



Workshop: The ART of Healing, Healing through Art – *the mind, body, spirit connection*

Instructor(s): Judy Perry

Materials List

- Artist tape or masking tape
- Scissors
- Double side sticky tape or glue
- Vine Charcoal
- Pencil
- Black pen
- Black marker, one fine point, one large point
- Watercolor Set
 - Example: Windsor Newton 10 color set of watercolors @ Michaels \$19.00 or check Job Lot (no need to purchase expensive paint, student grade will do)
- Watercolor palette or plastic plates
- Set of watercolor brushes, #4 round, 1/2" flat, 2" flat or 1 small round, 1 medium flat, 1 large flat (no need to purchase expensive brushes, student grade will do)
- Art journal 8x10" or larger;
 - Example: Strathmore mixed media art journal @ Michaels \$18.75 or check Job Lot
- Pad of watercolor paper, min 140lb, 22x30", either cold or hot press
 - Example: Strathmore cold press 22x30", 8 sheet pad found at Michaels \$25
- Black, Yellow, and Red ink
 - Example: Liquitex Ink @ Michaels \$8.99 each
- Smock or old shirt to protect your clothes
- Disposable gloves, rubber or latex
- Spray bottle
- Roll of paper towels

MOST IMPORTANT

Bring your child-like excitement to play and try something new!

Any questions regarding the materials list, contact Judy at jperry14@snet.net.