

# Wanderlust 2020

## CLASSES SCHEDULE

### CELEBRATING... MY RELATIONSHIPS

<b>Week 1</b>	<b>03/01/2020</b>	<b>Kasia Avery</b>	<b>Wanderlust Book video</b>
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Description: Wanderlust Book videos are dynamic art journaling tutorials by Kasia. These prompt-based lessons will get you inspired by the theme while showcasing a specific style of technique in art-making.

**Also on that day:** Jamie introduces you to his new segment - Art Box: a short video with tips and techniques related to the theme, in this first class Jamie looks at the relationship between different kinds of supplies. This bit of knowledge will ensure that you skip quite a few common mistakes in mixed-media.



<b>Week 2</b>	<b>10/01/2020</b>	<b>Dana Bloede</b>	<b>Honoring Your Ancestors</b>
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Description: Let's dig into our past, honoring a special family member from generations past. Maybe it's someone you know well or someone you've only heard about through your relatives and would like to discover more through fun journal prompts. We all come from somewhere; let's celebrate our heritage. We will be using our own personal family photos as references. You may also select a portrait image from Pinterest that best reflect your native country. It can be a modern or vintage photograph; the search for ideas is endless!



<b>Week 3</b>	<b>17/01/2020</b>	<b>Kasia Avery</b>	<b>Relationship with yourself</b>
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Description: During my lesson, we will focus on the important relationship that is the basis and a starting point for all the other connections in our life - our relationship with ourselves. We will create a mixed-media statement based art journal spread on which we'll explore the importance of art in the self-care practice. This is a great moment to set new goals and talk about our dreams. Our relationship with ourselves is always multi-layered and so will be our work. Thanks to the see-through elements and transparent paints, we will be almost able to look inside our work, while at the same time looking inside ourselves.



<b>Week 4</b>	<b>24/01/2020</b>	<b>Jeanne Oliver</b>	<b>Dyed + Stitched</b>
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Description: We will celebrate one of your treasured relationships through naturally dying fabric, block printing and hand stitching. Using a favorite photo or sketch as a guide we will create a template for your own block print. With simple tools and intentional mark-making through stitching, we will bring the image to life.



## CELEBRATING... NATURE

<b>Week 5</b>	<b>31/1/2020</b>	<b>Kasia Avery</b>	<b>Wanderlust Book video</b>
<p>Description: Wanderlust Book videos are dynamic art journaling tutorials by Kasia. These prompt-based lessons will get you inspired by the theme while showcasing a specific style of technique oin art-making.</p>			

**Also on that day:** Jamies Art Box. Today Jamie will be showing you how to “bring the outside in” using natural elements in your journals.



<b>Week 6</b>	<b>07/02/2020</b>	<b>Marieke Blokland</b>	<b>Colourful Landscape</b>
<p>Description: In this class Dutch artist Marieke Blokland will create a colourful landscape with you! First we will study the work of some of Marieke's favourite artists who were inspired by nature. She will show you how the process of 'being inspired' works for her. Together we will create sketches and collect ideas for bold colour combinations. Next we will dive into our own colorful worlds!</p>			



<b>Week 7</b>	<b>14/02/2020</b>	<b>Sarah Gardner</b>	<b>Shapes of Nature</b>
<p>Description: In this lesson, we will choose a color palette-colors we like that go together and use these three or four colors as well as black to paint papers. Then, we will cut shapes of leaves, petals, stems, etc. inspired by the natural world to use in creating a modern collage of colorful cut-outs. Just getting a solid paint onto paper is a meditative and calming activity. Cutting simple shapes inspired by the plants and foliage around us is also quite centering. Playing around to create a pleasing composition is fun. We'll end up with some colorful pages, as well as plenty of scrap papers to use later in our journals.</p>			



<b>Week 8</b>	<b>21/02/2020</b>	<b>Kelly Hoernig</b>	<b>Field Notes</b>
<p>Description: Discover the hidden treasures of Mother Nature. As we take a closer look at our natural surroundings, just imagine what we can find. Study and drawing skills will allow us to focus on the details while creating a page of found objects in our sketchbook. I'll share trompe l'oeil (fool the eye) secrets that will bring your painted items to life popping them right off the page.</p>			



## CELEBRATING... JOY

<b>Week 9</b>	<b>28/2/2020</b>	<b>Kasia Avery</b>	<b>Wanderlust Book video</b>
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Description: Wanderlust Book videos are dynamic art journaling tutorials by Kasia. These prompt-based lessons will get you inspired by the theme while showcasing a specific style of technique in art-making.

