

# Wanderlust 2024

## SCHEDULE

### STAR THEME: Brushes and tools

Week 1	5/1/2024	Kasia Avery	Intro to Star Theme + Wanderlust Book
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Join the course host as she introduces you to the Star Theme through an easy to follow art journaling tutorial. Create a spread exploring different tools and techniques and exploring a self developmental prompt. A strong favourite among our Adventurers from the last 7 years, Wanderlust Book lesson is sure to give you plenty of ideas and help you express your feelings through art.



Week 2	12/1/2024	Nicole Warrington	Embracing curiosity: memories captured with abstract brushstrokes
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Exploring tide pools as a child, and now with my girls, is one of my favourite nature activities. For this lesson we will embrace a child-like curiosity as we explore the wonderful marks different brushes can make. Inspired by West Coast tidal pools, we will create a beautiful page filled with abstract and recognizable imagery.



Week 3	19/1/2024	Iris Fritschi-Cussens	Knives Out, Meaning In - exploring palette knives, texture & letting go of perfection
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Palette knives are a great tool to create texture and let go of perfection. We will work quickly and embrace grunge and imperfection. We'll start by building up some background layers. Then we will create a face, and with the same loose and carefree attitude we will paint it using only our palette knives. We will try and embrace the essence of what we are painting, rather than striving for accuracy. Different ideas and options will be presented for a range of skill/confidence levels. Throughout this process we will be connecting with our thoughts and feelings around what we want to call into our life for this coming year. We will incorporate these whispers and wishes into the layers of our art journal spread.



## STAR THEME: Brushes and tools (Continued)

Week 4

26/1/2024

Leaca Young

Silicone tool explorations: create collage and be in the moment

Create layers without thinking about the end goal - just be here now. So many times we set out to create with a focus on the end goal. In this lesson we are going to embrace the textures and beauty by focusing on one layer at a time. We will create collage papers using different silicone brushes. Pulling in some stencils and finally creating a collage piece in our journals that showcases the beautiful textures we created.



Week 5

2/2/2024

Francisca Nunes

Exploring nature lines and marks with sponges.

Nature has an endless catalog of lines, shapes and marks where we can go to find inspiration for our art. Using sponges we will create brushes and mark-making tools to explore lines from trees, rocks, and the landscape. We'll use these natural studies to inspire our journal spread.



Week 6

9/2/2024

Tania Ahmed

The finer details

Learn how to incorporate linear art into your art journal practice. A Needle point applicator can be used as a mark making tool as well as a drawing tool to enhance your art journal and take them to the next level. See how this unsung hero can become a must have in your mixed media arsenal!



Week 7

16/2/2024

Marta Lapkowska

Hidden potential: Creating dimension with forgotten supplies

Breathe, let go and make some art... it's when we play that magic happens. Texture, details and low cost materials will play the main role in our creative process. We will focus on creating a dimensional feel to our page by playing with shading and colouring. There is no right or wrong, there is no better or worse... there is only the freedom of art journaling. Together we will learn to collage and explore hidden potential between the layers in our journal book. Let's tell the story through paper and scissors. We will get our forgotten paper punches out. Sometimes it's the basic supplies that will speak volumes. What will we discover beneath the layers? Join my class to find out!



# ARTFUL MUSINGS

Week 8	23/2/2024	Claudette Hasenjager	You are your own home. Raising self-awareness through art.
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Do you sometimes feel like you're not completely present? Is your mind running a thought marathon? One moment you're thinking about what to prepare for supper, the next you're running through your work to do list, and then suddenly, something else pops up in your mind. Before you know it, your mind feels like a gazillion people stuck in a bus shouting and gasping for air - all at the same time. Mindfully creating journal spreads helps you dig deeper into who you are and what you need more, or less, of in your life. Art journaling, layering, doodling and creating gives you the opportunity to have some time alone to nourish your soul. You need this - We all do! Nurturing this self-care habit truly can be life changing.



## STAR THEME: Texture

Week 9	1/3/2024	Kasia Avery	Intro to Star Theme + Wanderlust Book
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Join the course host as she introduces you to the Star Theme through an easy to follow art journaling tutorial. Create a spread exploring different tools and techniques and exploring a self developmental prompt. A strong favourite among our Adventurers from the last 7 years, Wanderlust Book lesson is sure to give you plenty of ideas and help you express your feelings through art.



Week 10	8/3/2024	Carolyn Dube	Layers of Character
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There are an gazillion ways you can use a stencil, so how do you pick the technique that's right for the page that you're creating? Find out how as we create an art journal page of stenciled layers inspired by your favorite characters from a book.



