**MATERIALS LIST** - **Any media** 14th june Inner Artist.

NB this course is a mixture of Life coaching and painting, so you wont need a lot of equipment. Bring the medium you feel freest in, that’s relevant to your art..and **pen and notebook.** Select from the following as relevant.

**FROM HOME**

Newspaper/plastic cover for 6ft table. If working on paper, then a board [mdf/ply] just bigger than paper and cream diy masking tape.

2 large yogurt pots for water,kitchen roll

Small kitchen scourer sponge, scissors

Apron/overall & mask [optional]

White palette eg china/paper/plastic plate . [if you buy, this needs to be approx a4 size with wells for big puddles/ a disposable pad of sheets for oils/acrylics]

Ruler,pencil, scrap paper eg photocopier or cheap pad

Old credit/store card [defaced]

**TO PURCHASE**

Basic list of **colours,** specifically:

* Cadmium yellow, prussian blue, white, burnt umber, alizarin crimson [avoid acrylic pebeo make for this], cadmium red. Lemon yellow, Ultramarine blue , paynes grey , raw sienna.

Yes we will be mixing lots of different versions of the colours! If using another medium than paint [eg pastel ]names may differ. Compare to paint tubes in the art store and bring the closest in these warm and cool palettes.

[ Hobby craft in Kingsteignton , Trago, the Range or Art discount /Jacksons on line stores]

* A selection of **brushes,** square and round heads.[ If using acrylic or oil some bristle. Bargain shops often have sets of bristle ones. 5 for £1.50] and a diy 1’’

Two large, soft, round ,pointed brushes in acrylic fibres approx sizes 6 &12. The Works in Newton Abbot/Exeter or on line are the best source of inexpensive sets. Look for golden coloured bristles. Others can be added later.

* **Grounds** this will depend on your media. Most will work on 140lb/300grm water colour paper in rough [smooth if using pencils or pens] and often our exercises and first painting will be on this so bring several sheets and scissors. Buy a3 size and cut to size
* Oil painters will need low odour thinner. Home direct smaller shop in Teignmouth has some boards with handles. The Works, Hobby craft, Trago and the Range are comprehensive.

**Bring your sense of adventure and prepare your wall space for an exciting painting! Liana.**