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# Mindfulness Watercolor for Beginners and Intermediates

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**OSHER 284-001****Dates:** Tuesdays: September 1 – October 6**Time:** 11:30 am – 1:00 pm**Location:** Online via Zoom**Instructor:** Barbara Taylor**Course Description:**

Haven't held a paintbrush since elementary school but have a desire to express yourself in color? Know anything about painting or drawing? This course is for you. You will produce artwork that you can be proud of. You will gain an understanding of the basics including the color wheel, blending, shading, contrast and composition. You will experience the joy of creativity. You will be transported to a new world where nothing matters but color. This term we will spend three sessions on animals and three sessions on flowers.

**Materials Needed:**

Students should bring to the first class a pad of watercolor paper (9 x 12 cold press 140 lb.) a cup for water, a roll of toilet paper, a minimum of 3 watercolor brushes (small #1-4 round, medium #8-10 round and large #14 flat), pencil and eraser, 1 oz liquid bottle of acrylic white, and a small bottle of Mystic (masking fluid). If you have your own watercolors bring them. Either buy a tray with a minimum of 8 colors or buy the white, plastic empty tray with between 8 and 24 wells. If you do the latter, a list of what tubes to buy will be sent after registration.

**Course Overview:**

**Week 1:** We will focus on the color wheel: primary, secondary, warm and cool colors. We will learn to blend, use hard edges and soft edges.

**Focus:** sky and skyline

**Homework will be:** cats

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- Week 2:** Focus on color, tertiary and complement  
**Subject:** cats  
**Homework:** dogs
- Week 3:** Focus on value  
**Subject:** dogs  
**Homework:** elephants
- Week 4:** Focus on 3 elements of perspective  
**Subject:** elephants  
**Homework:** flowers
- Week 5:** Focus on 3 additional elements of perspective  
**Subject:** flowers  
**Homework:** flowers
- Week 6:** Focus on methods of applying paint  
**Subject:** flowers  
**Suggested homework:** flowers