

# East Session supply list

**Basics:**

Spray bottle for water, spray bottle for isopropyl alcohol 70%, palette or plates, soft synthetic brushes, stepped handle palette knife and other brushes that you like. Scissors, water bucket, ruler or T-square, heat gun and pen or pencil and plastic wrap will be used throughout the course. I also like to use cosmetic sponges and sometimes a brayer or roller. I wear gloves but you may also try a barrier cream to protect your hands. A color wheel is useful to have. I like an interactive one from the Color Wheel Company.

**Paints:** I use a variety of brands and colors but mostly I use Golden fluid acrylics. If you have heavy body paints (tubes) I will show you how to change the viscosity, so they behave more like fluids paints.

**My favorite colors are:** Quinacridone Nickle Azo Gold, Transparent Red Iron Oxide, Cobalt Teal, Diarylide Yellow, Payne's Grey, Quinacridone Magenta, Permanent Violet Dark, Orange, Pyrrole Red, Raw Sienna or Yellow Ochre, Black and Titanium White. I also use DecoArt paints.

**Surfaces:** I prefer to use panels and I recommend Ampersand panels. I will show you the specific properties of several of the boards like Claybord, Aquaboard, Encausticbord and Gessobord. I am using a variety of sizes from 8"x 8" and up. You may also use canvas, other panels (do not use very inexpensive ones), paper (I use Canson Mixed Media paper) Deli Sheets and some stencils.

**Week 2** Is about understanding your mark-making style. You will need a sketchbook, markers, water soluble crayons, graphite pencils or other tools to make lines.

**Surfaces:**

Ampersand Encausticbord

Deli sheets

Canson Mixed Media paper

Acrylic Products:

Golden Soft Gel gloss

Light Molding paste

Gloss Medium

Decoupage or another matte medium

**Paints:**

Use the colors or brand you have. These are the specific paints I use and the ones I really like are Quinacridone Nickle Azo Gold, Paynes' Grey, Quinacridone Magenta, Permanent Violet dark, Titanium White and black and optional Naples Yellow

Other paints are Hansa Yellow Medium, Red Oxide, Cobalt Teal, craft metallic paints- whispering turquoise and gold, Holbein mat orange and blue



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## **Week 4 - Let Go and Focus**

This week is all about letting go and creating a wild background and then finding your way back to focus. I will be using a 16X20 Ampersand panel. An assortment of paints and inks and unusual tools that we will make from fun foam to found objects.

## **Week 6 - Power of Play**

You will need some rice paper, texture plates, old book pages and here are the acrylic products we will use. Soft Gel Gloss, Molding Paste, Light Molding Paste, Clear Tar Gel, Gloss Medium, Liquitex Gesso and Elmers Glue All.

## **Week 8 - Fear No Color**

Mixed media paper for color charts

I am using an assortment of acrylic paint brands and viscosities.

Check the paints you already have. Look for color bias within the primary palette.

I used both a heavy body Titanium white and a fluid from Holbein.

Ampersand Claybord or other painting surfaces of choice.

Optional tools-Faber Castell gel pen-texture gel or Liquid Pearls texture pen.

I finished another piece with collage materials I found in the studio.

## **Week 10 – Setting Course**

12x12 panel, 12x16 gesso panel and 9x12 panel

Golden Crackle Past or Light Molding Paste if you can't get the crackle paste.

Golden glazing medium

I am also using Golden semi-gloss gel and Gloss Medium.

Laser print, collage papers and sandpaper.

## **Week 12 – Revisit Finding Your Mark**

I am using an 18" x 24" gallery wrapped canvas. You may use any type surface, but I encourage you to use a large substrate, at least 16"x20". You want to be able to really have room to move your marks. Get your whole body into it. Have your sketchbook and other tools from week 2.