

OMEGA

Rhinebeck, New York

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Painting the Sacred Within: Art Techniques to Express Your Inner Voice

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Supplies List

- 6 canvases, we recommend at least 3 larger canvases of 16 by 20 inches, or whatever you can best accommodate for your travels. For traveling, these [flat canvas panels are great.](#)
- A variety of Acrylic paint including the primary colors for mixing= red, yellow, blue. Definitely [Titanium white](#) & [black](#) and then other fun colors you are drawn to. Here's a [good starter set.](#) Our favorite brand is [Golden](#) especially for the [Titanium white](#) which we buy in a bigger quantity. Golden can be expensive so *any* acrylic brand works. We recommend getting some basic colors in the Golden brand (white, carbon black, primary colors) and then you can grab a selection of fun colors that you are drawn to in cheaper brands.
- A combo of large + small brushes with different tips (a pack like [this Princeton pack](#) is good to start) and a few [big ones](#) that feel good to you. Get brushes specifically for Acrylic paint.
- Modpodge to use as a collage adhesive.
- Paper you like for collage-- can be scraps found in recycling, wallpaper, vintage photos... whatever you are drawn to or have been collecting.
- A travel watercolor set.
- A cold pressed pack of Watercolor paper, we recommend Arches brand, but any brand will do.
- Container for water (you probably have a jar or large yogurt container on hand you can use)
- A palette-- we like these [disposable palette papers](#) for quick & easy clean up, even a stack of paper plates works perfectly.
- Paper towels or a rag like an old t-shirt
- Water bottle for spraying paint
- [Squeegee](#): which can be an old hotel key/sample credit card
- A pair of scissors
- [Silver or Gold leafing kit](#)
- Pencil for sketching

- Acrylic Paint Markers, any brand in the colors that you like, and we recommend Posca, Montana and Sharpie brands in basic colors like blue, red, yellow, black, white, gray and also some FUN colors that appeal to you, hot pink, teal, terra cotta, use your imagination!
- [Doilies](#), [lace](#) or other [stencil](#) shapes ([chevrons](#) are a fun trend), The craft store Micheal's has a huge selection of stencils in different fun shapes, and Amazon.com is another great place to search for stencils.
- [Transfer paper, or Carbon Paper.](#)