**Also on that day:** Jamies Art Box. In this class, Jamie will be getting his "joy" by using everyday items, to create patterns, texture and interest. He will look outside the box at tools and materials that you may find surprising, but will ensure lots of fun.



<b>Week 10</b>	<b>06/03/2020</b>	<b>Kate Crane</b>	<b>The Joy of Scribble</b>
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Description: Have you ever watched a small child paint? Children paint with enviable freedom and lack of constraint or self-criticism. It looks like the easiest thing in the world but as an adult it is hard to undo years of rules and lessons learned about accuracy and the value of being neat. In 'The Joy of Scribble' we will create a series of art journal pages where we will unburden ourselves from the restraints of perfection, throw off the chains, and feel the pure joy in carefree creating. We will layer and colour and use all of our favourite supplies to explore a looser style and feel the joy in simple scribble.



<b>Week 11</b>	<b>13/03/2020</b>	<b>Kasia Avery</b>	<b>Unlock the joy</b>
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Description: Enjoying the process rather than expecting and getting stressed about the outcome is something that I always emphasize in my lessons. But how can you do it? How to let go of the final result? I will give you some of my best practical tips, and we will go through exercises that have the potential of unlocking the real creative joy within you. We will also create an art journal page focusing on things that make you feel happy, but be wary; things will get wonderfully messy.



<b>Week 12</b>	<b>22/03/2019</b>	<b>Art by Marlene</b>	<b>Stepping Stones to create joy in your Journal</b>
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Description: In my lesson I hope to get you over the fear of starting and I will show you how to enjoy the process. Combining products is easier than you think and I hope that we can create simple pages together with a wow factor!

Introducing you to simple products that can add that extra 'pezaz' to your page and creating contrast to your pages will certainly be part of my lesson !





## CELEBRATING... ABUNDANCE

<b>Week 13</b>	<b>27/03/2020</b>	<b>Kasia Avery</b>	<b>Wanderlust Book video</b>
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Description: Wanderlust Book videos are dynamic art journaling tutorials by Kasia. These prompt-based lessons will get you inspired by the theme while showcasing a specific style of technique in art-making.

**Also on that day:** Jamies Art Box. We are often working with an abundance of materials, layers, and colours, in this mini-class Jamie will show you how to make you focal point stand out, and not get lost in your mixed media pieces.



<b>Week 14</b>	<b>03/04/2020</b>	<b>Mary Beth Shaw</b>	<b>The Abundant Art Journal</b>
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Description: We will work on the journal page, exploring both the ideas of more is more and less is less. Our journey will include handmade journal elements such as sheer and opaque papers and tissues, altered imagery from magazines and mark making with a variety of instruments. Paint, ink, crayons and more will be used to create layers along with paper and fabric collage items. Shape, repetition, and scale will guide us through the space on the page and reveal abundance in multiple ways.



<b>Week 15</b>	<b>10/04/2020</b>	<b>Sarah Gardner</b>	<b>My Heart is Full</b>
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Description: For me, a state of abundance can be experienced when we are grateful for all that we have; it's not something else out there, to be sought after. It's the opposite of "lack" or a feeling that something is missing. We can have abundance when we realize that everything we already have is more than enough. With "My Heart is Full" I want to celebrate this feeling of abundance that comes out of gratitude, a full heart. We will create Mexican folk art "sacred hearts" using a template that I have created, paint these in colorful detail, and adhere them to our journal pages. Then, we will add more colorful doodles with paint, paint pens, and/or markers to create a tapestry look. We can finish our page with a written sentiment, or just leave it as-is: a reminder that when we are grateful for what we have, we can celebrate a feeling of abundance. journey and see where your imagination takes you! As long as you can dream it, you can create it!



