

AGR

Engaging.
Contemporary.
Art.

 holophon

Flow State Drawing & Drone
Thursday, December 1
7-10 PM



THIS PROGRAM IS
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Materials

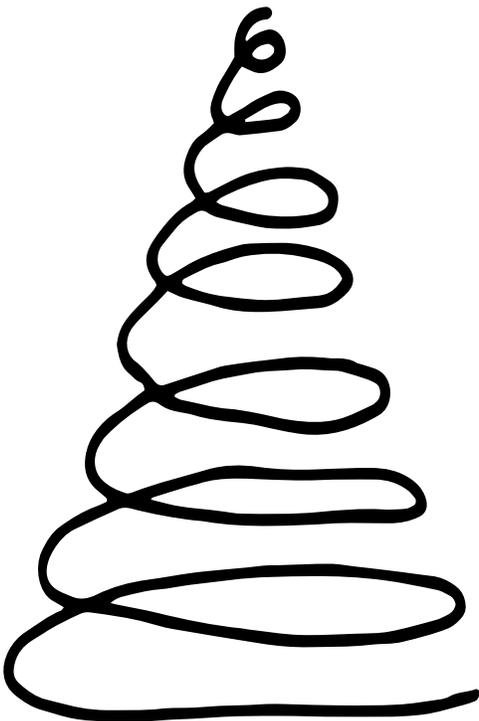
1. Primed board or canvas.
2. Tracing paper, heavy stock paper.
3. Colour pencils and felt pens.
4. Acrylic paint, acrylic medium, white glue, disposable cups, stir sticks.
5. Print brayer, X-acto blade.
6. Comfortable seating, table and drop cloth. (Plastic-covered worktable provided for in-gallery participants.)
7. For those participating over Zoom video conference, a computer, tablet or smartphone with camera, microphone, stable internet connection and Zoom app installed.

Finger Tracing

15 minutes

Seat yourself comfortably and choose one of the continuous lines below and on the next page.

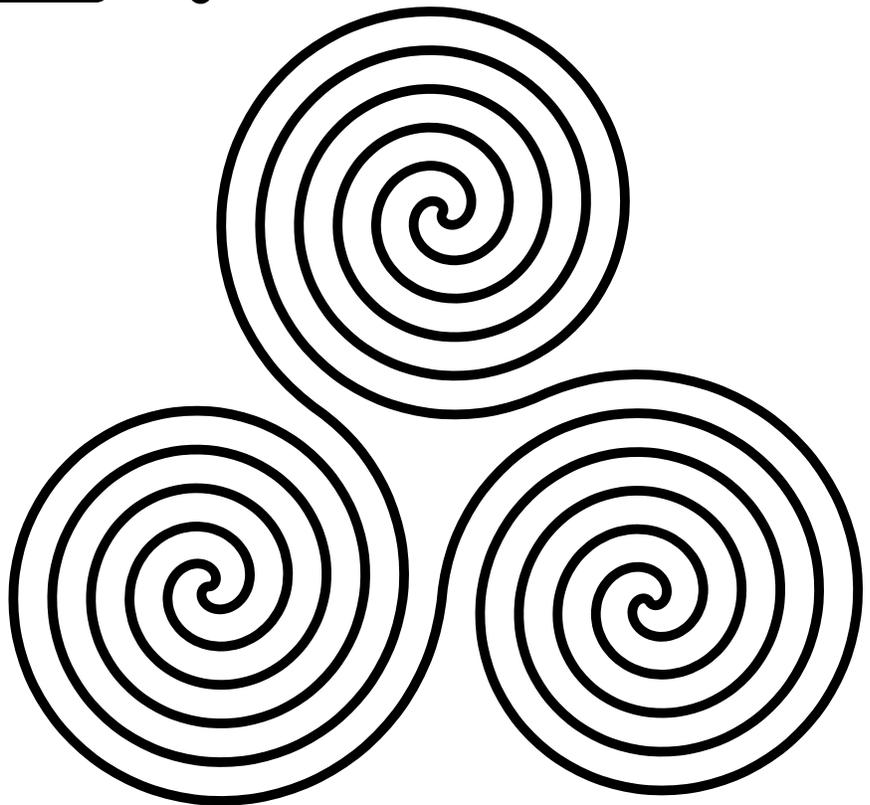
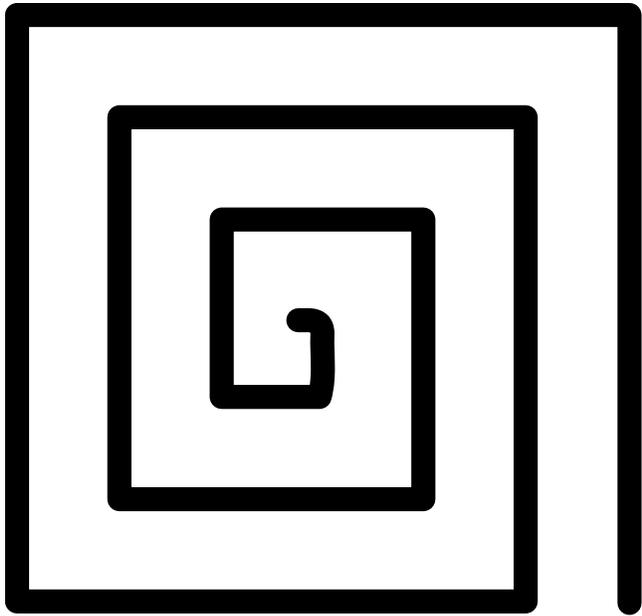
Using one or two fingers, *slowly* trace the lines.



