

Waking Your Color Eye Materials List and Workshop Information

MATERIALS LIST: Please bring as many of the following as you can. No need to purchase what you don't have..... feel free to ask for extra.

- Colorful magazines you don't mind tearing up (2 at most)
- 1 pair fabric scissors, 1 pair paper scissors
- Sharps hand sewing needles (1-2) A thimble if you wish (optional)
- 2-3 misc colors of sewing thread (hand quilting, rayon, your choice.... Black and a few other colors that appeal to you)
- A small assortment of Colored fabric scraps you have on hand.... Consider texture, shadow, sheerness, pattern, memory, meaning. Please also consider the following when choosing which scraps to bring:
 - A color that is delicious
 - A color you have a strong emotional response to..... any emotion OK!
 - A newly discovered 'positive' color
 - A color you've always wanted to work with but haven't
 - Please also remember... 'consider' means literally 'with the stars'.... Choose your scraps with open sky-ed ease and joy; and it's perfectly great if you run to your scrap basket and simply grab a handful!
 - If you work primarily in weaving, crochet, knitting.... You are welcome to bring woven, crochet, or knit samples/scraps that you are open to using in exploring color.

(I will provide felting needles and some raw wool for those interested in using this media)

- Yoga mat

All other materials provided.

FOR ALL PARTICIPANTS: THERE IS AN ADDITIONAL CHARGE OF \$15 (paid directly to instructor) for the following provided items:

1 sketchbook color journal

Felt tip pen

Pencil

Misc fabric (base, background, colors etc), threads, and project supplies

This workshop explores the language and magic of color at the intersection of science, art, and spirit. We will create a series of 3 small mixed media fiber studies that express personal color stories that lie deep within you.

..... Explore color thru sensory awareness (sight, touch, taste, smell, emotion, relationship, texture, vibration, energy, movement, myth.)

..... Discover your personal color sense and color harmonies.

..... Build your confidence of color expression in textiles.

Emphasis is on play and process.

Please bring your imaginative heart...and a bag lunch for Saturday

Dress for comfort, movement, and possible walking.

Colors are forces, radiant energies that affect us positively and negatively, whether we are aware of it or not. The effects of colors should be experienced and understood, not only visually, but also psychologically and symbolically.

— Johannes Itten.

We each possess a science of color.—Johannes Itten

