

Vishmaya Healing Arts

Vision Plan Book

Supplies List

- **Watercolor Paper** – 140 lb weight; 18” x 24”
 - ⇒ Link to purchase from Michaels: [Canson XL Watercolor Pad](#)
 - ⇒ Other brands should be fine; Blick and other stores carry watercolor paper
 - ⇒ The 18 x 24 size is important – DON’T go smaller to save money – economize on other supplies instead



- **Acrylic or Watercolor Paints** – I use Golden Fluid Acrylics, but you can use other brands, or Watercolor
 - ⇒ You need **at least 2 colors**, but more is fine
 - ⇒ Link to purchase from Blick: [Golden Fluid Acrylics 1 oz.](#)
 - ⇒ Joann Fabrics just started carrying these; Michaels usually has a limited selection in stores also

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Vision Plan Book

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- **Paintbrush** – 1 medium size paintbrush
 - If you don't have paintbrushes on hand, and don't want to invest much, buy inexpensive brush sets like these: [Blick Essentials Brown Nylon Value Brush Sets](#) – use any of these sizes you wish



All Purpose Brushes, Brown Nylon, Set of 3 ([enlarge](#))

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Vision Plan Book

Supplies List

- Or these: [Creatology™ Taklon Bristle Paintbrushes, 6pc](#) – use the largest of these



- **Black Sharpie**
⇒ I usually get these at CVS or Michaels

Vishmaya Healing Arts

Vision Plan Book

Supplies List



Additional supplies to have on hand:

- ⇒ Jar/cup of water
- ⇒ A ruler or book to use for scoring the paper (we are going to fold it in half and gently tear along the fold)
- ⇒ Hair dryer – only if you want to speed up the drying time of the paint – we should have time for the paint to dry naturally unless it is applied thickly or you have damp weather
- ⇒ Journal or writing paper – to capture your ideas and to sketch small images if you want to practice before drawing in your Vision Plan Book
- ⇒ Pencil or charcoal for sketching/drawing if you don't want to risk drawing in Sharpie
- ⇒ Red Thread – all Intentional Creativity classes start with a Red Thread Circle. If you want to bring your own red thread to this virtual connection, please do!

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Oh, and bring your beautiful self!