When you've completed the tracing the line, you may move on to another one or retrace the same design.

As you slowly trace your finger over the line, relax your sholders and focus on your breathing.

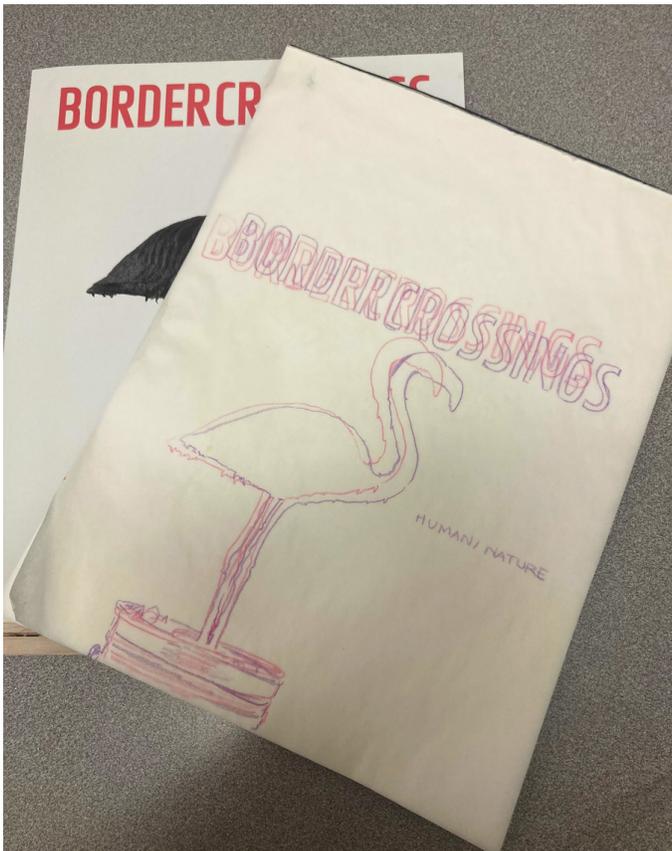
Finger Tracing



Overlapping Tracing

45 minutes

Now let's add art materials to the relaxing practice of tracing using tracing paper, coloured pencils and a graphic image with easy to follow edges.



Trace the outlines of your image with a coloured pencil. I chose a magazine cover, so I drew the outlines of the masthead lettering and the outline of the image on the cover.

Take your time tracing and try not to think about what the image is that you are tracing. Try synchronizing your breathing with the fluid movement of your drawing hand and the rise and fall of the drone soundtrack.

If you feel like you've completed the tracing, simply move your paper a little, choose another coloured pencil and re-trace your image again. Something interesting may be revealed through the random overlapping of lines.

Paint Flows

60 minutes

Pouring paint and letting colour mixtures and organic shapes form by chance can be an opportunity to relax by letting go of expectations and plans.

Acrylic paint mixed with pouring media will be provided by the gallery for in-person attendees.

