



Intuitive Painting and Creative Living

MATERIALS LIST

This is the materials list for the Intuitive Painting workshop. Please gather your materials in advance of the class. Please note the cost of materials is not included in the class fee.



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Materials list

+ **2 pre-stretched canvasses** (no less than 100 x 70 cm but it can definitely be bigger!) Depending on how fast you paint, you might need to bring another canvas to the course.

At least 120 ml of paint per color* (any shade) in red, yellow, blue, black, titanium white (heavy-bodied is best) plus any two colors you really love.

It would also be great if you could bring any shade of green, purple and orange (although of course you can mix these yourself if you prefer). Feel free to also bring any other colors you really love.

**Choose paint brands based on your budget. Expensive paints are not necessary for this course.*

3 bristle brushes for detailed work. Cheap ones are fine. Just make sure you have at least one very pointed brush.

3 foam brushes (wooden handled with the grey foam square from the paint section at a hardware store): 2 small brushes and 1 large brush

A variety of mark-making, etching and stamping tools such as old pencils, non-working pens, caps from bottles, bubble wrap, feathers, etc...No need to buy new things. Just look around your house and be creative!

A few rags

Apron and/or comfy paint clothes (this is a pretty messy process!)

Latex gloves if you don't want paint on your hands...your choice.

A palette to hold your paint – the bigger the better. I use palette paper which you can buy in the painting store. A large cookie sheet or an old muffin tin will also work well.

Blank journal/sketchbook and a pen

An open heart and mind!

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Another word for
creativity is courage
– George Prince

For more information,
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