<b>Week 16</b>	<b>17/04/2020</b>	<b>Monika Huculak</b>	<b>The Story Teller</b>
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Description: During all of the workshops that I teach, I always try to convey one important thing - we don't need lots of supplies to create a rich, abundant work full of details. It is the focus on individual elements that makes us create something special, despite the not-so-large stock of materials. The most important, most pleasant stage is not the end result but the creative process. I believe that everything you need already exists: creativity. It brings in the light, opening up new possibilities. It isn't limited because abundance comes from within, not from what you have.



# CELEBRATING... THE MOMENT

<b>Week 17</b>	<b>24/04/2020</b>	<b>Kasia Avery</b>	<b>Wanderlust Book video</b>
<p>Description: Wanderlust Book videos are dynamic art journaling tutorials by Kasia. These prompt-based lessons will get you inspired by the theme while showcasing a specific style of technique in art-making.</p>			



**Also on that day:** Jamies Art Box. Jamie’s favourite subject! He will show you how to capture the moments which are otherwise gone forever. With advise on using a smartphone or camera, to take beautiful pictures you can later use in your journals.

<b>Week 18</b>	<b>01/05/2020</b>	<b>Nathalie Kalbach</b>	<b>If Not Now...</b>
<p>Description: “Now is as good as then” ...I am definitely a child of the 80s and while I always liked more non-mainstream music of that time, I have always loved Tracy Chapman’s song “If Not Now...”. The song is about celebrating the now and present moment and take action. Let’s celebrate the NOW and express ourselves through colors, layers and texture. I will show you how I find inspiration in the everyday life and how I take action to celebrate my day through acknowledging it in my art journal.</p>			



<b>Week 19</b>	<b>08/05/2020</b>	<b>Kasia Avery</b>	<b>Embracing the impermanence</b>
<p>Description: Whenever I think of how impermanent everything around us is, it makes me feel safe and happy. It makes me realise that all we truly have is this very moment so we should celebrate it as much as possible. During my lesson, we will embrace the impermanence of one of my favourite mediums - soft pastels. You'll be working in your art journal, exploring mark-making and honoring the wonderful experience of this brilliant tool.</p>			



<b>Week 20</b>	<b>17/05/2019</b>	<b>Christine Karpiak</b>	<b>Today's Treasures</b>
<p>Description: Celebrate the moments, memories, experiences, and beauty each new day has to offer by expressing your mindful moments in a beautiful self created art journal. This creative expression involves the exploration not only of your art and it’s techniques, but also explores ways to find balance, peace and happiness in your daily life. Celebrate the here and now and the beauty and strength it can hold through your creative self expression.</p> <p>“Nothing is more precious than being in the present moment. Fully alive, fully aware.” -Thich Naht Hahn</p>			



## CELEBRATING... COLOUR

<b>Week 21</b>	<b>22/05/2020</b>	<b>Kasia Avery</b>	<b>Wanderlust Book video</b>
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Description: Wanderlust Book videos are dynamic art journaling tutorials by Kasia. These prompt-based lessons will get you inspired by the theme while showcasing a specific style of technique in art-making.

**Also on that day:** Jamies Art Box. In this month of colour, Jamie will show you how to use an alternative colour palette in your mixed media works and what advantages it can give to you.



<b>Week 22</b>	<b>29/05/2020</b>	<b>Carolyn Dube</b>	<b>Color Explosion</b>
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Description: Inspired by confetti cannons, we're going to create a playful party of color on our pages. This is a fun, NO MESS way to get bursts of the rainbow on your art journal pages! Along the way, you'll also see how gesso can be use for more than just a page primer too!



