Materials:

Palette - a 12x16 (or larger) disposable paper palette pad. Get white, not gray.

Palette knife – not a teeny one. You want to be able to scoop up a pile of paint with it.

Rags or paper towels (I like disposable blue shop towels, available at hardware stores)

Gamsol

2 glass jars with tight-fitting lids, for Gamsol

Viewfinder. I like the ViewCatcher by The Color Wheel

Paint - I use M. Graham brand. Please include a red, a blue, a yellow, and a white. Here are some suggested colors:

Titanium white
Alizarin Crimson, Cadmium red, Pyrrol red
Ultramarine Blue, Cobalt blue, Pthalo blue, ivory black
Cadmium yellow, Hansa yellow, Azo yellow, yellow ochre

*Note: water-soluble oils are not recommended.

Brushes - I use Princeton Summit series synthetics (green handle), and hog bristle (Rosemary Ultimate and Simmons Signet). A good starter kit is a #2 round and a #4 flat in the Princeton, and a #5 filbert bristle.
Painting surfaces:

- Three 12x16” canvases or boards, a pad of canvas paper, or Arches oil paper
- Three canvases, minimum size 10x10” - or any size you’d like to work on for about 3 hours.

Easel and side table

- A standing travel easel. (A french easel or plein air/tripod easel)
  ***Maude Kerns has easels for student use, but I recommend bringing your own.***

- A TV table or side table for your palette (optional, but helpful!)

******A complete materials kit is available to purchase from Sarah, for $75. A great option for out-of-town painters! Bring nothing with you but a sketchbook and pencil! **********

About the Instructor:

Sarah Sedwick is a prolific painter of still lifes inspired by color combinations and perceptual effects. All are painted from life.

Born in Cleveland, Ohio, Sarah earned a BFA in Illustration from The Maryland Institute, College of Art in 2001.

Based in Oregon, she has been teaching workshops around the US on alla prima still life and portrait since 2013, and also conducts an online art mentorship program.

Her teaching philosophy is simple: the more you paint, the more you improve - so removing the blocks that keep us from the canvas is key. Loosen up, let go of perfectionism, and watch the results unfold.

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