Week 11	15/3/2024	Casey Turner	Joy in Bloom: tissue paper, tea bags, napkins, oh my!
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We will be focusing on choosing to have joy even in hard seasons of life as spring approaches. We will be using a floral image from a book or printed or from patterned paper, adding it to our journal spread. We will be adding tissue papers, tea bags, and other papers to add texture to the image.



## STAR THEME: Texture (Continued)

Week 12	22/3/2024	Francesca Radice	Lessons learned: representing your life through textural layers
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In this lesson we will be inspired by a flower or plant that represents you to create an art journal page full of meanings, using old cloths from family and fabrics scraps that we like. Create a lotus with me, or a flower of your choice and explore it's symbolism, with each petal layer holding a different meaning or lesson learned in life.



Week 13	29/3/2024	Vicky Papaioannou	Channel happiness through layers of art
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Get inspired by something that made you smile! Now. let's turn it into a page while playing with many fun background techniques that include heat embossing. It adds texture, color and resists ink! Let's explore the possibilities together while we are creating happiness!



Week 14	5/4/2024	Eugénie Laurent Billotte	Seeking hidden treasures
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We will hunt for unexpected mark-making treasures to help us skip past the temptation of perfectionism and create a repertoire of textural marks. We will use this journaling process to be present, and to tell a story about the treasures in our life that nourish our soul and feed our creativity.



Week 15	12/4/2024	Francisca Nunes	Grounding through art journaling
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Let's go for a walk and gather natural elements like rocks, sand and plants. We'll explore their textures with gesso and create a journal spread that will make you feel grounded and connected to nature.



## ARTFUL MUSINGS

Week 16	19/4/2024	Christine Karpiak	Healing with Art
Discover how creativity and art journaling can help you heal through grief and emotion with Christine in this cathartic Artful Musings video.			



## STAR THEME: Writing

Week 17	26/4/2024	Kasia Avery	Intro to Star Theme + Wanderlust Book
Join the course host as she introduces you to the Star Theme through an easy to follow art journaling tutorial. Create a spread exploring different tools and techniques and exploring a self developmental prompt. A strong favourite among our Adventurers from the last 7 years, Wanderlust Book lesson is sure to give you plenty of ideas and help you express your feelings through art.			



Week 18	3/5/2024	Joanne Sharpe	Art Sparkle, Shine Bright. Handlettering for the shimmer lovers
Use metallic art supplies (paints and pens) to illustrate sparkly, shiny lettering, phrases and imagery that defines how we "shine" in our best life.			



Week 19	10/5/2024	Dyan Reaveley	Let It Go. The benefits and art of free writing in art journals
In this class you will learn how to release your inner thoughts without the worry of others seeing them. Let go of your worries and replenish with kindness ending in a stunning journal page.			



## STAR THEME: Writing (continued)

Week 20	17/5/2024	Froyle Davies	Discover the Secrets of You
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In this class, we are celebrating your personal expression by creating an art journal page made up of your best secrets! They can be as simple or complex as you desire and of course, you don't actually have to tell anyone what they are! First, we will start by writing our secrets on paper, it can be in handwriting, scribble, short hand, typed or even in another language. It doesn't have to be scandalous, it can simply be things you would like to accomplish, or places you would like to go. Dreams that you have. What would you like to do if time and money had no limit?

Then we will create the art journal page based on 3 questions - What is your favourite colour? Your favourite shape? Your favourite number? This will help you to create your page with things that you love. We will add the secret text to the page to complete the composition.



Week 21	24/5/2024	Francisca Nunes	The stories of seasons
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All seasons have their beauty and their uniqueness. Playing with images, sounds, smells, colors, quick sketches, let's bring to our journal our favourite Season. What memories bings to us and what storie can we tell about our season in life.



Week 22	31/5/2024	Emily McBride	Clear Your Mind. The hidden magic of list writing for art journals
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There's no better way to bring some structure to the chaos of life than making lists. Although many people focus on tasks lists as a form of productivity, lists can be much more than that. In this class we will talk about art of list-making, ideas for different lists you can make, and together we will create a functional yet aesthetic list of books to read.



Week 23	7/6/2024	Helen Colebrook	Brushlettering and love letters
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Fill one page in response to some guided questions. We will cover this with gesso and then play with brush pens to create something beautiful on top. On the opposite page we will write a love letter to ourselves by offering ourselves some kindness. This page will be completed by using brush lettering, including a step by step process on how to create thick and thin strokes, along with the process for creating letters and words.