<b>Week 23</b>	<b>05/06/2020</b>	<b>Sarah Gardner</b>	<b>A walk down my garden path.</b>
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Description: Color is a huge inspiration for me, and I am happy whenever I see bright watercolors in anyone's art journal! It truly gives me joy, and cause to celebrate! We will create our own DIY foam stamps out of craft foam, and use these in making a colorful layered background in our art journals. Doodling in black adds great contrast and makes the colors pop. A special kind of graphic hand lettering will be used to write a sentiment or quote about how color inspires you.



<b>Week 24</b>	<b>12/06/2020</b>	<b>Rachel Greig</b>	<b>Colour Your World</b>
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Description: Let's celebrate the colour in the world around us! We'll take a leaf out of nature's book and create an art journal page using colours inspired by flowers and forests. Rachel will show you how to build layers in your journal starting from a blank page all the way through to a finished textured piece of art! Follow along with Rachel's colours, or choose your own colours to make it your unique style. You will see how to use stencils, stamps, texture paste, glazing medium, paints and more to celebrate the wonder of nature around you!





## CELEBRATING... STORIES

<b>Week 25</b>	<b>19/06/2020</b>	<b>Kasia Avery</b>	<b>Wanderlust Book video</b>
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Description: Wanderlust Book videos are dynamic art journaling tutorials by Kasia. These prompt-based lessons will get you inspired by the theme while showcasing a specific style of technique in art-making.

**Also on that day:** Jamie's Art Box. Jamie will show you how to make your journal pages more interesting with ideas on storytelling, which will engage your audience, even if that audience is only you.



<b>Week 26</b>	<b>26/06/2020</b>	<b>Cat Kerr</b>	<b>Hiraeth</b>
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Description: Definition for hiraeth (n.) a homesickness for a home to which you can not return, a home which maybe never was; the nostalgia, the yearning, the grief for lost places in your past.

The story I share today is not my story but everyone's story. At one one point or another, we all have a longing for what was and can no longer be. Bittersweet time sweeps in unexpectedly and before we realize what's really happening, the present becomes the past and we are left with only echos.

Home is not a place, but a feeling, a memory, a touch. The memories I have collected of my childhood home are of my mother. Her echos come alive in the gentleness and kindness she lovingly gave us.

In this class, we will recapture these precious memories and create a semi-transparent house out of craft plastic that holds a reflection of our memory. This dimensional piece will stand almost 12" tall and it will be lit from the inside out.

We can no longer visit, it's true, but we carry it everyday deep within our hearts.



<b>Week 27</b>	<b>03/07/2020</b>	<b>Kasia Avery</b>	<b>The visual path - storytelling through multiple focal points.</b>
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Description: A well-told story takes you from the beginning right to the end. It takes your feelings on a journey while at the same time, leaving some space for imagination. Working with several focal points is a brilliant way to tell a story visually. Even though it may seem challenging to start with, I'll make sure that you feel comfortable and confident while using this technique. We will explore the key points that will ensure your visual story (art journal spread) is coherent, interesting, and simply beautiful.



<b>Week 28</b>	<b>10/07/2020</b>	<b>Claudette Hasenjager</b>	<b>Storytelling Through Intuitive Collage</b>
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Description: During this Wanderlust class you are going to explore the use of intuitive collage to express and explore the stories of your life. You will learn to listen to your gut as you navigate through the process and layers of creating a collage filled with mindful expression. Using playful exploration, you can release your expectations and create with freedom. This process is all about switching off your thinking brain, dropping down deep into your center and following the flow of your creative process down the rabbit hole of inspired reflection.

You are going to use your collection of paper ephemera to create a piece of art that awakens your soul. Techniques explored during this class include intuitive collage, techniques for altering figures, tips for composing collage pieces, abstract mark making and image transfers. These techniques will be used to transition from thinking, to feeling your way through your creative process.



## CELEBRATING... SENSES

<b>Week 29</b>	<b>17/07/2020</b>	<b>Kasia Avery</b>	<b>Wanderlust Book video</b>
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Description: Wanderlust Book videos are dynamic art journaling tutorials by Kasia. These prompt-based lessons will get you inspired by the theme while showcasing a specific style of technique in art-making.

