

AMPING YOUR (maybe hidden) CREATIVITY THROUGH DRAWING

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website: <http://fortinthelivingroom.com/2016/01/02/intro/>

Flexible *One Nite* Course Guidelines:

Welcome! This evening you will be invited into a relaxed vibe to embrace an expansive perception of drawing that includes honing skills while being guided towards some unfolding of your personal creative process.

COURSE LESSONS INCLUDE:

- Unpacking/unlearning current limiting perceptions of art and drawing
- 'Turning down our *thinking-brain*'
- Investigating multiple 'ways of seeing' in experiencing life and art
- Exploring ideas & strategies to overcome inhibitions around art-making & suss out your personal creative process:

-deep play

-finding/inviting ideas vs. thinking of them

- Dabbling with Traditional Drawing Techniques:

-blind contour and contour

I've designed the exercises/activities to lead you on a path of unlearning. Logic and reason are wonderful allies but they also bring on resistance that hampers our creative impulses. We'll be aiming to coax out and follow these impulses without expectation, comparison or judgement. There's no pressure to showcase your work unless you wish to. This is meant to be enjoyable and chill!

SUPPLY LIST

- Paper- 6 sheets minimum (could be a sketch book or some loose paper of various sizes. I prefer a 9"x12" but whatever size you'd like is just great. You may even choose to have several different options or just some standard 8.5 x 11)
- Pencil- whatever you've got (HB is pretty standard)
- Eraser: one that does the job.
- Any pens you have kicking around could come in handy. An ultra-fine sharpie (or fine black ink pen) is nice but not required.
- 1 dollar store watercolour paint pan set, and medium size brush. If you've got tempura paint kicking around, one of those kindergarten paint pucks or some ink you can water down that will all do. You'll only need one colour so anything cheap is ideal (unless all you have in the house is higher qual— that will be good too!). **If none of this is available, a highlighter will do the trick.