

IN THE MOMENT, ABSTRACTION & INTUITION

with Amica Whincop

Abstract Expressionism Workshop (6 hours)

Date: Either Saturday 22 May ... OR ... Sunday 23 May 2021

10 am – 4 pm

Cost: Members \$250/Non-members \$280 (including all materials & use of equipment)

NOOSA SHIRE ARTS & CRAFTS ASSOCIATION INC (NSACA)

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The *"In the Moment, Abstraction & Intuition"* workshop is a nurturing, liberating experience perfect for all levels. Catering to first-time painters looking for an empowering jump start on their creative path, professional painters seeking a new perspective and all levels in-between, this workshop offers a vast toolbox of new techniques, along with a fresh creative perspective guaranteed to energize your life on and off the canvas.

Throughout the workshop, I demonstrate many of my personal painting techniques. The process is broken down into easy, bite-sized lessons that explore colour, layering, composition, value contrast, expressive mark-making, dripping, fluid techniques and materials.

I also offer invaluable prompts and exercises to support letting go and connecting to intuition and discovering your own authentic style.

Working on a 60 x 60cm canvas, this 6-hour intensive workshop will guide you through the process of moving past fears and self-doubt into activating a spirit of playfulness and risk-taking to create a resolved, abstract painting.

The intention behind the workshop is to:

1. Experience working with fluid paints and natural textures to create an abstract work.
 2. Delve into your internal landscape and tap into your authentic expression through intuitive abstraction
 3. Explore and experiment with some of Amica's signature painting techniques.
- 6hrs of facilitated studio time, including plenty of one-on-one time with Amica.
 - An assortment of brushes, paints and materials, everything you need to create a masterpiece.
 - Light refreshments and snacks. Please byo lunch.
 - Live demonstration.
 - A collection of creative starts (practice paintings) and technical guides to take into your own practice.

If you can (*not essential but highly recommended*) - please bring

- A 'heat gun tool' preferably or at least a hairdryer. This would be wonderful for you explore a technique I use where we create 'tidelines'.
[Link to purchase heat gun](#). \$25.00 from Craft Online.