**Also on that day:** Jamies Art Box. Jamie will show you creative ways to stimulate your senses in your journal pages.



<b>Week 30</b>	<b>24/07/2020</b>	<b>Galia Alena</b>	<b>"There is a voice that doesn't use words- listen." Rumi</b>
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Description: Art making can be conceptual and complicated or it can be simple and pure pleasure, playing with the media to see what delights. In this workshop we will explore the sensual pleasure of making art, of moving paint, of watching, of responding, of listening to how the art making FEELS to us. This lesson wont be about an end result, it wont even really be about process, but it will be about how art relates to the senses.



<b>Week 31</b>	<b>31/07/2020</b>	<b>Sarah Gardner</b>	<b>Come to your Senses</b>
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Description: This is not a call to be more rational, but rather an invitation to actively experience - to celebrate- what your senses are telling you. Using different writing tools (brush pen, black colored pencil, graphite pencil, stamped lettering) we will do some stream of consciousness writing about what happens when we engage fully in experiencing our senses. We will use this paper to create a base layer of collage in our art journals. We can use other "neutral" text as well to create this collage layer. Adding a thin layer of absorbent ground will give us a "tooth" to apply watercolor and ink mediums to the pages in puddles, blotches, drips and drops. We will adhere a cut out figure from a magazine, or even a photo of ourselves to the page and then create an illustrated "ribbon" surrounding the figure. We will make most of this "ribbon" wide enough so that we can write inside of it, a quote or a thought about what happened when we came to our senses.



<b>Week 32</b>	<b>07/08/2020</b>	<b>Jenny Grant</b>	<b>Feel your Flow</b>
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Description: In this lesson I will bring you into my magic world of art journaling and show you how I practice to find my flow and my creative spark through my senses. Art Journaling is a very important part of my creative process and I'm excited to show you how it helps me to relax, to let go and to find my flow! I will share with you some of my favourite tools and tricks of how I feel what the next step is and how I focus on enjoying the process. In the end, I will show you how I turn my journal page into a soulful piece of art, packed with creative energy! Ultimately, art journaling opens up the magic of what is unique within me!





## CELEBRATING... WORDS.

<b>Week 33</b>	<b>14/08/2020</b>	<b>Kasia Avery</b>	<b>Wanderlust Book video</b>
<p>Description: Wanderlust Book videos are dynamic art journaling tutorials by Kasia. These prompt-based lessons will get you inspired by the theme while showcasing a specific style of technique in art-making.</p>			

**Also on that day:** Jamie's Art Box. Jamie will show you a range of writing implements and their differences, advantages and disadvantages.



<b>Week 34</b>	<b>21/08/2020</b>	<b>Caylee Grey</b>	<b>Found words</b>
<p>Description: Words are the big little things in life. Words have immense power. In this lesson, we will celebrate the words in our life. The big ones. The small ones. Ones we have overhead in a coffee shop and ones that have changed our lives forever. We'll take some time to reflect and save them in our art journal, Silva Rerum, or commonplace book. Caylee will show you three techniques for taking them in, sorting, and making art with them. There will be collage. And there will be totally doable handlettering. And! Bonus! Caylee will give you a peek into her own digital idea book and show you what she does with all the Important Words that she can't immediately turn into art.</p>			



<b>Week 35</b>	<b>28/08/2020</b>	<b>Kasia Avery</b>	<b>The raw poetry of daily life</b>
<p>Description: During my lesson you will become a poet, but I promise you - it's going to be fun and very pleasant. We will create a series of pages exploring the raw style that's perfect for your daily art journaling. You will indulge yourself in some beautiful elements and techniques that resonate with you. Focusing your attention on just one at a time you'll get a chance to really explore them well, while at the same time creating little, easy poems.</p>			



<b>Week 36</b>	<b>04/09/2020</b>	<b>Helen Colebrook</b>	<b>Tell Your Story</b>
<p>Description: I think telling your own story can be one of the most empowering and rewarding experiences you ever have. It's the perfect way to celebrate all of the great things around you, that can too easily go unnoticed.</p> <p>In this lesson, I will guide you through creating your own journal pages, using a combination of mixed media and different lettering techniques.</p>			



