

## **“Loosen Up with Aquamedia Painting”** **It’s Like 4 Years of Art School!**

*Burridge’s popular “Loosen Up” workshops nurture individual success and personal enrichment with a big emphasis on daily painting projects at your own pace. It is stress-free, but be warned; you could end up with too much enthusiasm for painting. Burridge’s flagship workshop offers a variety of painting subjects for everyone. Designed for the professional painter who is stuck in a style as well as for the novice who wants to conquer their fear of painting. Starting each day with multiple, small “warm-up painting exercises” up to larger-format paintings, Burridge’s positive approach towards the act of painting will inspire you to loosen up, have fun again and paint more! Expect an intense, concentrated and lively workshop where you will create many works of art using spontaneity for maximum effect. This workshop has become a must for artists who want the confidence and permission to paint the way they have always wanted to paint.*

*Students will take home preprinted notes of useful and need-to-know information. A positive attitude is a must! Burridge’s newest color wheel technique is also included.*

### **Suggested Materials List**

1) Your choice of Acrylics.

**Bob recommends: Holbein Acryla, Acrylic Polymer Paints:**

- |                    |                   |
|--------------------|-------------------|
| •Flame Red         | •Marigold         |
| •Yellow            | •Cad Yellow Light |
| •Cad Yellow Orange | •Middle Green     |
| •Cad Green Light   | •Compose Blue #1  |
| •Compose Blue #2   | •Katsura Blue     |
| •Compose Rose      | •Violet           |
| •Luminous Opera    | •Pearl Gold       |
| •Titanium White    | •Lamp Black       |

**Plus any more colors you like!**

*Check your local Art Store  
or order from Black Horse Fine Art Supply,  
800-790-2552 or [www.black-horse.com](http://www.black-horse.com)*

2) A few deep mixing trays and tubs (microwave food trays, disposable containers, etc.)

3) Brushes: Acrylic/Synthetic/Combos, 1/2” Flat or Round; 1” Flat or Round. Several 2” and 3” cheap disposable bristle brushes. (hardware store)  
**NO FOAM BRUSHES.**

4) For cleaning brushes: Murphys Oil Soap, “Original Formula.” (grocery & hardware stores)

5) Surfaces: Per day you may need up to two Full Sheets of 140 lb. or 300 lb. CP watercolor paper, pre-gessoed (thin layer of acrylic gesso - brush or trowel on one side only, let dry) Brushmark texture is okay; do not sand smooth. Bring flat--- do not roll up. I recommend Fabriano Artistico 140 lb and 300 lb CP.

**Optional:** Also, up to two per day 8” x 10” (or larger) pre-gessoed canvases.

6) 1 pint of thick white professional acrylic gesso. Bob uses Joe Miller’s Signature Series One Coat Gesso (red label) or Utrecht’s Professional Gesso ---it’s thicker than most.

7) If you plan on doing collage work: Polymer Gel Medium (gloss or matte) and your favorite collage papers.

8) Final Coat: Water-based POLYMER VARNISH with UVLS, such as Holbein’s Crystal Varnish, Lascaux, Golden or similar for “sealing” all paintings... gloss or matte, your choice.

9) One gallon water bucket.

10) Small plastic sheet (4 ml polyethylene) to cover the table.

11) Roll of VIVA towels.

12) Color Wheel for reference, such as Robert Burridge’s Goof Proof Color Wheel.

13) Rubbing alcohol (drug store)

### **The following is Optional:**

- Hand Barrier cream or Nitrile gloves.
- Derwent Water Soluble Drawing Pencil, #8B

**•Important: No hair dryers, easels or cell phones allowed in this workshop.**