

Supply lists

Intuitive art
BUNDLE

Welcome to the supply list for all of the classes included in this bundle.

Please use the supply lists as a guide - if you don't have some of the products then you can **use it as an excuse to experiment and find substitutes within your stash**, rather than running to the craft store or allowing it to make you feel as if you cannot participate with a technique.

Remember: art is all about experimentation, there's no right or wrong, and **we wholeheartedly encourage you to use what you already have!**

Soul-full energy journal with Kiala Givehand

For the reference journal:

- approximately 10 pieces of 4x4 papers
- two pieces of thicker paper for the cover - also 4x4 - I used acrylic paper by Strathmore
- a single hole punch - you could use an awl or a crop-a-dile or a Japanese screw punch
- a ring for binding - you could also use a post, a brad, an eyelet, or a piece of ribbon/ string
- extra paper for mono-printing
- gelatin plate for mono-printing
- brayer
- glue stick for collage
- black permanent pen for documenting

For the art journal page:

- my current art journal
- my chosen color for the study
- collage bits from the reference book
- waxed linen thread
- needle
- brayer
- fabri-tac glue

- white pen

For the final journal:

- six sheets of lightweight mixed-media paper
- gelatin plate
- brayer
- waxed linen thread
- needle
- awl
- bone folder
- one sheet of thicker paper for cover
- printmaking tools for mono-printing
- white pen

My Intuitive Body with Kasia Avery

- Texture card or surface
- Poem or writing printing on A4 white paper
- Modeling paste (I use this to make a tint with acrylic paint, you can always use white gesso or white acrylic to the same effect!)
- Mix of brush sizes
- Old card or scraper
- Black ink
- Graphite pencil
- Neutral collage papers
- PVA glue & brush
- Acrylic paint
- Clear gesso
- Water-soluble graphite putty
- Dry soft pastel pencils

Love letter with Amanda Grace

- Journal
- Pencil
- Graphite stick
- Non soluble black crayon
- Black micron pen
- White uniball gel pen

- 3 acrylic colours
- Heavy white & black gesso
- Shallow tray for holding water
- Black ink
- Matt medium
- Plain painters tape
- Black masking tape
- Old credit-type card or silicone tool
- Brayer
- Clear packing tape
- Photo (inkjet printed on copy paper)
- Brushes
- Fingers (preferably your own)

Relationship with yourself by Kasia Avery

- sketchpad or scraps of paper + a pencil for the introductory exercise
- soft pencil (8B or 9B)
- acrylic paints (I'm using Golden Heavy Body in Yellow Ochre, Titan Mars Pale, Quinacridone Nickel Azo Gold, Titanium White)
- collage papers
- glue stick
- optional: watercolour pencil in black
- optional: clear gesso
- Ecoline Talens liquid watercolours (I'm using 236 and 227) - you could substitute them with other watered down watercolours or liquid inks
- paintbrushes

Morning rituals with Galia Alena

There are no set supplies for this lesson, just use what you have at hand - here are some suggestions to get you going but please follow your own intuition as to what to use on your page.

- Paints - your choice of colours
- Ephemera - to go with your personal symbols
- Substrate to work on - journal, canvas what ever you like
- Inks- I love Sennelier ink - Sepia & a white
- Mark Makers: Pencils, dip pen, crayons, graphite, charcoal.

Brave intuitive painting with Flora Bowley

- A basic set of acrylic paints. I use mostly Golden brand and Blick Matte acrylics in this video, but any brand will work!
- A variety of brushes. I use foam brushes from the hardware store, along with small inexpensive bristle brushes from the art supply store. Again, use what you have on hand.
- Canvas or paper to paint on. I use two 36" x36" canvases, but heavy watercolor paper will also work --- 140 or 300 lbs is best.
- A palette to put your paints on. I use a piece of glass, but you can also use palette paper, a cookie sheet, a plastic palette or even a piece of cardboard.
- A variety of mark-making tools. There is no need to buy anything new, just look around your house and be creative!
- A spray bottle filled with water.
- A cup of water to keep your small brushes wet.
- Rags.
- An apron or mess-friendly clothes.