Living Well – Today and Tomorrow

Course: Alter your Life, Alter your Books: A Celebration of Change
Program # 3433-17-LAAS
6 Tuesdays, January 24-February 28, 2017, 6:00-8:00 pm
Humanities Building, Rm 6411, 455 N. Park St

Instructor:
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A welcome note from your instructor:

This class is open to all levels of artists. There will be no right or wrong way to alter your book into a work of art.

In my experience, altered books can offer a new outlook on one’s creative world, and can set a new tone for honoring life’s transitions. Have you ever stumbled upon a familiar image or story from a children’s book? Books can hold powerful memories including: childhood dreams, aha moments, a place to escape, and stories that can change our perspectives on life, and stories that nurture our goals or personal values.

In this process oriented class, you will be invited to learn and explore some basic mixed media art techniques. Cut, paste, doodle, journal, and dream as you capture the story you are living by re-creating your very own book of art.

Tips for success:

Take some time to get to know the book you will alter before the first day of class. Read or skim through to find any themes that capture your interest or relate to your life. Be ready to explore your art materials the first day of class. We will focus on one structured technique or directive a class. You will also have free time to work at your own pace each week.

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 supplies:

- 1 used hard cover book from a thrift store (at least 50% non-glossy pages.) In good condition, binding and pages in good shape. (I like to search St. Vincent de Paul)
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- 8-10 good quality watercolor pencils or ink based pencils (My favorites are Prisma Color, Ink tense, or Derwent.)
- Small, 6-8 ounce tub, of “matte medium.” (My favorites are Golden matte gel medium or Liquitex. (Look in the artist paint aisle under acrylic gel mediums.)
- 12 or more student grade oil pastels (I like Cray-Pas Expressionist)
- A few small bottles of craft acrylic paint (primary colors for mixing: red, yellow, blue, white, and black.)
- 1 large craft glue stick (Found in craft aisle for scrapbooking)
- 1 pair of scissors
- 1-2 non-bleeding ink or gel pens (black or blue)
- 1 pack of multi colored tissue paper
- A 1/2 inch flat synthetic paint brush for acrylics.
- A 1 inch foam brush (for crafting)
- 1 cup or container for water (a clean recycled coffee can or yogurt container will work)
- A few sheets of wax paper (keeps pages from sticking together)
- 1 plastic table cloth (I find these at a dollar store)
- A rag or cloth for your paintbrush or a few paper towels.
- A collection pre-cut meaningful collage materials: magazine clippings, Recycled greeting cards, quotes, or specialty wrapping/tissue paper scraps.

Optional:

- ribbons
- Buttons
- rubber stamps with an ink pad
- a few bottles of fun craft acrylic paint (metallic or glitter)
- a pan of Watercolors with included brush (I like Prang)
- A smock or painting clothes