



Art Society of Strathcona County

GETTING INTO THE STUDIO

WITH NANCY CORRIGAN 4 SESSIONS

Think About Your Attractors, Express Them and Integrate Digital Media

Warm up your thoughts and ideas for this session of four mornings. The other part is how to 'fit in' your time to paint when not doing a scheduled class session. We're going to have some FUN and be good to ourselves!!! Painting can be a friend and not a foe!



*Bring digital media devices such as your cell phone, I pad or laptop for taking images of what we see around us randomly and catching moments without thinking about specific results. These captures 'moments' can bring up passion quickly! This is frequent in lifestyles now so we are going to go enhance our creativity by integrating this into our thinking and doing art. How do we use our sensitivities? Bringing it into the digital as a human experience will let us think and feel more this way and hold it or carry that way of thinking with you in your daily life. Allow your sensitivity to keep growing.

Whether you are painting in acrylics and/or oils, have many or small amounts of experience and skills, this session will emphasize, 'where you take your inspiration or your sensitivity and how.'



4 SESSIONS – Friday Jan 18, 25, Feb 1, 15 2019

9:30-12:30

Cost: Member \$90 / Non Member \$110

Register Online at www.artstrathcona.com PayPal, Visa, MasterCard, Debit.
For more information phone Judy at 780-449-4443 or email artsoc@telus.net

Payment must be made at time of Registration

We are located in the A.J.Ottewell Centre (the Barn) 590 Broadmoor Blvd. Sherwood Park

If cancelling \$10 will be deducted from refund; however, no refunds on cancellations within two weeks of workshop. Refunds will be made within one month





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GETTING INTO THE STUDIO WEEKLY REVIEW

WITH NANCY CORRIGAN 4 SESSIONS

Demonstrations of basic techniques and color mixing is experienced but is not the key element of this session!

Week 1. Thinking and Doing Art with Digital Inspiration and Sensitivity!

Today will be noticing what we take photos of 'in the moment,' then 'warm up' gestural paintings, one after the other. 'Fit this into your Thoughts and Deeds' until next Friday am, as a 'way of thinking and doing' as part of what STUDIO means. Take the 'STUDIO' out of the studio and into your day! Changing how we think about ourselves and art being a part of us is being sensitive to your individual needs and interests...if we start there and go forward with kindness and not expectations that are hard on us perhaps we will be more eased into habitual thinking and doing art that is serving you well.

Week 2. Let's Paint Mini and Larger?

Greetings with the Question: Did you notice that you took the Studio into Daily Living? Quick 'check in' with how you are feeling to start and do you have some attractors for the day? If you wish take your cell phone around to help get you motivated and inspired!

*****PAINT Miniature Paintings to start...try to think of this as something you can do daily, weekly and or monthly to start a day!!!**

Paint the rest of the session on larger canvas(s) until we do a 'talk around' to check in how you feel now after this morning of painting! What do you notice? See new interesting objects, patterns, textures, etc? Take your camera around the 'barn' for five minutes...what did it catch and does it show what we can't see with the naked eye?

Week 3. We Missed a Week!

Now that we missed a Friday morning we may need to get back into the swing of painting with some exercise! Moving our bodies, arms and enjoying our cell phones etc. as an instrument just like a paint brush to dance with...then take a few pictures of interesting attractors anywhere in the 'barn' for ten minutes. Paint a mini in 20 minutes!

A quick 'check in' of how we are thinking and feeling, then paint the rest of the morning until we do another 'check in' following your painting session!

Week 4. Enjoy All this Work and What Do You Notice Now?

Art Talk and Share: What do you notice in what can be helpful habitual art making? Any thoughts to share with the group about the possibility of this session helping you to get into the studio and take your art out of the studio as well?

★ Give Yourself a Good Dose of Art Today as an Experience of Nurturing Toward Your Future Studio Habits!