



# Megan Anderson



## Connecting with your Creative Muse - Saturday Workshop

Ah the elusive creative muse.... sometimes she is with us and other times she eludes us. We all want to live a creative art inspired life but the day to day our artistic side can get pushed back until we reach a point where we can pretty lose track of it. Now is the time to expand, nurture, explore or reconnect with our creative side

In this process painting class, you will learn, using intentional creativity, how to tap into tap into your internal creativity any time any where. AND you have your amazing painting to remind you to live an art inspired life.

The best part it is fun and no experience painting is necessary.

### SUPPLY LIST:

- ~ 16 x 20 Gallery thick canvas
- ~ Table top easel ( if you have one)
- ~Variety of paints, I like Golden (Fluid or Heavy Body) and Kroma. The colours are up to you, a few of my favorite are:
  - Phthalo Blue (pthalo turq is lovely if you have it)
  - Phthalo Green
  - Dioxide Purple or Perm Violet
  - Quinacridone Magenta & Crimson
  - Quinacridone Gold
  - Naphthol Red or a Cadmium Red
  - Arylide Yellow or Cadmium Medium Yellow
  - Burnt Umber or Vandyke brown ( I love this colour)
  - Black & White
- and any other favorites you may have
- Metallics or interference colours, can be an interesting addition.

*These are some of my fav's but, bring what you have. I like these colours because they all work well together and are great for glazes and building layers of colour.*

- ~Medium: Matte or Gloss medium or gel medium satin
- ~ Pencil
- ~ Assorted brushes
- ~ paper towel
- ~ water container
- ~ paper palette
- ~ small fine spray, spray bottle

*\*\*\* Students have the option to use my studio paints for an extra fee of \$40 CDN (payable to Megan during class).\*\*\**