



Diana Sanford
WS11 Two Day Workshop
"JAM Session!"
Thursday-Friday, June 13-14

NOTE FOR ALL IAPS WORKSHOPS: *You must bring your own portable easel, and a board to support your paper. The room will be set with chairs which can be moved around to suit your preference. You can stand at an easel and use the table for your supplies, or you can bring a table easel and sit to work. Rubbing Alcohol will be provided for the students' use. **IMPORTANT:** Please bring a plastic or cloth sheet to place under your easel, or table, to protect the hotel's carpet.*

Diana Sanford's SUGGESTED MATERIALS LIST:

Our primary materials will be charcoal, ink, gesso and pastel. (I will provide gesso and Sumi ink so you don't have to fly with them but feel free to bring your own too.) You'll want to work as large as you're comfortable given your travel. You'll be generating 10-12 paintings in the two days so have a way to transport them home.

Standing easel (large enough for a large board)

Board (to tape paper to)

Black 1" artists masking tape (like Generals, Pro Art "Photo") you want low tack tape

Paper (A selection of papers of your choice. Ideally 16 x 20 or larger. For quicker studies or for a less expensive option, you might try sketch vellum like Borden & Riley #116, watercolor paper or Rives BFK 280 printmaking paper. And for longer exercises, you may prefer a pastel paper. At least half of your pieces will have some wet medium. You'll need 5-8 papers per day.) Contact me if you have questions.

Vine charcoal (assortment of other charcoals you have on hand)

Compressed charcoal (or black pastel....something really dark!)

White soft pastels

Rags and/or soft paper towels

2 containers for water (to keep your ink brush and gesso brush separate)

2 tins or small plastic keepers with lids – one for gesso and one for ink

Brushes, various sizes (at least two inexpensive 1" or larger brushes)

Calligraphy pen (traditional bamboo or holder with nibs, for use with Sumi Ink)

Pastels (You'll need greys and brights of each hue. Mostly soft pastels, some hard. You don't need a huge set but you want a full range of value, hue and saturation.)

Scraping and spreading tools like old membership cards, pallet knives and/or spatulas

Baby wipes!

Please note that all kinds of music is used in the workshop to enhance our experience!

As we practice and allow the unplanned, the unstructured and intuitive, we are strengthening the right side of our brains and concurrently our ability to perceive the whole, be in the moment, empathize, connect to our body's wisdom and discover the nuances of what is meaningful to us." Iain McGilchrist

If you have questions, contact Diana at dianawsanford@gmail.com