We recommend the following formulas for those wishing to experiment with acrylic pouring at home:

- 3 parts acrylic paint + 4 parts white glue + 3 parts water
- 2 parts acrylic paint + 3 parts acrylic medium + 1 part water

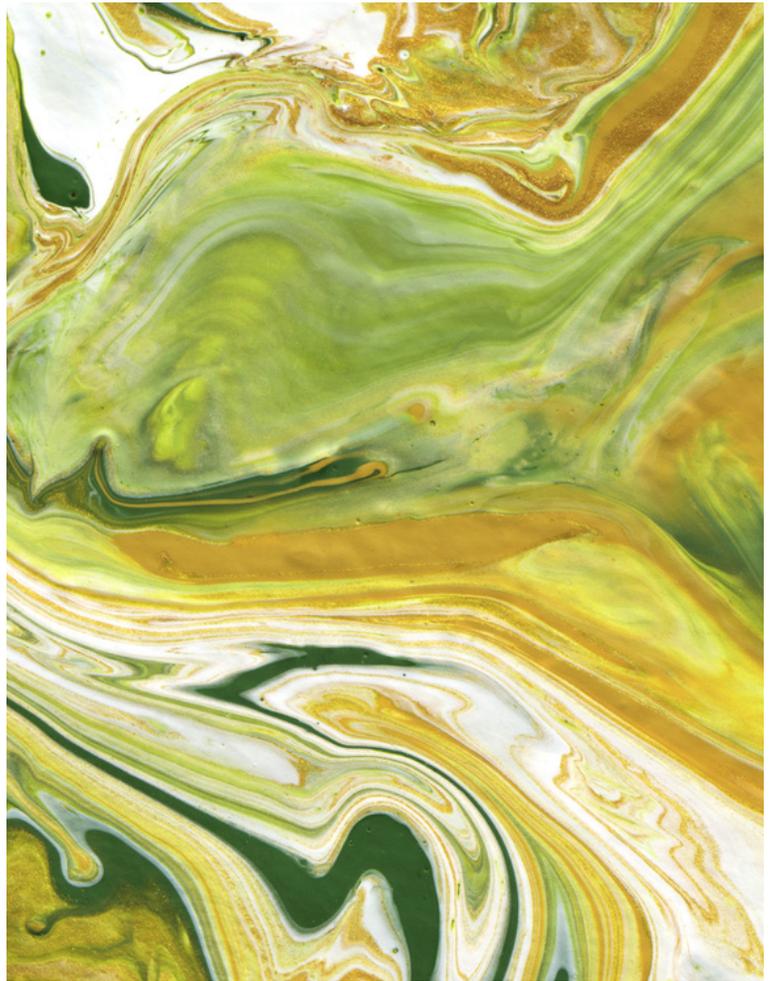
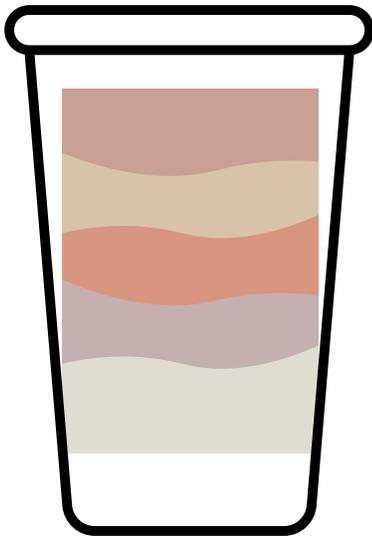
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mix until well combined and free of lumps.



You may choose to paint a ground of thinned paint before getting ready to pour more paint on.

Paint Flows

We'll try two ways of pouring: one method requires us to layer our colours in a single cup; the other method requires us to pour different colours of paint on top of each other like a bulls eye.



Different densities of paint - lighter paints underneath heavier paints - cause one colour to break through creating interesting effects known as cells. I've labeled the densities of the paints we're using in the gallery to assist in achieving this effect.

Layers

60 minutes

This is an opportunity to use techniques and tap into your intuition.

You can start with a fresh sheet of heavy paper or re-use a previous drawing, like I did in the photo.

Wet some areas of your paper using a brush dipped in water. Then paint areas with acrylic paint. If you want colours to blend, paint one color over another while wet.

Drag a pencil through thick areas of paint to drag it out.

Once this base layer is dry, paint over selected areas with acrylic paint mixed with clear gloss medium, which will make the next layer transparent. You can also use a brayer to spread the paint very thin and create more layers of transparency.



