

## **"Loosen Up your Acrylic Painting with Big, Wild Intentions!"**

*This "Loosen Up" Workshop is all about creating new, fresh directions in your old work. It's like a college masters program where individual intentions are encouraged. Robert Burrige does not force his style on anyone, but instead helps you to paint the way you have always wanted to paint and to think as a creative, gifted individual. You will begin a painting series with your own conceptual theme, working everyday at your own pace. You may create a body of work towards your next possible solo exhibit. This is the place for you to do it.*

*Every morning there are daily handouts, a brief paint demo/lecture to inspire you. Throughout the day, Burrige will help you individually with personal critiques and motivational pointers why you became a painter in the first place. Plenty of play time for the serious painter. Come prepared to have an exhausting, exhilarating painter's life experience!*

### **Suggested Materials List**

1) Your choice of Acrylics.

**Bob recommends: Holbein Acryla, Acrylic Polymer Paints:**

- Flame Red   •Marigold
- Yellow           •Cad Yellow Light
- Middle Green       •Cad Yellow Orange
- Cad Green Light   •Compose Blue #1
- Katsura Blue •Compose Blue #2
- Compose Rose       •Violet
- Luminous Opera   •Pearl Gold
- Titanium White   •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 recom-mend 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 Burrige'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.**