

The Content Available to You in Each Module

Module 1:

- Welcome video and discussion about how to adjust your mindset to focus on the process of painting instead of the outcome, which will be more fun and produce more authentic, beautiful art
- downloadable pdf file with a list of supplies and where to find them
- a 10-minute video tutorial covering what types of paints, surfaces, and brushes to start with and how to start practicing with them

Module 2:

- a 10-minute video tutorial about how to utilize an art journal to practice painting and lower stress levels
- a 12-minute video tutorial demonstrating different brush strokes and which brushes to use to achieve different looks

Module 3

- a 10-minute video tutorial demonstrating mixing paint colors with discussion about creating harmony with your colors
- a video tutorial guiding you through practicing expressive painting in your art journal

Module 4:

- two 20-minute video tutorials guiding you through painting your own expressive painting on a canvas (part one, let first part of painting dry, then part two to complete your painting)

Module 5:

- a 15-minute tutorial guiding you through practicing how to paint the flowers that will be in the floral painting
- two 20-minute video tutorials teaching you to paint a specific floral scene that you can hang on your wall, give as a gift or sell

Module 6:

- a training video to teach you how to prepare to sell your art online or to friends and acquaintances
- this week will be used to finish up your floral painting or to practice brush strokes and expressive painting in your art journal

Module 7:

- a 15-minute tutorial video practicing imagery that will be used in the beach-scene painting (sky, horizon line, water, sand)
- two 20-minute tutorial videos teaching you to paint the beach scene on a canvas

Module 8:

- a training on how to plan painting into your schedule on a regular and consistent basis to get better and better

- I'll be answering questions in a live video (FB) that you have submitted prior to this and will end by encouraging you to get into a practice of consistent painting/studio time