Layers

60 minutes

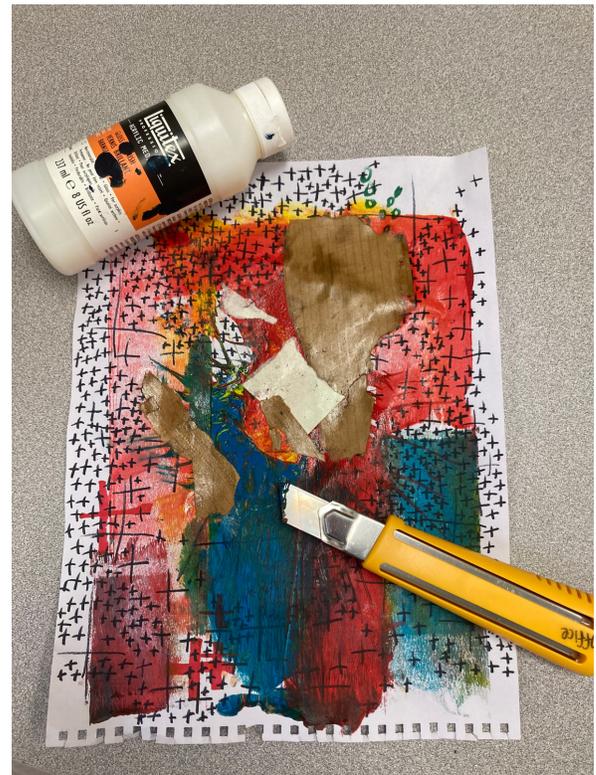
When the paint is tacky or dry, use pointed blade to inscribe lines or shave down thick layers of paint.



Layer more marks with marker, acrylic paint, latex paint or collage paper using acrylic medium.

Dab acrylic paint on using a wet sponge, or press a clean sheet of paper onto your wet painting to lift areas creating a unique texture.

Most importantly, don't think. Just do. The intuitive steps you take may reveal a valuable technique you want to use in the future. Keep adding and subtracting from your single painting for the full hour.

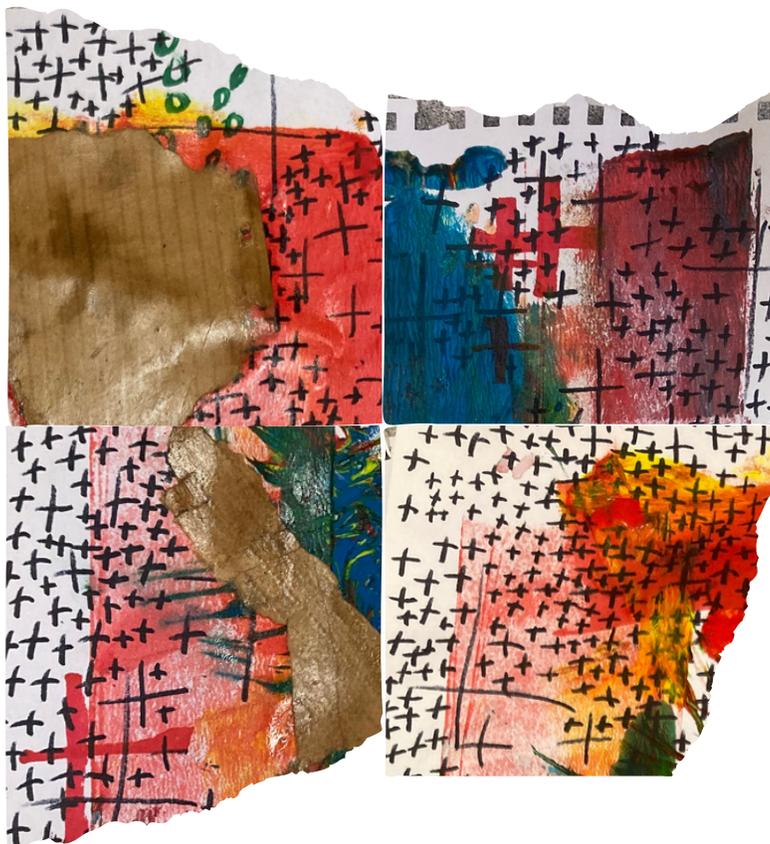


Layers

60 minutes

Lastly, reflect on the techniques you used: Which techniques or combination of techniques look good to you? Which ones felt good?

You don't have to like the painting, but you may want to save pieces to inspire your future paintings.



Cut your painting into four equal pieces or cut out the parts you like and try rearranging them, to make a new composition.