# ARTFUL MUSINGS

Week 24	14/6/2024	Wanderlust Sisters & Kasia	Finding friendship through Wanderlust
<p>Kasia and the self-titled 'Wanderlust Sisters'; Adventurers Leslee Ortega, Lynne Weinberger, Beth Fields and Michaela Butterworth will be joining a zoom art date together, where they'll be sharing how they found friendship through Wanderlust and art, and telling us about what they get up to during their creative meet ups!</p>			



## STAR THEME: Printmaking

Week 25	21/6/2024	Kasia Avery	Intro to Star Theme + Wanderlust Book
<p>Join the course host as she introduces you to the Star Theme through an easy to follow art journaling tutorial. Create a spread exploring different tools and techniques and exploring a self developmental prompt. A strong favourite among our Adventurers from the last 7 years, Wanderlust Book lesson is sure to give you plenty of ideas and help you express your feelings through art.</p>			



Week 26	28/6/2024	Sarah Matthews	Stamp Your Style: A Workshop on Designing Unique Patterns with Stamps
<p>Stamp Your Style is a creative workshop designed for individuals interested in exploring the art of pattern-making with stamps. In this class, students will learn how to design a unique and personalized printed pattern that can be used in a variety of projects, from scrapbooking to fabric design. This class is perfect for anyone looking to explore their creativity and learn new skills in a fun and relaxed environment.</p>			



Week 27	5/7/2024	Carolyn Dube	Gel plate serendipity: blend, grunge and make marks
<p>Embrace the serendipity of the gel plate as we explore ways to create grunge, mark-making on the plate with found objects, and blending colors on the plate. Then we'll use that grunge to build our page.</p>			



## STAR THEME: Printmaking (Continued)

Week 28	12/7/2024	Francisca Nunes	Printing Nature
<p>We will use 3 different monoprinting techniques to explore nature printing and create composition collages using the different papers we create. We will explore image transfer from copy paper nature elements, We will print with leaves, flowers and grass, and we will explore monoprinting to create landscape prints.</p>			



Week 29	19/7/2024	Eulalia Mejia	Waking Dreams: stamping with a multitude of supplies
<p>Let's take a moment to daydream and imagine some of the things that bring us happiness. Working in an abstract way and using collage, acrylic paint, chalk pastels, liquid watercolors and hand made stamps, we will create, in our art journal, a surreal world full of symbols that will represent our hopes and dreams. We will be using liquid watercolors, acrylic paints, chalk pastels and texture paste (modeling paste) with simple hand made foam stamps.</p>			



Week 30	26/7/2024	Clare Etheridge	Finding words and transferring images.
<p>This will be a fun and full class exploring 'found word' haiku which we will combine with image transfer. Found images from magazines or photos are always inspiring and we will transfer copies of our images directly into our art journal as well as onto tracing paper for more versatility.</p>			



Week 31	2/8/2024	Jane Chipp	The Kindness of Strangers. Photograph altering workshop.
<p>We will start with a brief introduction to the ways we can use old photographs as tools for expressing our emotions and thoughts in our art journals. We will use an old photograph (preferably of a stranger) as the starting point for a journal spread. I'll ask you to think about the positive ways other people might describe you and we will portray these using techniques to alter the photo. The lesson will be an exercise in self-affirmation and an opportunity to learn techniques for altering photographs.</p>			



## ARTFUL MUSINGS

Week 32	9/8/2024	Sarah Gardner	The Awe and Wonder of Art Journaling
<p>Why Creativity is my Self Care - I'll talk about how the process of creating is a mindfulness practice for me; How I am inspired by what I read (mostly non-fiction) and often create based on quotes from authors who inspire me.</p>			



## STAR THEME: Drawing

Week 33	16/8/2024	Kasia Avery	Intro to Star Theme + Wanderlust Book
<p>Join the course host as she introduces you to the Star Theme through an easy to follow art journaling tutorial. Create a spread exploring different tools and techniques and exploring a self developmental prompt. A strong favourite among our Adventurers from the last 7 years, Wanderlust Book lesson is sure to give you plenty of ideas and help you express your feelings through art.</p>			



Week 34	23/8/2024	Jeanne Oliver	The Joy of Quick Thumbnail Sketches
<p>Using both soft and hard pencils we will create thumbnail sketches based upon the works of Francoise Gilot, one of my personal favorite artists. So much beauty can come into your art practice with simple tools and practice.</p>			



Week 35	30/8/2024	Kate Crane	Urban sketching for art journalers! Have fun with your pen.
<p>Grab your journal and pen and let's go sketching; a perfect way to capture moments and memories. We'll work on small sketches and make it meaningful by adding journaling. Always carry a sketchbook and you'll always have something to do!</p>			



Week 36	6/9/2024	Nicki Traikos	Celebrate you and your creative spirit
<p>Bringing in some of our favorite elements, colors, and unique characteristics, we will build a full page spread as we work on a creative self portrait that is fun, loose, and celebrates YOU!</p>			



## STAR THEME: Drawing (continued)

Week 37	13/9/2024	Francisca Nunes	Digging deep into the roots that shape us
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Draw and explore with our adventurer's Trees and roots. From copy prints as inspiration, we will draw different tree silhouettes and their roots as a base for our page.



