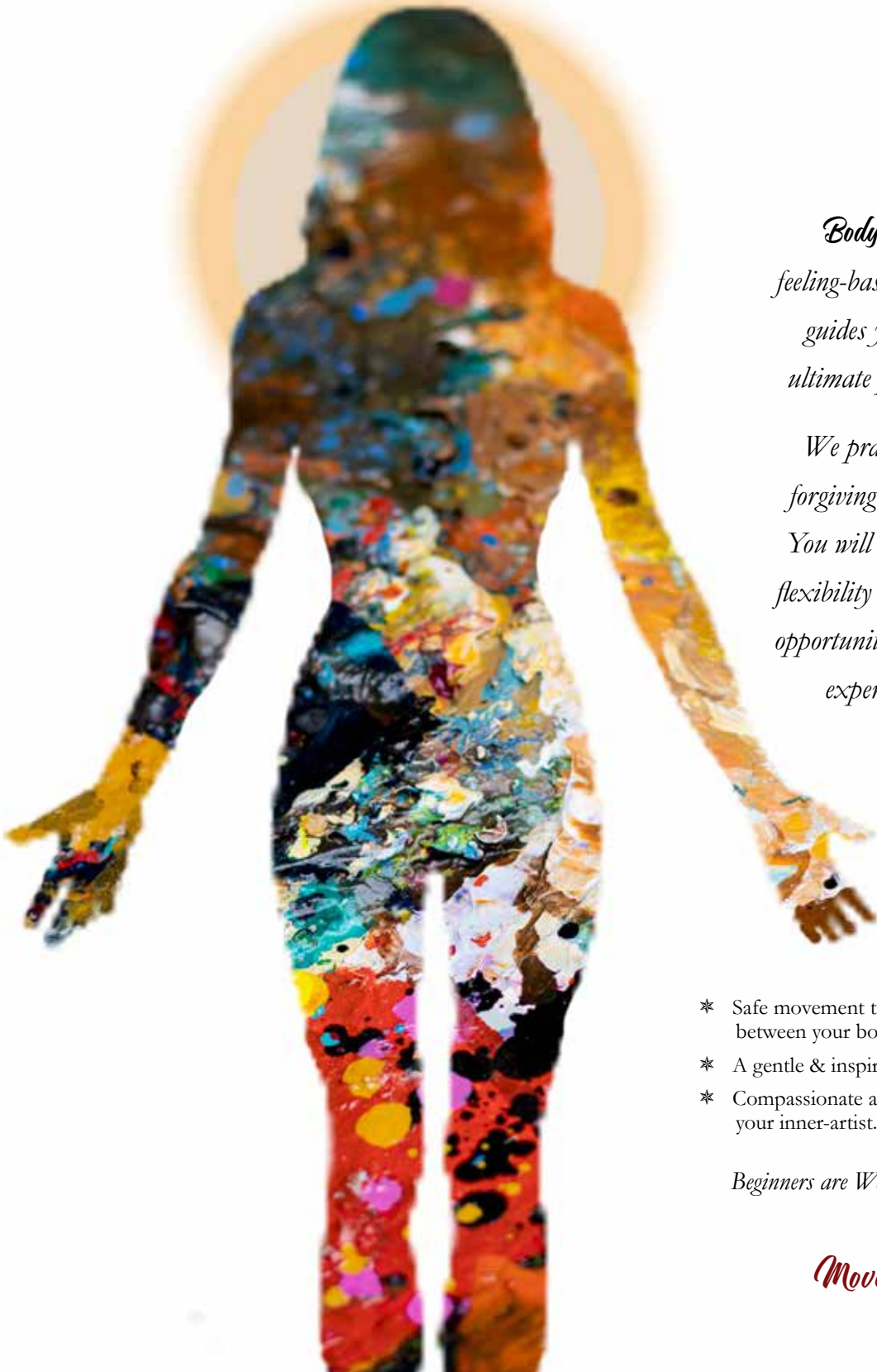


Experience a bold, freeing & innovative painting approach with Marika Reinke.

Body & Soul Painting

A Three Part Path to Bold & Joyful Painting

Create a unique intuitive painting that expresses your body and soul and a body and soul that feels great!



Body and Soul Painting is a feeling-based approach to painting that guides your instinct and gives you ultimate permission to trust yourself.

We practice with acrylic paint, a forgiving medium that dries quickly. You will create luminous layers, with flexibility and freedom, and abundant opportunities to explore and pursue life experiences through painting.

- * Safe movement to loosen tension and explore connections between your body and painting.
- * A gentle & inspiring meditation.
- * Compassionate and empowering painting techniques to free your inner-artist.

