



## Wild and Expressive water media with Lora Murphy

### *Guidelines for this class*

*This is a fast and fun way to stretch yourself and your painting!*

*Give yourself just 30 minutes to do this portrait ..Do not overthink*

*Turn up the music and STAND at an easel for this.*

*Dance as you are painting and use your whole arm, not just your hand.*

***Supply List for Wild and Expressive watermedia***

***with Lora Murphy***

Tools:

Graphite pencil

Variety of acrylic brush sizes but must include a ½ brush

Acrylic flow medium

Heavy watercolour paper

Gesso

Venetian plaster

Paint any brand will do

I used a variety of paints..anything I had on hand really .The only colours you really must have are white, yellow ochre, blue and a red. With these, you can make a skin tone and the rest is up to you

I love the modern pigments and tend to use Quinacrodines and a transparent red earth instead of burnt sienna . I love the transparent colours and they are useful with this project.

You must stand at an easel for this project , you can be careful with your drawing but when you paint you must really let go!!

*Have fun and happy painting!*

