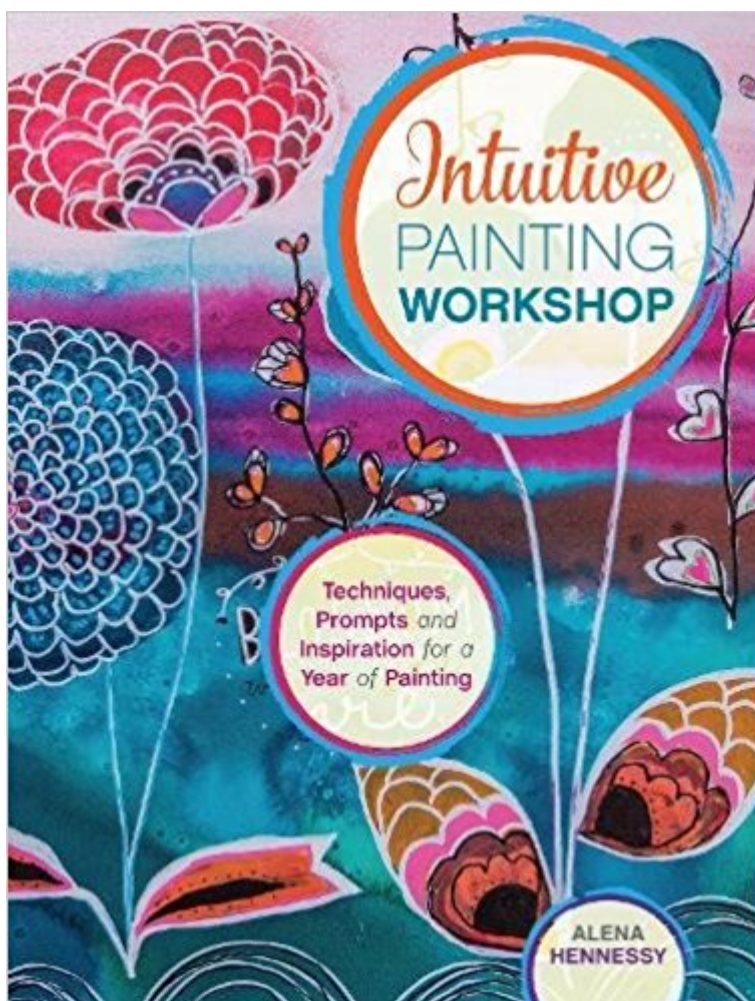


The book was found

# Intuitive Painting Workshop: Techniques, Prompts And Inspiration For A Year Of Painting



## Synopsis

A Year of Painting Intuitively! Stay inspired to create art throughout every season! In Intuitive Painting Workshop, you'll find a timely expressive exercise for each month, along with seasonal check-ins. In discovering how to paint intuitively, you will learn to surrender to your true visual voice as your personal process of making marks emerges. Using acrylic paint, ink, collage papers, stencils, watercolor, gel pens, paint markers and more, you'll be gently guided by twelve exercises, taking cues from the process, but carrying each in your own direction. Explore monthly exercises, each offering you a new area of growth from setting intentions, to painting wildly, to getting know your animal totems and much more. Receive suggestions for painting with a "beginner's mind" and a glossary of art terms will make following the step-by-step demonstrations clear and easy to understand. Get further ideas from a monthly gallery of contributing artists who were students of this process, just like you! Have a chance to assimilate your creative focus every few months with seasonal Check-In journaling prompts and ideas for reflection. Stay inspired month-by-month and season-to-season with Intuitive Painting Workshop!

## Book Information

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## Customer Reviews

Alena Hennessy, Ashville, NC, is a facilitator of painting workshops around the globe. Her work has been featured in Dwell, The Washington Post, Redbook, Spirituality & Health and Natural Health magazine. [Alenahennessy.com](http://Alenahennessy.com)

Beauty abounds in this gorgeous book by Alena Hennessy. There's an incredible amount of

inspiration, and the step by step teachings by Alena are easy to follow and very helpful. This book is a joy to own and would make a beautiful gift.

i own another one of alena's books, & this one is my fave. i was afraid i'd be disappointed because i didn't see the book in person. nope.i adore this book, & am so glad i got it! there's fabulous inspiration by a variety of artists inside. every time i look through it i want to paint. .

Whether you are looking for inspiration, want to learn new techniques, or just want something pretty to look at, this book will meet your needs. Full of beautiful intuitive works of art by a beloved community of student artists and a trusted art teacher, this book doesn't disappoint. These monthly lessons give you something to work on throughout the year at your own pace.

Really love this book. Fatastic visuals and creative promptings. As a long time fan of Flora Bowley and intuitive painting the timing is perfect for me to discover Alena Hennessy.

Love, Love, Love this book. I feel truly inspired every time I open it up - it's such a great resource to compliment Alena's online courses, too.

Terrific instruction, talented artist insight, colorful prompts & pages. I highly recommend.

A lot of good information, just cannot get to the workshop website to download items listed in the book.

Very informative and encouraging with lots of visuals. Excellent choice for anyone wanting guidance in exploring their creativity in mixed media. Resources and techniques are combined with encouragement to help you courageously launch out to achieve your goals.

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