## CELEBRATING... EMOTIONS

<b>Week 37</b>	<b>11/09/2020</b>	<b>Kasia Avery</b>	<b>Wanderlust Book video</b>
<p>Description: Wanderlust Book videos are dynamic art journaling tutorials by Kasia. These prompt-based lessons will get you inspired by the theme while showcasing a specific style of technique in art-making.</p>			

**Also on that day:** Jamies Art Box. Jamie will talk about the influences of colour on our emotional state, and how you can use it to change the mood of your pages.



<b>Week 38</b>	<b>18/09/2020</b>	<b>Renee Mueller</b>	<b>Celebrating Flowers</b>
<p>Description: In this lesson, we will celebrate the beauty of flowers as we create loose, expressive flowers that will dance across the pages of your art journal.</p> <p>For thousands of years, the language of flowers has been a form of communication between people to connect and express emotions. Flowers are a part of life, and they can represent our internal landscape of emotions — love, beauty, brevity, fragility, sorrow, and joy.</p> <p>I use flowers in my art to represent the many facets of my life, my journey, and my personal stories. I hope to communicate these ideas and encourage students to look at flowers to express their emotions and stories in the pages of their art journals.</p>			



<b>Week 39</b>	<b>25/09/2020</b>	<b>Sarah Gardner</b>	<b>Emotional Rescue</b>
<p>Description: By celebrating our emotions, even just paying attention to them as an observer, we can realize they are here to help us navigate our lives. We will choose a magazine image that speaks to an emotion that we are “observing” at the moment. Then, we will “journal” in black marker onto a white sheet of paper, rip it up, and collage it to our journal pages, along with other black and gray collage items. Using the colors from our magazine image, we will build on this layer to create a mixed media spread containing multiple layers: paint, more collage, doodling and scribbling, and finish with a unifying repeating mark or doodle that we choose. We can add some “faux” brush lettering to a piece of paper and then integrate this into our page.</p>			



<b>Week 40</b>	<b>02/10/2020</b>	<b>RaspberryBlueSky</b>	<b>Creating a Space for Reflection</b>
<p>Description: Together we will go on a journey. A journey where you will explore various opportunities on how to express yourself and nourish your soul. Not only by incorporating personal items in your art, but also by connecting to your inner emotions. Using different techniques, you will learn to honor and reflect these emotions as I guide you.</p>			



## CELEBRATING... SIMPLE PLEASURES

<b>Week 41</b>	<b>09/10/2020</b>	<b>Kasia Avery</b>	<b>Wanderlust Book video</b>
<p>Description: Wanderlust Book videos are dynamic art journaling tutorials by Kasia. These prompt-based lessons will get you inspired by the theme while showcasing a specific style of technique in art-making.</p>			

**Also on that day:** Jamies Art Box. One of the simple pleasures in life is being tidy! Today Jamie will share hints and tips for being organized with your supplies, so you can spend more time doing what you enjoy.



<b>Week 42</b>	<b>16/10/2020</b>	<b>Char DeRouin</b>	<b>Honoring Celebrations</b>
<p>Description: As artists, we know that even the simplest of things can catapult us into creative inspiration, so why not honor, recognize and celebrate them! In this class, we will make a 'simple' yet expressive junk journal to document our celebrations, whether they be big or small, past or present, or something yet to transpire.</p> <p>I'm all about making this journal your own — a personal, memory-keeping diary of sorts, as we explore mixed media techniques and supplies in filling up our pages. You're only limited by your imagination!</p>			



<b>Week 43</b>	<b>23/10/2020</b>	<b>Kasia Avery</b>	<b>Simple pleasures calendar</b>
<p>Description: Simple pleasures have immense power in our life. During my lesson, we will create a mixed-media calendar of your own little delights - one for each day and all in the form of an art journal spread. We will use this as a challenge for ourselves, to bring more enjoyment to our lives and to explore doing things only for the pure pleasure of it.</p>			



