

FREE EXPRESSION PAINTING

"The purpose of art is not the momentary release of creativity, but rather the gradual transformation to a state of wonder and serenity."

Instructor: Caroline James B.F.A.(U.Vic) M.F.A.(U.Sask.)

This course is geared towards students at all levels, and is especially useful as a beginning place for those with no previous painting experience. Using the most basic materials - tempera paint, paper and brushes this course is designed to create a safe and respectful environment in which students can begin to explore their creative potential through process or free expression painting. In the case of more experienced artists, this class will challenge them as a way of breaking out of established routines, loosening up and removing creative blocks and rejuvenating their professional practice moving them into deeper levels of expression. This is usually a more challenging course for practicing artists than for beginners.

Using paint as our expressive tool we will focus on learning to acknowledge and trust the intuitive creative impulse and the power of responding to "first thought". Students will learn to use the space of doubt as a gift and an energetic tool for moving forward in their image making, and for discovering new perceptions of themselves as creative individuals. This aids in a development of the freedom and confidence necessary to continue on to a greater understanding of paint as a tool for discovery, and the self as an inherently creative entity.

Analysis or evaluation of the work produced is not the focus of this class and there will be no critique or comment on individual works. One on one time with the instructor is meant to move you forward within your own personal process. No one will see or judge the work that you do unless you choose to share it with classmates. Discussion will focus on the experience of learning to trust the intuitive and healing voice of spontaneous expression, identifying blocks to creativity and utilizing them as a catalyst for development and reinvigoration.

Materials:

- Paint and Paper (are supplied)
- Brushes: 2 small for details, 1 medium round, 1 medium flat and one large (1/2in.) round. Please make these very inexpensive and please do not bring anything that is not on the materials list.
- "Saran"/plastic wrap for covering your paints overnight
- plastic spoons (2 or 3)
- large yogurt containers or glass jars (2)
- rags or paper towels
- An 8 1/2" x 11" spiral bound note book and pen for writing
- loose, comfortable painting clothes
- a sense of humor and an open heart ;)

If you have any questions or concerns please feel free to call me at **(250) 335 1910/3155**

All Good Things
Caroline

CAROLINE JAMES FINE ART STUDIO

PROFESSIONAL CONTEMPORARY OIL AND MIXED MEDIA PAINTINGS
& FREE EXPRESSION PAINTING WORKSHOPS



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