

# Joan Mitchell-Abstract Expressionism

Sat, Mar. 24th, 2018, 11:15AM-4:15 PM led by Zoya Scholis



## **COURSE DESCRIPTION**

Joan Mitchell (1925 to 1992) reminded us that uncertainty is ok-but so is confidence. In this workshop we'll use our full range of motion to work loose marks confidently while cultivating an appreciation for the chaotic aspects of painting expressively. Best of all, we'll have great fun as we paint freely and learn to see the possibilities. Please see materials list. Questions? [Zoya@ArtforPersonalGrowth.com](mailto: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](http://Zoyart.com)

## **DETAILS**

Fee: \$110

Please see materials list, class size limited to 10 participants  
University Art, San Jose: 456 Meridian Ave, San Jose, CA 95126  
Sunday, Mar 24th, 2018, 11:15AM-4:15 PM

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## 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:** 3 large canvases, or panels size 16x20" or larger  
1 large pad of newsprint, or white drawing paper,  
brown or gray craft paper,  
writing pad, pen or pencil & eraser.

**Brushes:** 2- Filberts 1 to 3 inches in diameter  
1-3 Rounds  
chip brushes of varying size

**Other:** large pad palette paper, spray bottle, wide-mouth water jar, plenty of rags, apron, lunch, drinking water, gesso, latex gloves

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## AGENDA

11:15-11:30 Intro/overview/explanation of boundaries/  
Name Game

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

11:45-12 prepare canvases

12-12:45 "sketches" finger paint paper exercise  
format, square, portrait or landscape  
speed, action, dance

12:45-1:15 LUNCH & choose "best" 3

1:15-1:30 Inner Child meditation

1:30-2:30 Paint on all 3 substrates at once or individually

2:30-2:45 options/journaling

2:45-3 Students add finishing touches (color?)

3-3:15 Clean-up

3:15-3:30 journaling on "key questions"

3:30-4PM Students Share

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