Living Well – Today and Tomorrow

**Course:** Spring to Life: Boost your Mood with Floral Painting  
Program # 3430-17-LAAS  
Saturday, March 4, 2017, 9:00 am-1:00 pm  
Humanities Building, Rm 6411, 455 N. Park Street

**Instructor:** Kristen Vesbach  
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**A welcome note from your instructor:**

Leave your artistic worries at the door. All artistic levels are welcomed to this one day process oriented workshop. Together we will combine a love for nature, an appreciation for color, simple mixed media techniques, and a playful brush strokes on canvas to create a floral painting that will energize you and showcase your inner strengths.

**Tips for success:**

If you already have acrylic paints bring a variety. However, if you are new to painting I would suggest a set such as Golden Open Acrylic Introductory Set of 6, Traditional Colors (under $25) or similar products available in retail stores or online may be cost effective. [http://www.dickblick.com/items/01618-2069/](http://www.dickblick.com/items/01618-2069/) or Michaels arts and crafts has a good selection of intro acrylic paint sets. **Make sure to have the primary colors: red, yellow, and blue, and black and white so we can mix colors.**

**Pinterest (or online creative boards) are fabulous for stimulating ones imagination and creative brainstorming; however, from my experience, too much exposure to “pinning” can also overwhelm ones senses and crush one’s ability to paint intuitively or play with paint freely. I recommend avoiding too much “pinning” exposure prior to coming to class. Focus on what you are naturally drawn to in nature, the colors, shapes, scenes, backgrounds, and collections of flowers that you see in nature. Focus on outdoor gardens, the floral store, botanical gardens, magazine photos, the nature channel (a buds and blooms magazine perhaps.) **I will be bringing a live bouquet to class. You are welcomed to bring live flowers if you choose.

Wear relaxed clothes that you are comfortable getting paint on. Perhaps bring yourself a snack or sandwich. We will be taking a 30 min coffee break.
Supply List (Bring your own)
Note: All supplies are suggestions. Mention of a brand or retailer should not be considered UW-Madison endorsements. Students may make substitutions.

Required:

- 1 primed and stretched canvas (no larger than 16 X 20, no smaller than 12x12.)
- A small (5x8 or 8x10) sketch pad, pencil, and eraser.
- Paint: A variety of artist “acrylic” paints. Must have primary colors for mixing including: red, yellow, blue, black and white and ivory/off-white.
- (I recommend Liquitex, Windsor & Newton, and Golden acrylics)
- 2-4 additional vibrant acrylic paint colors (small tubes) Try to bring the colors of spring and the flowers you are drawn to. *Here are some examples of additional colors: burnt sienna, sap green, yellow ochre, turquoise, naples yellow, cadmium orange, Ultramarine Blue, Pthalo Blue (green shade), Hansa Yellow Medium, Cadmium Red, Magenta, Pthalo Blue (green shade), Azo Yellow Medium.
- Brushes: 1 inch rounded flat, ¼ inch round brush, 1 medium fan brush, and a detail/liner brush. (all for acrylic paint)
- 1 6-8 ounce tub of “matte medium “acrylic. (My favorites are Golden matte gel medium or Liquitex. (Look in the artist paint aisle under acrylic gel mediums.)
- 1 plastic palette knife (or plastic butter knife non-serrated)
- Flower reference: pictures from a magazine, a photograph of a large bloom, or a bouquet in a vase.
- 1 plastic table cloth ( The Dollar store has these)
- A few old rags for your paintbrushes or several paper towels
- A pallet for your paint (4 or so Styrofoam plates or recycled plastic plates work great)
- 1 container for water ( a clean used coffee container or yogurt tub)
- 1 old used plastic card( such as a credit card that you do not need anymore.)
- A small variety of scraps of wrapping paper, tissue paper, or specialty papers that you are drawn to. (photos or magazine clippings of flowers you are drawn to)
- A few flower references (photos, magazine pictures)

Optional items:

- Painting clothes and a smock.
- A small hairdryer to dry the paint faster for layering.