

Art as Therapy & Meditation

ART-F03

Supply List

Arts Center of Saint Peter

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Date: Saturday, October 18–November 29, 2008 (no class Nov. 15)
9:30–11:30 a.m.

A \$10 supply fee to the instructor at first session.

Learn drawing processes, writing exercises, and color mixing as a form of meditation. Learn about many artists whose work taps the subconscious. The idea of creating art as a form of therapy can surface wonderful content. Begin a mixed media journal in class. Practice automatic drawing, experiment with color, share work, and enjoy studio time.

Supplies to Have:

Kneaded Eraser (large)

Gum Eraser

Drawing Pencils: 2B, 4B, 6B, 8B

Hand Sharpener

Spiral Sketchbook or journal (without lines) no smaller than 9” x 12”

Vine Charcoal Sticks

Compressed Charcoal sticks

Newsprint will be provided by the instructor for class use

**Oil Pastels and Colored Pencils will be provided by the instructor
for class use**

You will be given a “search list” at the second session as far as other every day items to bring in for reference.