

Workshop Supply list

“The Art of Letting Go – Release Your Inner Abstract Artist”

Paint: Acrylic - Fluids or Tubes, whichever you prefer. Liquitex, Nova or Golden are all good choices.

- White – Titanium white
- Black – Carbon Black
- Paynes Grey
- Red – Cadmium or Pyrrole or something similar
- Yellow- Cadmium Yellow & Yellow Ochre
- Blue - Phthalo Blue, Ultramarine Blue or something similar
- Green – A cool Green (ex. Viridian) and a warm green (ex. Sap green)
- Any other colors you would like to work with. A nice brown for instance.

Brushes:

- Assorted brushes in different sizes and at least one 2-4 inch flat for larger surfaces. I use the cheap throw away “chip” brushes in the paint section of a hardware store for the larger flat brush.

Surfaces:

- 5-8 sheets of mixed media, acrylic paper or watercolor paper size 12x12 and 11x14, or larger
You may want to bring a piece of foam board or cardboard as a sturdy surface to paint on with your paper. Please gesso prior
- 2-3 canvases 16x20 or larger, please gesso prior
- A small journal, sketchbook for note taking and excess paint backgrounds.

Misc:

- Water bucket
- Water spray bottle
- Paper towels or Blue shop towels
- Palette or paper plate
- Dress to expect paint to be on them or bring an apron/smock
- Gloves, if you prefer
- Small lunch item

Water, Tea, snacks and treats will be provided during the day.