

“The Artful Life”

A painting and culinary workshop in the hills of Tuscany
with Doug Turman and Mary Lee Larison (Two Sessions Available)

September - October, 2017

Blessed with beauty and an unparalleled artistic legacy, Tuscany is a region that fully lives up to its image. Stupendous art, soul-aching countryside, excellent wine and lip-smacking cuisine is what this special region, where the Renaissance rippled out across Europe, is all about.

Join Doug Turman and Mary Lee Larison for a creative and relaxing watercolor and culinary workshop. In this week long workshop you will explore multiple ways of creative expression, primarily through watercolor painting and cooking. The instructors will share their knowledge and love of Italy and their specific skills in watercolor painting and cooking.

The views from our accommodation in the Tuscan hills, an elegant 18th century country residence, sweeps over castles, tiny villages and farmhouses, immersed in the warm golden light Tuscany is famous for. Inspiration is everywhere! Several day trips will take us to beautiful locations in well know cities as well as lesser known gems full of Tuscan history and culture.

The Artful Life Workshop aims to demonstrate that all of your experiences influence you, and what better influence than a week in Tuscany? The circle is completed when you find that the experiences during your time painting and cooking - discovery, over coming fears, learning, risk taking, freedom - can be expressed in other aspects of your life.

About the presenters:

Doug Turman is an accomplished painter of watercolor, oil, and acrylic.

He has exhibited in galleries and museums, and has works on all seven continents. He has taught at the University level and as a workshop instructor. His philosophy of teaching seeks to accommodate students of all levels, helping them find their individual creative strengths and deeper levels of expression through observation and enjoyment of the art of painting.

Mary Lee Larison is a passionate cook and culinary explorer, having worked in professional kitchens and as an avid “student” of master chef’s in the US and Italy. Her teaching style brings enthusiasm and a desire to share her experience with others. To participate in the “culture of the kitchen” is at the core of her culinary philosophy.

For over 16 years Doug and Mary Lee ran a successful contemporary art gallery in

Helena, Montana. Each year traveled to different parts of Italy, enhancing their appreciation of Italian culture and cuisine. Now their passion is to share their love of Italy with friends and students alike and to help others create an *Artful Life*.

Watercolor

All abilities are welcome and encouraged to attend. Watercolor painting is basically very simple - paint, water & paper. Easy to start, difficult to master.

The challenge is part of the enjoyment. You will do fine, especially if you are a total beginner.

For more advanced painters, your issues are almost 80% psychological in my experience. "I want to loosen up" is a common goal. This usually requires looking at some work habits that may over time have become more limiting than productive. The length of the workshop will allow enough time to give these issues the personal attention they require.

Cooking

Whether you prefer a "hands on" experience in the kitchen or would rather observe, you will always be welcome in the kitchen! With the help of Mary Lee, and a few of her Italian cooking friends, we will create delicious meals to share. Locally sourced ingredients paired with a variety of Tuscany's delicious wines will be a highlight at each meal.

Several day trips have been arranged to explore the natural beauty of Tuscany, its rich history and unforgettable landscape. We will travel to artisan cheese and wine makers, spend a day in Sienna (with a private tour of the famous Cathedral), San Gimignano, Certaldo (a medieval village near our villa), and visit an Italian country home to paint on the terrace overlooking vineyards and olive groves.

Our hope is that you will come away rejuvenated, with a joyful sense of the pleasures of creativity and good company.

The Artful Life 2017 Program

Day 1 *Saturday: Arrival*

- 1:00 pm** Pick up in Florence airport **OR**
2:00 pm Pick up at Florence train station. Transfer to Villa Bacìo.
www.fattoriabacio.com (about 1.15 hrs. ride)
Settle into your room at Villa.
- 5:00 pm** Meet up. Presentation of the program.
7:30 pm Three-course welcome dinner at the Villa prepared by [Patrizia](#)

Day 2 *Sunday: Painting at the Villa*

- 8:00 am – 9:00 am** Breakfast
9:15 am – 12:00 pm Painting
12:30 pm Wine and Olive oil tasting at the cellars of the farm with light lunch.
Prepared by [Patrizia](#). Tour of the cellar & walk in the vineyards if weather permits.
- 2:30 – 4:30 pm** Painting.
5:30 pm Cooking demo and dinner with [Mary Lee](#) (gnocchi)

Day 3 *Monday: Wine & Cheese tour followed by Painting at Claudia & Giovanni's*

- 8:00 am – 9:00 am** Breakfast
10:00 am Leave for Fattoria Corzano, www.corzanoiopaterno.com
10:45 am Visit wine cellars and cheese production. Light lunch with tasting of products.

1 pm – 3:30 pm Transfer to painting spot at Giovanni's. In case of bad weather return to Villa, painting at Villa.

