



Supply and material

For the practice in nature and meditation you will need:

- Comfortable clothes (suitable for the season where you are in the world)
- A cushion/towel/ a mat to comfortably sit on the ground for 15 minutes.

For the painting practice you will need:

- Acrylic inks or watercolors. Choose warm colors (yellow, orange, red, gold, and black). I like Daler-Rowney or Liquitex.
- Watercolor paper (any type MINIMUM 300 gr)
- Water and water jar
- Brushes (any type)
- Your favorite pen
- An A4 paper

For journaling

- Your favorite journal (any size will do it, I like A5 or A4 size)
- Your favorite pen