

Body and Soul

watercolour painting workshop &
culinary-centered tourism in Florence

Friday-Monday year round

Nourish both body and soul in our 4-day program open to artists of all levels (even complete beginners) and food lovers looking to deepen their understanding and appreciation of Italian cuisine and wine while enjoying some of the most delicious, traditional fare Florence has to offer.

Min 2, max 6 participants.

HOW WE WILL WORK

We will walk the city of Florence and work in various locations, using the architectural, landscape and human elements to illuminate a particular fundamental of drawing or painting. For example, the elegant buildings and narrow streets of Florence will frame the lesson on line, light & shadow, and perspective.

Our visits to the Uffizi and Accademia Galleries, housing some of the most famous works of art in the world, will give us not only a grand view of art through the ages but a grand dose of inspiration as well.

THE INSTRUCTOR

The painting course is taught by Florence artist and art educator Raffaella Lan Pellegrini, who speaks both perfect Italian and English (with a lovely Boston accent) thanks to her Italian and American parentage. She holds a Master's degree in Fine Art and has been teaching fine art classes in Florence for years.

THE CULINARY ELEMENT

Our meals will be provided by Zeb Gastronomia, a unique bistro and alimentari (food shop) in Florence. The fare is simple, rooted in tradition, prepared with care using quality ingredients and absolutely *delish*. The food shop offers beautiful artisan products and unique wines at reasonable prices.

Our dinners at Zeb -- "The Tuscan Table" and "Gastronomia 101" -- are part of Zeb's *Eat & Learn "Educational Meals"* series. You'll enjoy a set menu while we tell you all about the history of the food and how it is prepared. Food is paired with wines, focusing on interesting local producers. We'll talk about both the Italian winemaking tradition of old and what's happening

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now. Portions are generous; you will leave absolutely stuffed. For full details on the dinners please visit www.zebgastromonia.com under CULINARY CLASSES.

SCHEDULE

Day 1 (Friday)

- arrivals
- walking tour of Florence
- brief drawing/painting lesson
- educational dinner "The Tuscan Table" at Zeb Gastronomia

Day 2 (Saturday)

- brunch
- Uffizi Gallery
- painting lesson
- educational dinner "Gastronomia 101" at Zeb Gastronomia

Day 3 (Sunday)

- Accademia Gallery
- painting lesson
- lunch in Boboli Garden
- painting lesson
- free evening

Day 4 (Monday)

- Mercato Centrale
- painting lesson
- lunch
- painting lesson
- wrap-up cocktail party and exhibition

Departures Tuesday

time designated by hotel

FEES:

\$1,345 (*dbl occ, low season*)

Companion: \$690 (*sharing room but not participating in painting course, low season*)

Single occ supplement: \$270-\$360 (*depending on season*)

High season supplement: \$125

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The fee includes:

- the 4-day painting course** (unless you are a Companion)
- 4 nights accommodations in Florence
- Meals (except for dinner on Sunday)
- Orientation and walking tour of Florence
- entry and tour of Uffizi Gallery
- entry and tour of Accademia Gallery
- entry and tour of Boboli Garden
- tour of Mercato Centrale
- Wrap up cocktail party and exhibition
- Full-time staff available 24/7

The fee does NOT include:

- Transfers upon arrival departure
- Supplies (but we can provide for you at an extra cost)

PLEASE NOTE: *All program events and schedules - as with all things in Italy - are subject to change. If events must be modified, we will make every effort to substitute an experience of equal type, significance and value. In the event of a train strike or other occurrence that forces us to remain in a excursion city beyond the planned duration, clients are responsible for the cost of any overnight accommodations.*