

Supply List

We recommend everything on Whitney's PDF above and these optional additional supplies:

Large Canvas from Thrift Store (not an old oil painting) -

Why? First, we want to be friendly to the environment. It is simply best practice to reuse and recycle as much as possible.

And at the same time it is kind to our psyche. When we are doing something new and challenging, it is hard to spend money on something that might not work out.

The canvas Lori uses in the video is one she purchased for \$12.99. It still had its original new price tag on it of \$80!

***Make sure your thrifted canvas is not an old oil painting, however. Acrylic paint will not adhere to oil paint.

White or Grey gesso

Large paintbrush or roller

Acrylic paint pens (markers will work)