**PAINTING TO CALM THE BLEEP DOWN**

**Instructor**Sylvie Mayer
[Meet your instructor](https://oklahomacontemporary.org/learn/studio-school/current-studio-school-instructors/sylvie-mayer?token=I1e_WDFUqX9_yB3NZiSbZj_Nvn1bdThf)

**Start Date | Rain date**
Four-week class begins **Thursday, September 27, 6-8:00 p.m.**

In case of instructor illness or weather, the rain date is Oct. 24

**Location**

Main Building | In Honor of Bryan and Kendall Hall Studio Two | 11 NW 11th St., Oklahoma City, OK, 73102

**Open Studio Sessions**

Check availability on the [Student Portal](https://oklahomacontemporary.org/learn/studio-school/studio-school-student-portal)

**COURSE OUTLINE**

Week 1Each week, students will be guided in a variety of painting exercises, along with breathing and mindfulness practices. Throughout the course, students will respond to color, line and form, as well as internal and external observation. During week 1, students will be introduced to the structure of the class, the materials, and will work from painting prompts.

Week 2
Students will work with painting from nature, using layers and learning to work towards abstraction.

Week 3
Students will engage with senses other than vision, creating paintings that respond to sound.

Week 4
Students will follow a series of painting prompts, working both expressively and from observation.

**REQUIRED SUPPLIES**

* 8 canvas panels, size 11 x 14’’
	+ buy a pack of 12: [https://www.amazon.com/PHOENIX-Painting-Canvas-Panel-Boards/dp/B07BNHHM98/ref=sr\_1\_1\_sspa?crid=2903HMKDFXOZR&keywords=canvas%2Bpanel%2B11%2Bx%2B14&qid=1660154631&sprefix=canvas%2Bpanel%2B11%2Bx%2B14%2Caps%2C150&sr=8-1-spons&th=1](https://www.amazon.com/PHOENIX-Painting-Canvas-Panel-Boards/dp/B07BNHHM98/ref%3Dsr_1_1_sspa?crid=2903HMKDFXOZR&keywords=canvas%2Bpanel%2B11%2Bx%2B14&qid=1660154631&sprefix=canvas%2Bpanel%2B11%2Bx%2B14%2Caps%2C150&sr=8-1-spons&th=1)
	+ buy individually: <https://www.dickblick.com/items/blick-canvas-panel-11-x-14/>
* Brushes
	+ 1’’ synthetic brush
		- [https://www.amazon.com/Wooster-Brush-Q3108-1-Softip-Paintbrush/dp/B000PGRPU2/ref=asc\_df\_B000PGRPU2/?tag=hyprod-20&linkCode=df0&hvadid=216800360809&hvpos=&hvnetw=g&hvrand=11138603732676915329&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9026254&hvtargid=pla-384557900355&th=1](https://www.amazon.com/Wooster-Brush-Q3108-1-Softip-Paintbrush/dp/B000PGRPU2/ref%3Dasc_df_B000PGRPU2/?tag=hyprod-20&linkCode=df0&hvadid=216800360809&hvpos=&hvnetw=g&hvrand=11138603732676915329&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9026254&hvtargid=pla-384557900355&th=1)
	+ 6 round synthetic brushes with long handles in sizes 0, 1, 2, 4 & 8
		- set: <https://www.dickblick.com/items/blick-scholastic-wonder-white-round-brushes-set-of-6-long-handle/>
* Palette paper, size 9 x 12’’
	+ https://www.dickblick.com/items/blick-palette-paper-pad-9-x-12-50-sheets/
* A cup or jar for water
* Acrylic paint (60 ml tubes)
* Paints can be purchased at Porch’s, Michaels or Hobby Lobby. Any student-grade brand will do but my favorites are Sennelier and Golden.
	+ Colors (required):
		- Titanium white
		- Ivory black
		- Cadmium red
		- Cadmium yellow light
		- Ultramarine blue
	+ Colors (optional, but strongly recommended):
		- Viridian
		- Alizarin crimson
		- Yellow Ochre
		- Phthalo Blue