

Julie Bernstein Engelmann

Create a Healing Painting

April 30, 2022

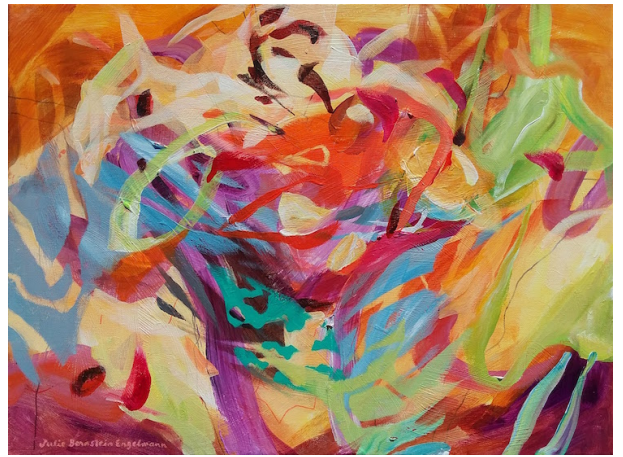
9:00AM -3:00PM

Pine Shadows Community Center
2050 W State Rt 89A, Cottonwood

El Valle Artists Association - \$55/member; \$65/non-member

All experience levels welcome

Contact Nadine Cummins – 480-375-0982



About the workshop:

Create a beautiful, soul-nourishing artwork that resonates with a personal healing. Step by step, Julie will guide you through a resistance-free cascade of five intuitive painting layers. Each step gives you a different way to connect with your natural creative self. Each layer builds on the others to create a rich abstract painting that speaks especially to you. Julie will show how to find the spirit in your painting and enhance its drama and flow, so it shines powerfully. Your finished artwork will surprise and inspire you! In this friendly way, you'll learn creative secrets that you can use again and again.

You'll leave with an acrylic painting that embodies three vital keys to successful abstract painting: meaning, naturalness, and spatial depth and flow. Along the way, you'll gain discernment and come to understand abstract painting more deeply.

About the Artist:

Julie creates abstract art that speaks to the heart and spirit. She is passionate about teaching three vital qualities of powerful abstract painting: meaning, naturalness, and spatial depth & flow. Julie holds an MFA from the University of California, Los Angeles, and a BA from Barnard College in New York City, where she studied with first-generation abstract expressionist Milton Resnick. Julie's luscious artworks have won many awards and were featured in a retrospective solo exhibition at the Southern Alleghenies Museum of Art in Pennsylvania. Julie teaches on the faculty of the Sedona Arts Center School of the Arts.



See Julie's art and sign up for her inspiring *Beauty & Spirit Note* at www.julieengelmann.com.

Supplies to bring:

- Acrylic paints* (include one least favorite)
- One piece of good watercolor paper (hot or cold press)**, size range 15x22 or 16x20". Alternatively, can use gessoed drawing paper.
- Liquitex Acrylic Gloss Medium (or similar varnish) (slightly diluted with water 10:1)
- Brushes – soft, synthetic (good sizes: 1", ½")
- Flat surface for mixing (e.g. pie tin)
- Large water cup(s)
- Soft absorbent paper towels, such as Viva
- Tarp (any kind) to protect floor
- Packed lunch.
- Two Sharpie colored markers or other non-soluble drawing tools (pencil, pen)
- Masking tape, wide (e.g. blue painter's tape) if you have it
- Suggested: spray bottle to keep paint moist
- Suggested: low, wide plastic container (food-type) for keeping paint moist
- Pillow case for back of chair
- Towel for bottom of chair
- Note that tables will be used, not easels.
- Smock (optional)

*Acrylic colors: just bring what you have. Suggested: White, Cadmium yellow light, Cad yellow deep, Cad red light, Quinacridone magenta, Phthalocyanine blue, Red oxide. Also helpful: Cad red medium, Cerulean, any purple, any green.

**Note: Julie can provide supplies (\$20) if you email her to reserve them ahead.

Questions: juliebernsteinengelmann@gmail.com

Also bring: Lunch & favorite beverage. No coffee and hot tea will be provided.

1/11/22