

Joan Mitchell-Abstract Expressionism

11AM-3:30 PM led by Zoya Scholis



COURSE DESCRIPTION

This workshop is about the great American Abstract expressionist Joan Mitchell. Joan Mitchell (1925 to 1992). Students will learn about the life and work of this groundbreaking artist and the motivation behind her painting style. In this workshop we'll use our full range of motion and emotion to work loose marks confidently while cultivating an appreciation for the chaotic aspects of painting expressively. Fundamentally it's about expressing life energy and real emotions which cannot be taught but can be supported and encouraged. Often, strong feelings are held by the inner child. She/he will be invited to come out and play in a judgment free space with paint and brush.

Students will experience the freedom and energy of painting in the abstract expressionism style. They will be given the opportunity to connect deeply with themselves with the support of the group and teacher. Brown bag lunch.

Please see materials list. Questions? Zoya@ArtforPersonalGrowth.com

ABOUT THE INSTRUCTOR

Zoya Scholis' teaching style often includes movement, improv games and music to enhance learning and creative inspiration. She is an award-winning painter who has been teaching since 1998. To view her resume please visit Zoyart.com

DETAILS

Fee: \$155

Please see materials list, class size limited to 10 participants

Joan Mitchell-Abstract Expressionism

led by Zoya Scholis

MATERIALS

Paint tubes or jars of acrylic paint

Any (red, yellow, blue, black and white),

Raw sienna

Burnt Umber

1 bottle of gloss or matt acrylic medium

Substrates:

2 large canvases, or panels size 16x20" or larger

1 large pad of newsprint, or white drawing paper,
brown or gray craft paper,

1- ruled writing pad, pen or pencil & eraser.

Brushes: 3- Filberts 1 to 3 inches in diameter

3-chip brushes of varying size (1-5 inches)

Other: large pad palette paper, spray bottle, 3 or 4
wide-mouth paint cups (yogurt cups work well),
water jar, plenty of rags, apron, bag lunch, drinking
water, latex gloves

Joan Mitchell-Abstract Expressionism

Led by Zoya Scholis

AGENDA

11-11:30 Intro/overview/ Name Game

11:30-11:45 who is Joan Mitchell and why do we love her work?

12-12:45 10-12 Timed paint on paper exercises with prompts

12:45-1:15 LUNCH & choose "best"3 for a group look

1:15-1:30 Inner Child meditation/ journaling

1:30-2:30 Paint on both substrates at once or individually

2:30-3 Clean-up

3-3:30 Students Share

- What do appreciate about the way you spent the day?

Zoyart.com