

"Loosen Up with Aquamedia Painting"**It's Like 4 Years of Art School!**

Burridge's popular "Loosen Up" workshops nurture individual success and personal enrichment with a big emphasis on daily painting projects at your own pace. It is stress-free, but be warned; you could end up with too much enthusiasm for painting. Burridge's flagship workshop offers a variety of painting subjects for everyone. Designed for the professional painter who is stuck in a style as well as for the novice who wants to conquer their fear of painting. Starting each day with multiple, small "warm-up painting exercises" up to larger-format paintings, Burridge's positive approach towards the act of painting will inspire you to loosen up, have fun again and paint more! Expect an intense, concentrated and lively workshop where you will create many works of art using spontaneity for maximum effect. This workshop has become a must for artists who want the confidence and permission to paint the way they have always wanted to paint.

Students will take home preprinted notes of useful and need-to-know information. Burridge's newest color combination technique is also demonstrated. A positive attitude is a must!

Suggested Materials List

1) Your choice of Acrylics.

Bob recommends: Holbein Acryla, Acrylic Polymer Paints:

- Flame Red
- Yellow
- Middle Green
- Cad Green Light
- Katsura Blue
- Compose Rose
- Luminous Opera
- Titanium White
- Marigold
- Cad Yellow Light
- Cad Yellow Orange
- Compose Blue #1
- Compose Blue #2
- Violet
- Pearl Gold
- Lamp Black

Plus any more colors you like!

Check your local Art Store
or contact HK Holbein, 800-682-6686.

2) Brushes: Isabey Mongoose (long handle), or Isabey Isacryl Acrylic Brushes or Escoda brand acrylic/synthetic combos, 1" Flat or Round. Several 2" and 3" cheap disposable bristle brushes. (hardware store) NO FOAM BRUSHES.

3) For cleaning brushes: Murphys Oil Soap, "Original Formula." (grocery & hardware stores)

4) Surfaces: Per day you may need up to two Full Sheets of 140 lb. or 300 lb. CP watercolor paper, pre-gessoed (thin layer of acrylic gesso - brush or trowel on one side only, let dry) Brushmark texture is okay; do not sand smooth. Bring flat--- do not roll up. I recommend Fabriano Artistico 140 lb and 300 lb CP.

Optional Surfaces: Also, up to two per day 8" x 10" (or larger) pre-gessoed canvases.

5) 1 pint of thick white professional acrylic gesso. Bob uses Joe Miller's Signature Series One Coat Gesso (red label) or Utrecht's Professional Gesso --- it's thicker than most.

6) If you plan on doing collage work: Polymer Gel Medium (gloss or matte) and your favorite collage papers.

7) Final Coat: Water-based POLYMER VARNISH with UVLS for "sealing" all paintings... gloss, semi gloss or matte, your choice. No sprays, no varnish/medium combos, brush on only.

8) One gallon water bucket.

9) Plastic sheet (4 ml polyethylene) to cover the table. (hardware store)

10) Roll of VIVA towels.

11) Robert Burridge's Goof Proof Color Wheel.

12) Rubbing alcohol (drug store)

The following is Optional:

- Hand Barrier cream or Nitrile gloves.
- Derwent Water Soluble Drawing Pencil, #8B
- Derwent InkTense Color Pencils

•Important - No hair dryers, easels or cell phones allowed in this workshop.