### **At 13.30 - LUNCH - Art Studio**

It will be served and delivered by a local restaurant. <https://www.restaurantzurpost.com/>

### **From 14:30 to 17.30 - AFTERNOON PAINTING SESSIONS**

**RESIN WITH ALCOHOL INK AND RESIN PIGMENTS - COASTERS AND/OR GEODES MAKING**

**At 19.00 - DINNER - at a Restaurant in the village.**

<https://www.restaurantzurpost.com/>

**AFTER DINNER - DEPARTURE**

## **2. How do I get to my Airbnb and your Art studio?**

The Art Studio address is Sägholzstrasse 35, 9038 Rehetobel, Switzerland.

The Airbnb address in Rehetobel will be sent after payment.

### **By car**

Google Maps link: <https://goo.gl/maps/ovikJRqwx6iV1jRf8>

### **By train**

For train schedules check: [www.sbb.ch/en](http://www.sbb.ch/en)

The closest bus station from the Art Studio is “Rehetobel Schulhaus” the bus (#121 direction “Heiden”) leaves frequently from St. Gallen main train station. From the bus station it is a short downhill walk to the studio.

### **By plane**

The closest and most frequented airport is Zurich Airport. The airport is connected with a train station. For train schedules check [www.sbb.ch/en](http://www.sbb.ch/en). It takes roughly 1.5h from Zurich Airport to “Rehetobel Schulhaus” by public transport.

## **3. What's the weather like in Rehetobel?**

My studio and the Airbnb's are located in Rehetobel, 12 km from St. Gallen. Rehetobel is nestled in the heart of the Appenzell hills, at approximately 1000 metres altitude. I

advise you to bring warm clothes. Please check the weather forecast before you leave and pack accordingly.

Also recommended are: **warm and comfortable pair of shoes, a pair of slippers and clothes adapted for the painting sessions.**

#### 4. Do I need to speak German?

You don't need to speak German. I will teach the Painting Sessions in English. I can also teach in Spanish and Italian.

#### 5. What do I have to do in order to reserve my spot?

To reserve your spot, a full amount of **1.850 CHF has to be made within 7 days** of booking to my **POST FINANCE & TWINT** bank account specified below:

**POST FINANCE & TWINT**

**Beneficiary: Ana Maria Fociuc**

**IBAN: CH53 0900 0000 1582 2762 9**

**BIC: POFICHBEXXX**

**Once I receive the deposit, I will confirm the receipt.**

#### 6. Which is the Cancellation Policy?

The retreat investment already paid in will be fully refunded within 7 days if I have to cancel the retreat for health or business reasons. A cancellation of the retreat for business reasons (less than 3 retreat participants) will be announced latest on October 1st, 2022. It is advisable to organize transportation once the retreat is confirmed (it will be confirmed as soon as 3 people have booked their place and paid). I will not be responsible for any changes made for your transportation choices if I have to cancel the retreat for health or business reasons.

Once it is confirmed, there are no refunds for this retreat unless I am able to fill your

spot. If we are able to fill your spot, a 100 CHF cancellation fee will apply, and the rest of your retreat investment (deposit or total price) will be refunded. If we are not able to fill your spot, there will be no refund issued.

In case of a natural disaster, pandemia or similar unforeseen reason, I will reserve the right to make any necessary changes to the retreat or cancel it. In case of a cancellation, I will offer you a full refund and the option to book another retreat. However, in this case, I will not be responsible for any changes made to your transportation choices.

## 7. How do I transport my paintings back home?

**By car:** the canvases are small size, 18/ 24 cm. They fit perfectly in the back of your car. In the case they are not dry and ready to transport I am offering to ship them. The price for packaging and shipping within Switzerland is 30CHF .

I will assist you on all the packaging.

## 8. What else can I visit in the area if I want to extend my vacation?

Here are a few links to get some inspiration:

Appenzell Tourism: <https://www.appenzell.ch/en/home.html>

Lake Constance Tourism: <https://www.bodensee.eu/en>

Switzerland Tourism: <https://www.myswitzerland.com/en-ch/>

For any other question you may not find the answer here, please do not hesitate to contact me:

Email: [anapazartist@gmail.com](mailto:anapazartist@gmail.com)

Call/ WhatsApp : **+41 79 832 28 84**