

Dear Painting and Yoga in the Berkshires participant,

I am so happy you have signed up for this program! In case you missed it on my program page on the Kripalu website, there are a few things you should bring with you to insure that you have what you need to make your time in my class more pleasant. Here are suggested supplies:

- A water bottle for drinking
- A sun hat or visor (for painting outdoors) and sunblock
- Hand-wipes (for hands and quick clean ups)
- Smock or clothes that can get dirty; comfortable clothes for yoga and painting.

### **Art Supplies:**

- A small set of watercolors (any brand). A set of 8 colors or more is perfect.
- One or two glue sticks.
- A few tubes of Acrylic paints containing (at least) the primary colors red, blue and yellow, plus black and white.
- Pans are good, but if you have tubes of watercolor, bring a plastic palette to squeeze paints onto.
- A watercolor brush (number 12, 14, 16, or 18).
- Other brushes you may have—even old, junky brushes will work!
- A set of oil pastels (sometimes known as CRAY-PAS.) Any brand.
- A roll of masking tape.
- A large yogurt container with a top (for watercolor painting).
- A couple of regular pencils.
- A roll of paper towels.
- Two pads of paper: one drawing pad, and one watercolor pad. 11x 14 inches is a good size.

*Note* Bring any supplies you have and would like to try. If you can't find something, I will have extra supplies in the classroom.

I recommend the following websites to purchase art supplies at a discount:

- Retail: Michaels or JOANN Fabrics and Crafts
- Online:
  - [dickblick.com](http://dickblick.com)
  - [cheapjoes.com](http://cheapjoes.com)
  - [danielmith.com](http://danielmith.com)
  - [jerrysartarama.com](http://jerrysartarama.com)

I look forward to seeing you in the program!

Sincerely,  
Linda Novick