



## **Bold, Intuitive Painting**

Using either water color or acrylic paint, everyone will really enjoy splashing color onto canvas or water color paper to discover painting from the inside out. Kat will lead you in this non-threatening, experimental process where you will step aside from your judgements and inhibitions to create a painting that will delight your soul!

The benefits of using this intuitive process include; helping you focus on your feelings and sense of curiosity, freeing you from concepts of inadequacy, and allowing you to play with paint without censorship.

During the second part of this two hour class, you will have a chance to turn the painting in all four directions and see if there is a recognizable shape or pattern you can develop further. You will take away not only a beautiful painting, but a deeper knowledge of your inner song and dance that's been waiting to be recognized. The free flow of color, shape and line will surprise you without having to worry about technique or skill level. There are no rules to follow. What you need is already inside you. If you are a professional, a novice or never painted before, this workshop is for you.

\$90 Per person. Includes instructions and all supplies (canvas must be purchased separately).