

## Video Transcript

### What is in the course?

#### What you're going to get out of this!

So what are you gonna find in this whole course here? So, to start with you're going to see a whole heap of introduction—me explaining a little bit about my own journey...you'll see an introduction into how to use paints, how to use the studio area, what sort of resources there are. And within the courses, the mini courses, which there's over 20 of them, there's over 40 hours of amazing tutorial on how to do each of these little mini paintings. So in each of the courses, you get a package in there. So first of all you get an eBook. This is printed out of course, you can print it out if you want, but it's online and it has a bit of the story, it has some of the photos and things of the painting that I did and the story behind the painting. And also has this really cool spot where it's called reflect. So you know for one of these it's got "Write down four of your favourite places you have been to, places that made you peaceful and calm." Because this one is all about trusting me and trusting the journey. So it gets you thinking, it gets you reflecting on your own life.

As I'll be telling you throughout this course, this is more than just a brush on a canvas, it's a soul journey. So it's about taking your journey. Not just painting but thinking about what's actually happening for you inside and your journey. So you get that eBook, which is pretty cool, and in the eBook, it actually has toward the end, um, so it's got instructions, little tips and pointers on how you can make that work even better. It's got your brushes, it's got all the paints, and then it's got a little reflection at the end too and a little picture of what my picture looked like as well. So also you get a ready made gridded image. So you just have to print it out and cut it out and off you go! Fantastically easy. And you also get a resource where you have all the brushes and all of the paints there so you've got the resources that you know that you need. So that's the downloadable paper things that you can keep in a file somewhere. But also what you get is a time lapse video and also a full-length video tutorial of me step by step actually painting each painting. So you'll get to see, you know if it's this one let's flick to the back, you'll get to see this particular picture being painted in real time, one on one, just looking at the paints that I'm using, the brushes I'm using, the technique and you just follow it, step by step.

And amazing, it'll come out really cool, you just watch! So that's your resource! For each of the little courses, you get this resource, which is amazing.