

Supply List
Art Journaling for Self Care
Isabelle Rizo

In this beginner class join Isabelle Rizo in creating an art journaling practice to capture memories, let out some emotion, and explore your creative style. Using watercolor, ink, a journal, and whatever art supplies you have available to you this class builds an art journaling foundation for you to start your creative self-care practice.

Supply List:

150 gsm or more paper journal (notebook therapy, moleskin, archer & olive, midori brands)

Calligraphy pen and ink / Ink pen / fudenosuke brush pen

Colored Pencils/Crayons/Water Soluble Crayons (caran d'ache)

Watercolor solid paint or tubes and watercolor brushes - Beam Paints,

Guoache - miya himi, arteza, or

Sketching Pencils

Markers - Tombow, Crayola

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.