Beginners are Welcome! A beginner's mind is necessary!

*Move * Calm * Create*

Life Lessons from Body & Soul Painting

Creativity is a Commitment to Curiosity & Learning.

Curiosity and willingness to learn are the most important things to bring to this process. Not talent, not creativity, not history, not intelligence. With a free with an open mind, positivity and a willingness to play and experiment you will create the meaningful art you are made to express.

Remember:

- * Lovingly banish fear and shame by being mindful.
- * Mistakes are opportunities to learn and grow. We love and trust them.
- * There is no such thing as perfection in art and life. Commit to imperfection.
- * Play. Have fun.
- * Enjoy the process. The product will follow.
- * Trust Yourself. You are your own guru in art and life.
- * Complain if you need to complain! But don't quit! Use your frustration to try new things.
- * Questions? Ask Them. Be curious!
- * Share what you are learning! We can all learn from you.

A Creative Space is Safe & Judgment-Free

In order to create a safe space for your sometimes shy and skittish creative self, be intentional and caring with YOU.

You may get frustrated, scared or overwhelmed.

It's okay. This is normal. **Stop. Breathe. Center Yourself. Reflect. Get Curious.**

Tell Yourself:

- * I don't know everything right now because I'm learning.
- * If I keep trying and practicing I will get better.
- * A mistake! Great! What did I learn from that mistake?
- * What did the watercolor just teach me?
- * What do I like about this?
- * What am I good at in this process?
- * What am I enjoying and learning?

Successful Body & Soul Painting is..

- * Joyful
- * Meditative
- * Intuitive and gut-guided
- * Surprising and unpredictable
- * Judgment-free .
- * Enjoying the process.
- * Reflective.
- * Empowering
- * Self-expressive.
- * Addictive.

Get Ready!

Before you begin, find the following:

- * A place for movement & meditation like a yoga mat or rug.
- * Comfortable clothes to move and paint in. Not your nicest workout clothes.
- * Painting supplies from one of the lists on the next page.





Let's Talk Art Supplies!

There is something magical about walking into an Art Supply Store. So many options. So many colors. So many possibilities. For someone with a strong imagination, it's heavenly and.... totally, overwhelming. This guide is intended to make it easy for you to grab the supplies you need fast for the painting you want to do today. BUT FIRST the supplies you choose will depend on what kind of painter you are.

What Kind of Painter are You?

\$ Beginner on a Budget. You have never painted before or it has been a long time since you painted. You have a desire and curiosity to see if you like it, but you really aren't sure you have the time, are any "good", will enjoy it or have the cash.

♥ **Art Lover Ready to Level—Up and Splurge.** You love making any kind of art. Likely you already paint, or have had an art practice and want to paint again. You are somewhat familiar with different tools and supplies, want to learn more and are ready to take your painting to a new level.

Supply List for a Beginner on a Budget

Liquetex BASIC or **Senne-lier Abstract** heavy bodied acrylic paints.

Medium Containers 120 ml or 4 oz

Titanium White

Mars Black

Primary Yellow

Primary Blue

Primary Red

Choose 4-5 colors

Titan Buff

Bright Aqua Green

Cerulean

Phthalo Blue

Quinacridone Magenta

Phthalo Green

Hooker's Green

Gold or Silver

Florescent anything.... Really it's fun.

Brushes

3-5 Varied Sizes Short handled

3-5 Varied Sizes Long handled

1-3 Foam brushes.

Optional

Hardware store paint brushes

A spatula, a plastic knife, a spoon, a toothbrush, putty knife.

Old sponges and rags

Fingers!

Palette Paper plates / cardboard / wood / disposable palette pads.

Surfaces

2 large 18" x 24" or 24" x 24"

Watercolor paper taped to a board. 140 lb at least
OR Academic grade framed and primed canvas.

Where to paint?

Spread a tarp, newspaper or old rug on the floor and paint on it. Lay it against the wall to paint upright.

Or use a Travel Easel

Other

Spray bottle

Cups (save leftover jars)

Paper towels

Apron or painting clothes

Hairdryer (optional)

Music

Supply List to Level—Up & Splurge.

GOLDEN Heavey Bodied Acrylics

Medium Containers 120 ml or 4 oz.

Titanium White

Mars Black

Primary Yellow

Primary Cyan

Primary Magenta

Pick at least 5. Choose

small 1-2 oz containers

Vary your palette with **high flow** or **fluid versions.**

Green Gold

Sap Green

Cobalt Teal

Prussian Blue

Phthalo anything (green / blue / turquoise)

Cadmium anything (red / yellow / deep / light)

Quinacridone Magenta

Alzarian Crimson

Indian Yellow

Nickle Azo Yellow

Iridescent Gold or Silver

Holbein Acrylic Luminous Red or others pigments

Glass palette & scraper or Wet palettes

Brushes

3-5 Varied Sizes Short handled

3-5 Varied Sizes Long handled

1-3 Foam brushes.