<b>Week 44</b>	<b>1/11/2019</b>	<b>Jenn Pipe</b>	<b>A Love Affair with Alcohol Inks</b>
<p>Description: The breathtaking beauty of a vibrant colour palette. The meditative fizz of glittery ink on paper. The unforced, abstract co-mingling of colours and textures. The unexpected splendour of your layers and textures. The confidence-boosting freedom that accompanies ditching perfectionism. The awe you feel as you focus on the process of creation as opposed to the end result. The almost kindergarten-like ease of working with these mediums and substrates. The magic and wonder you feel when you create something so effortlessly breathtaking!</p> <p>These are some of my favourite Simple Pleasures when working with alcohol inks on assorted surfaces. I've had a massive love affair with these tiny bottles of hyper-pigmented inks and non-porous substrates for almost two years now. I can't wait to show you how easy they are to work with, how much joy you will find in the process, and give you some of my best tips for taking your projects next-level!</p>			





# CELEBRATING... MY BODY

<b>Week 45</b>	<b>06/11/2020</b>	<b>Kasia Avery</b>	<b>Wanderlust Book video</b>
<p>Description: Wanderlust Book videos are dynamic art journaling tutorials by Kasia. These prompt-based lessons will get you inspired by the theme while showcasing a specific style of technique in art-making.</p>			



**Also on that day:** Jamie's Art Box. Jamie will show you how to tone when painting the human body. Whether it's life like or abstract toning is important, and will take your paintings to the next level.

<b>Week 46</b>	<b>13/11/2020</b>	<b>Ivy Newport</b>	<b>Dear Body</b>
<p>Description: This mixed media project will focus on celebrating, nurturing and acknowledging the gifts of our divine bodies. With a message of self love and self acceptance we will explore a writing exercise and then create a mixed media collage that focuses on loving our bodies. We will combine paint, collage and other wonderful mixed media to layer, explore and play with color, texture, pattern and line. This piece could be in your art journal or done as a separate creation on paper, board or canvas. We will also create a mantra or affirmation that will help us reprogram our minds to foster more body acceptance and love.</p>			



<b>Week 47</b>	<b>20/11/2020</b>	<b>Sarah Gardner</b>	<b>Energy Centers</b>
<p>Description: "Chakra" is Sanskrit for "wheel". You may have heard your yoga instructor refer to your chakras. These energy centers run through the center of your body from your feet to the top of your head. For this journal spread, we will learn a little about the chakras, and focus our artwork on one of the chakras that we want to bring into balance for ourselves. We will create a background that will pleasantly contrast the color of the particular chakra we have chosen (there are seven chakras and their colors go from red, to orange, then yellow, green, blue, indigo and finally, violet). We will draw the figure of our body, just an outline form. Over this we will create a mandala (Sanskrit for "sacred circle") in the color of our chosen Chakra. Elsewhere in our spread we can journal about how we can bring this chakra into balance.</p>			



<b>Week 48</b>	<b>27/11/2020</b>	<b>Tracy Verdugo</b>	<b>Your Body is a Temple</b>
<p>Description: Let's focus on the innate strengths of these amazing miraculous bodies we are given, identifying our bodys superpowers; resilience, tenacity, sensuality, love, endurance... We'll explore these strengths together, in mixed media on watercolor paper, using inks, drawing tools and collage and working fluidly and expressively, allowing for our own unique voice to emerge. We'll take creative prompts from several places, using apps to transform photographic images and also finding inspiration from ancient renditions of the Goddess in pre Columbian and other historic artifacts.</p>			



<b>Week 49</b>	<b>4/12/2020</b>	<b>Kasia &amp; Jamie Avery</b>	<b>Closing the year</b>
<p>Description: Time for summaries and gratefulness. Jamie is joining Kasia to talk about the whole of 2020 and the Wanderlust lessons. Let's think of what we have learnt and discovered as well as finish off our art journals.</p>			

