***FLOW: Mixed Media Exploration***

**Instructor: Shary Bartlett**

# Required Supplies:

• Preferred pen to write with

• Journal or sketch book for writing and note taking

• Clothes suitable for painting

**Optional:**

• Inspirational quotes you love

• Any of your favourite art materials and tools, watercolour paints, watercolour brushes, etc as desired

• Felt pens, glitter pens, fine black pens for drawing, etc.