Optional

Hardware store paint brushes

A spatula, a plastic knife, a spoon, a toothbrush, putty knife.

Old sponges and rags
Fingers!

Palette knives

Sponges

2 large 18" x 24" / 24" x 24" / 36" x 36"

1 ½ inch gallery wrapped primed canvas.

A wood easel is very sturdy and adjustable.

Other

Spray bottle

Cups (save leftover jars)

Paper towels

Apron or painting clothes

Hairdryer (optional)

Music

Get shopping!

To learn more and for my simple breakdown and description of these supplies, keep reading



More About Acrylic Paint

Let's be honest, when it comes to paint the best is expensive. But the good news is that depending on the look and feel you want, affordable acrylic paints are sometimes well worth an investment and depending on the pigment, not that much different than the best.

The best budget friendly way to approach painting is to find the right mix of professional and basic paints. You have to experiment, test pigments and try new paints to get there.

What's the difference in PAINT brands?

Lets Talk Affordable. Lets Talk Splurge Level

Liquitex BASICS full bodied or Sennelier Abstract acrylics

Benefits

They are cheaper

You don't have to worry about wasting paint.

Can be mixed with more expensive paints to save money.

You can have a lot of fun with them.

Warnings

They can be inconsistent and trickier to work. Some are worse than others.

Color can change as they dry.

Viscosity can be uneven.

Wet techniques are difficult.

Golden Acrylic Paints are my preferred paints. Why? They are widely available and have a fantastic variety. The pigments are vibrant, they last and stay true over time and don't shift color as they dry. Liquitex and Winsor and Newton are equally as good.

Choices of consistency:

Full bodied acrylics are like soft butter. These are the go-to consistency for a variety of painting projects and texture.

Fluid are like painting with a smoothie. They smear easily, are thinner and avoid texture.

High flow like painting with juice. Create cool drippy water-color or swirly liquid effects.

Brushes & Tools

The best brushes are the ones you like to paint with the most. How will you know? Experiment and Play – that's it. You don't need to buy the most expensive brush but don't go for the cheapest either. They can literally fall apart as you paint. Totally annoying.

At a minimum, I recommend a 3-7 brush value pack of each:

Short handled: I tend to like my bigger brushes with short handles for easier control.

Make sure that they have both flat and round options.

Long handled: A long handle is useful for controlled and varied lines. Make sure that they have both flat and round options. A fan brush is fun.

Budget Tips

Use cheap paint brushes from the hardware store.

Anything can be a palette knife: spatula, plastic knife, spoon, toothbrush, putty knife.

Affordable foam brushes lay an even coat of paint, blend and make cool marks.

Old sponges and rags make interesting shapes and textures.

Splurge Level.

Buy fun and different shaped palette knives.

Buy special art sponges to create textures.

Fingers! Latex gloves protect hands from mess and chemicals. Or use [Artgaurd Barrier Cream](#) to protect them and makes for easier hand washing.

Palettes

Paper plates or cardboard or wood are almost free.

Disposable paper pads come in an easy pad you throw away after a session.

Glass palette with scraper. When the paint dries, spray it with water and scrape it clean for the next session.

Wet palettes. These are trays with a wet sponge and a piece of wax paper over it. This will keep your paint wet. After a paint session, cover them and the paints stay wet and ready for you to paint the next session.

Where to Paint?

Budget Tip: Spread a tarp, newspaper or old rug on the floor and lay the canvas on it. Lay it against the wall to paint upright.

Need to stand or sit in a chair? An easel is for you.

Budget: A travel and adjustable easel. They can collapse to table top size and expanded for standing. They are unsteady for larger canvases.

Splurge: A wood easel is very sturdy and adjustable, not portable.

Pegboard easel is a versatile and cheap solution. You need a large wall to hang pegboard on and versatile hooks to hang your painting. This is really only for a committed painter's studio.

Painting Surface

Get at least 2 surfaces and bigger is better. Think 18 x 24, 24 x 24, 36 x 36. The bigger the more movement you can incorporate into painting. The more FUN!

Budget: At least #140 lb watercolor paper taped to a board so it doesn't buckle. OR academic framed primed canvas is a good beginner canvas. The 5/8 inch profile isn't versatile. If you want to hang it on the wall, and you will need to invest in a frame.

Splurge

1 1/2 inch gallery wrapped primed canvas are high quality and your painting can be finished and hung without framing.

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