

# Loosen Up Your Paintings with Ingrid Christensen

## Supply List

My regular palette is a double primary consisting of a warm and cool of each primary colour: red, blue, and yellow as well as titanium white and Ivory or Mars black.

Feel free to use your own, preferred colours.

### Pigments:

- Alizarin Crimson Permanent or Anthraquinone red
- Cadmium Red Light
- Cadmium Yellow
- Cad Yellow light/lemon
- Ultramarine Blue
- pthalo blue
- Titanium white
- Black (Mars or Ivory)

### Brushes:

I use mainly hog's bristle and some synthetic filberts, flats and rounds in a variety of sizes. I prefer long bristled brushes to short brights because brights are too stiff to allow me to layer wet in wet.

I also use 2" wide flat brushes for covering large areas of canvas.

### Supports:

I'll be painting on primed canvas taped to a panel. The rigid surface of the panel allows me to bear down on the canvas without creating bowing or denting as I would on stretched canvas.

For this workshop, I recommend canvas rather than wood panel supports as the texture of the weave allows you to achieve a greater variety of marks and edges than a smooth surface.

## Oil mediums:

My first layer medium is 50/50 linseed oil and odourless mineral spirit (I use Gamsol)  
Subsequent layers use only linseed oil.

*\*\*Please don't bring Liquin or citrus-based solvents to the workshop. They are too smelly and irritating for many people.*

## Acrylic mediums:

I recommend using your paint generously so that you can achieve some wet-in-wet mixing.  
Open acrylics will help with this.

A gel medium allows you to create luxurious paint passages.

## Other:

- Triangular palette knife – paint free, flexible, and approximately 1.5" - 2" long. You will use it for both mixing and applying paint
- Scraping tool to manipulate paint and edges such as a credit card, or a metal or plastic scraper
- Brayer (available in printmaking section of art supply stores. They come in different hardnesses. Choose a soft one.)
- Palette: no smaller than 12 x 16"

## References:

1). We'll start with simple still life work using ordinary household objects.  
Please bring 3-5 simple objects to work from, eg: fruit, crockery, vases or containers. Avoid glass and highly reflective surfaces.

Also, bring coloured paper or fabric to arrange your objects on.

2). We'll apply what we've learned from still life to photo references in your preferred genre.

**\*\* Your subject is less important than the techniques that we'll use in painting it.**

Please bring a large selection of photos that you would normally choose as painting references.

I'll demo a loose approach to still life, landscape, and figure during the workshop.