

Supply List
Creative Pathways for Inner Calm
Hillary Johnson

Supplies to Bring on the First Day

- Notebook or journal for writing and drawing (any size)
- Pen or pencil, water color crayons or other soft mark making tools
- Comfortable clothing for gentle movement

Recommended Supplies for the Course

Optional, but helpful for creative exercises:

- Colored pencils, markers, or crayons
- Water-based paints (acrylic or watercolor) and brushes
- Glue stick or tape
- Scissors
- Small sketchbook or extra paper for collage
- Optional: natural objects (leaves, petals, small stones) for inspiration
- Optional: any personal items you'd like to explore in journaling (photos, postcards, printed images)

Notes:

- All creative exercises are adaptable; you do not need any special art experience.
- Bring what feels comfortable for you; the focus is on self-expression and gentle exploration.

Please Note: Classes and workshops may be canceled if enrollment minimums are not reached. You will be notified by telephone at least 3 days prior to the scheduled start date should cancellation become necessary.

847-475-5300