



FEARLESS
CREATIVITY
FOR THE SOUL
RETREAT



October 16, 2021

SUPPLY LIST

What to Bring:

- ❖ **Some words about what you would like to get out of the day**
- ❖ **Pencil and eraser**
- ❖ **Sketchbook**
- ❖ **Paints:** this is an acrylic paint workshop – as for paint brands if you have a brand that works well for you please bring that. I personally use golden paints however we will be doing a lot of layering and it is totally acceptable to use a less expensive paint for some of the base layers if you prefer. I want you to feel free and not worried about wasting precious paint! For the top layers you may want something a little higher in quality (golden, liquetex, or at least a student brand over a craft brand).

Colors:

- Warm colors – red, yellow, and a pink (I recommend a magenta color, or a hot pink – or both!)
- Cool colors – blue, green (you could always mix your own)
- White and black

My three favorite colors of all time (but not required):

1. Quinacridone Magenta 2. Quinacridone Nickel Azo Gold 3. Paynes Gray

- ❖ **Paint Brushes:**
 - Paint brushes – it is nice to have an assortment of sizes. I like medium sized flat square brushes for larger strokes and smaller pointed brushes for finer details.
 - Foam brushes – these foam brushes are a blast for experimenting with! It's fun to get a couple small and larger sizes.
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- ❖ **Canvas:** 16x20 or 18x24. Don't go too cheapo on the canvas – you want something that can hold a little bit of paint and water. If you are a fast painter, you could bring two canvases to cover with your base layers and then choose which one you want to use for the more detailed painting.
- ❖ **Other:**
 - Water Cup – if you have something you like to use bring it! Otherwise I will bring some yogurt containers
 - Painting palette – you can bring an actual palette, wax paper, a few paper plates (whatever works best for you!)
 - Any photos of animals that you are inspired by