Week 38	20/9/2024	LaQuisha Hall	Illustrate Your Life
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Discover fun ways to fill your sketchbook through illustrated journaling. LaQuisha shares her favorite prompts and ideas to begin the mindful practice of documenting your daily life and finding new ways to express your creative ideas.



Week 39	27/9/2024	Melissa Fink	Eyes Wide Open: The Art of Embracing Childlike Wonder
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Let's go on a journey together to notice beauty around us in nature and the childlike wonder of creating through drawing and shape. We will gather foraged materials from nature and let our inner child play with ink and watercolor, creating abstract shapes. We will discover the beauty of layering our drawings into a meaningful journal spread which speaks to having our eyes wide open and the art of embracing childlike wonder. I can't wait to create with you!



## ARTFUL MUSINGS

Week 40	4/10/2024	Jeanne Oliver	You Have Second and Third Chances to Walk Out Your Gifts
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I will be sharing about a life event that changed the way I am today. Sometimes we have moments that stop us in our tracks and those little or big moments derail us for short amounts of time or years. Forgiving ourselves for not being true to who we know ourselves to be can take time but needs to happen to move forward.



## STAR THEME: Alternatives

Week 41	11/10/2024	Kasia Avery	Intro to Star Theme + Wanderlust Book
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Join the course host as she introduces you to the Star Theme through an easy to follow art journaling tutorial. Create a spread exploring different tools and techniques and exploring a self developmental prompt. A strong favourite among our Adventurers from the last 7 years, Wanderlust Book lesson is sure to give you plenty of ideas and help you express your feelings through art.



Week 42	18/10/2024	Francisca Nunes	Preserving a season
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Using some simple supplies we will create a press for flowers and leaves. We'll use the press throughout Winter to keep colorful, joyful flowers at arms reach. We will celebrate by creating a spread using some of the pressed flowers.



Week 43	25/10/2024	Arlyna Blanchard	Appreciating the beauty of daily life
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As it is nearly the end of October, November and December is going to come really fast. So I would like to invite you to make a list of 5 things that you are grateful for, this month or so far this year. We will create a tag for each item on the list and embellish with ephemera, handmade or store-bought plus give new life to things we would throw away.



Week 44	1/11/2024	Shawn Petite	The love of the old, grungy and rusty
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One of my favorite things about growing up was how my mom could make something out of nothing. So today as we make rusty things, we'll take something old looking and reimagine it in a new way.



Week 45	8/11/2024	Traci Bautista	The Art of Wild Ink: Exploring Nature's Palette
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Learn how to make natural inks using materials found in your garden and surroundings. You will be introduced to the process of gathering flowers such as coreopsis and marigolds, as well as using indigo, onion skins, rocks, and berries to create beautiful, sustainable inks for your sketchbook and artwork.



## STAR THEME: Alternatives (continued)

Week 46	15/11/2024	Lisa Goddard	A Stitch in Time Saves Nine
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Sometimes it's difficult to see the bigger picture, but by concentrating on the small things we can make a difference to the whole. Working with string and thread to explore mark making and meditative slow stitching we take a moment to promise ourselves a small change that will benefit us in the long run.



Week 47	22/11/2024	Christine Karpiak	Nature's Magic: Using Nature to Dye and Print Fabric and Paper.
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Discover the excitement and magic that natural materials can bring! As you eco dye fabric and paper with organic elements, you will explore possibilities for using these materials in your artwork. Warning: this process may become addictive!



## ARTFUL MUSINGS

Week 48	29/11/2024	Shay Michelle	Cozy Up in Your Art Studio
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Gather your art journal and your favorite pen. Let's chat about all the ways we can set up a cozy atmosphere in the studio. From glowy candles, to dried florals, you'll love finding the inner peace that you long for right in your own home studio.



Week 49	6/12/2024	Kasia Avery	Closing the Wanderlust Year
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Time for summaries and gratefulness. Join Kasia to talk about the whole of 2024 and the Wanderlust lessons. Let's think of what we have learnt and discovered as we reflect on this year of Wanderlust adventurers together!

