

Conversations of the Soul - Supplies List

As ever, I encourage you to be adventurous and use whatever supplies you feel drawn to, but for guidance, here is what I used for this workshop :-

I worked on two small canvases, each is 6" x 6", both primed with gesso.

White gesso primer - recommended for all surfaces prior to starting.

Cloths, tissue, water for rinsing as needed. Palette or dishes to mix your paints on.

(Note - Change up your water frequently to help keep the colours fresh.)

A selection of paintbrushes - I used about three different sizes, mostly round, fairly soft. You will want a fine brush for detailing, but otherwise choose brushes that are a little larger than you THINK you would want. This means the strokes will be more visible and 'painterly' and you won't get too weighed down in fine details too early in the work!

Palette knife or old plastic credit card.

Optional- a hairdryer or heat gun to speed the drying process if desired.

Pencil of your choice (I used 4B)

Here are the exact products that I used, but please don't rush to the store, use what you have in similar shades under other brands!

Acrylic paints:

Windsor Newton Permanent Alizarin Crimson, heavy body

Liquitex Basics Titanium White

Liquitex Basics Cadmium Yellow

Golden Fluid Acrylic Prussian Blue (does not need to be a fluid acrylic, this is just what I had in this shade)

Sennelier Abstract Iridescent Bronze (any metallic of your choice is great)

Black Acrylic Paint (unbranded)

I also used:

Amsterdam Acrylic Ink in Turquoise Green - this is one of my FAVE shades, I use it often and as you can see I need a new pot of this lovely ink soon!

White Acrylic Marker - Posca pens are great, but this one is unbranded, I got it to try! A white gel pen may also work, but not as dense in pigment and will need careful sealing before varnishing.

I sealed these paintings when finished, with a coat of Liquitex Acrylic Gloss Medium to fix all the paints into place.

This was followed by a coat of Winsor Newton Acrylic Gloss Varnish when dry.

I also painted the sides of my canvases with black gesso - you can do this with any acrylic of your choice, or not at all, it's entirely a personal preference!