

Painting from the Model,
(In Oils, or Acrylic)

Painting Workshop
With Michael Abraham, SFCA.

For Beginners, to Intermediate

For Oil Painters:

If you are painting in oil paint, please read the basic materials list for oil paint to see what you might need. And bring whatever oil painting supplies you have and let's enjoy painting together. I suggest buying artist quality paint. Once you get a handle on how to use it, the better the paint, the better your painting.

Here is the suggested art supply list for Oil painting:

1. Artist quality oil paint – Gamblin, Winsor & Newton (not Winton), Rembrandt, and Utrecht oil paints are all better brands. Ask your local retailer.

A good basic palette:

- Titanium White,
- Cadmium Red,
- Quinacridone magenta, (transparent)
- Ultramarine Blue, (transparent)
- Cobalt Blue (or phthalo blue)
- Indian yellow, (transparent)
- Cadmium Yellow Light, and /or Cadmium Yellow Medium.
- Mars Black
- If you wish, adding a few browns or greens will round out your palette.

2. Brushes - a few natural bristle brushes in different sizes, two small, two medium, and two large, and one small fine line 0 or #2 synthetic line brush or fine watercolour brush, works great for detail. Pick any shape brush you want to try.

3. A good palette knife. If you can afford it, a good one is worth it.

4. Odourless mineral spirits (AKA paint thinner)

5. Newspaper / old phone book,

6. Rags or paper towels, i.e. an old t-shirt cut into squares about facecloth size...

7. 3 or 4 small jars with lids: one for cleaning brushes, one for sludge, and one for holding a bit of medium.

8. Linseed oil or any painting medium you wish, such as Galkyd.
9. A charcoal pencil, and if wanted a few sticks of willow or vine charcoal
10. A Palette, either disposable paper palette pad, or wooden. The bigger your palette the better.
11. Comfortable, messy clothes, if you are messy!
12. If you have a portable painter's easel or tabletop easel, please bring it.
13. Canvas, etc...You can choose primed canvas, primed wood panel, or canvas pads. If you'd like to paint a few smaller pieces, bring a few surfaces. Some people paint one painting, other a few. Any size will do, up to 36x36. I prefer smaller when I have only two days. Say 24 x 30 or less. Vermeer painted really small!
14. A jar or bucket of dried peas holds your wet brushes nicely, while you are working

For Acrylic painters:

If you are painting in acrylic paint, please read the basic materials list to see what you might need. And bring whatever acrylic painting supplies you have and let's enjoy painting together. I suggest buying artist quality paint. Once you get a handle on how to use it, the better the paint, chances are the better your painting.

1. Artist quality paints work best, but any paints will do.

A good basic palette:

- Titanium White,
- Cadmium Red,
- Quinacridone magenta, (transparent)
- Ultramarine Blue, (transparent)
- Cobalt Blue (or phthalo blue)
- Indian yellow, (transparent)
- Cadmium Yellow Light, and /or Cadmium Yellow Medium.
- Mars Black
- If you wish, adding a few browns or greens will round out your palette.

2. Brushes - a few acrylic brushes in different sizes, two small, two medium, and two large, and one small fine line 0 or #2 synthetic line brush or fine watercolour brush, works great for detail. Pick any shape brush you want to try.

3. A good palette knife. If you can afford it, a good one is worth it.
4. two jars with lids, one for clean water and one to wash or rinse your brush in.
5. Newspaper or old phone book, and/or paper towels.
6. Acrylic gel medium or drying retarder, if you wish to slow the drying time of your paint
7. A pencil or charcoal pencil, and if wanted a few sticks of willow or vine charcoal.
8. A Palette, or better yet a disposable paper palette pad. A big one is better.
9. Comfortable, messy clothes, if you are messy!
10. If you have a portable painter's easel or tabletop easel, please bring it.
11. Canvas, or painting surface. You can choose primed canvas, primed wood panel, or canvas pads. If you'd like to paint a few smaller pieces, bring a few surfaces. Some people paint one painting, other a few. Any size will do, up to 30 x36 or less. Vermeer painted really small!