- 3:30 pm** Return to Villa for Painting or relaxing
5:30 pm Dinner at the Villa prepared by [Patrizia](#)

Day 4 *Tuesday: Paint at Villa, late afternoon visit to Certaldo Alto*

- 8:00 am – 8:45 am** Breakfast
9:00 am – 12:30 pm Painting at Villa
12:30 pm Light lunch prepared by Patricia
1:30 pm Painting at the villa.
4:00 pm **Leave for Certaldo Alto.** Afternoon walking tour in Certaldo Alto.

visit This traffic free town atop of a hill still retains its authenticity as a true medieval settlement and offers beautiful vistas. On own for walking, the museum, find an aperitivo or coffee.

6:00pm Return to the Villa
7:30 pm Cooking demo and dinner with **Mary Lee** (risotto)

Day 5 *Wednesday: Siena*

8:00 am – 8:30 am Breakfast
8:30 am Day trip to Siena.
8.30 leave Villa
9.03 train to Siena
9.38 Arrive Siena, taxi to Piazza del Campo under the tower. Meet guide Luca Leoni at 10.30. Guide, walk the short distance to the Duomo for a guided tour. Cell.: +39 392 7827082
10:45 – pm tour
1 - 4:45 pm Lunch ON OWN, shopping, etc. in Siena.
4:45 pm Meet in Piazza del Campo under the tower. (4.20pm) Mary Lee must call Taxi company: +39 0577 4922. Taxi to Train Station.
5:19 pm Leave Siena
5:57 pm Arrive Certaldo, Shuttle to Villa
7:00 pm Dinner at the Villa prepared by **Patrizia**
(Alberto's final dinner with wine selections of the Villa)

Day 6 *Thursday: La Meridiana, International School of Ceramics*

8:00 am – 9.00 am Breakfast
9:00 am – 12:00 am Painting at Villa
12:30 am Light lunch at Villa, prepared by **Mary Lee** (rebollita)
4:00 pm Depart for La Meridiana. Meet ceramic artists; visit the gallery and facilities, enjoy a coffee break with homemade sweets.
5:30 pm Return to Villa
7:30 pm **Cooking Demo & Dinner** **Mary Lee & Giovanni**

Day 7 *Friday: San Gimignano*

8:00 am – 8:45 am Breakfast
9:00 am Leave for S. Gimignano. An essential feature of any visit to central Tuscany, not only on account of its remarkable towers but also the fabulous frescoes and other art works to be seen here.
12:30 pm Lunch on own in S. Gimignano.
3:00 pm Return to Villa. Final painting time, and wrap up
6:00 – 8:00 pm Cooking demo and final dinner **Mary Lee** (polenta)

Day 8 *Saturday: Departure*

- 7:30 am – 8:30 am** Breakfast.
Departure by 11 am.
Shuttles to Florence are offered at the following times:
- 6.30 am** To be at the Florence airport by 7:30 am. This accommodates the flights that leave between 9.00 and later
- 9.30 am** To be at the Florence train station by 11:00 am and at the airport by 11:30 am. This accommodates all those travelers who plan to stay longer in Italy, either in Florence or taking a train, or who do have a later flight.

The Artful Life 2017 Program Details

Duration: 7 nights, 8 days.

Time of year: **1st Session** September 30 – October 7 & **2nd Session** October 14 – 21, 2017
Expect nice weather with temperatures ranging between 59 and 81 F, allowing for maximum opportunities for painting outdoors, strolling, and, if the weather is particularly fine, swimming in the villa's lovely pool.

Group size: Minimum 10 to maximum 12 students.

Services included:

Florence Airport or Train Station pick up and drop off.
Accommodation; there are a variety of rooms at the villa. Prices depend on desired accommodation. Please see price list for specific details.
7 Breakfasts (a typical "European style breakfast: coffee, tea, juice, meats, cheese, fresh fruit, yogurt, cereals, etc.)
3 Dinners prepared by the villa (wine included)
4 Dinners prepared by Mary Lee & workshop participants (wine included)
4 light lunches
Watercolor instruction
Daily assistance and information through qualified members of staff
Wine and Olive oil tasting
Field trips to Siena, S. Gimignano, Certaldo Alto, & La Meridiana Ceramics School.
Ground transportation

Not included:

2 Lunches on our day trips to Sienna & San Gimignano
Any personal expenses
Painting materials (*some will be provided*)
Travel or medical Insurance
Airfare

The Artful Life 2017 Price List

- single room with private bathroom: 2900 euros
- single room with shared bathroom: 2700 euros
(max 3 people to one bathroom)
- double room with private bathroom: 2500 euros
- double room with shared bathroom: 2300 euros
(max 3 people to one bathroom)

Villa Rooms

1. Rosa - double bed (can be separated into 2 twins) with shared bathroom
2. Primula - 2 twin beds with shared bathroom
3. Peonia - 2 twin beds with shared bathroom
4. Dalia - 2 twin beds with shared bathroom
5. Iris - 1 double bed with shared bathroom
6. Glicine - double bed (can be separated into 2 twins) with private bathroom & shower
7. Giglio - double bed (can be separated into 2 twins) with private bathroom
8. Camelia - double bed (can be separated into 2 twins) with private bathroom
9. Viola - double bed with private bathroom & shower