

Sole 2 Soul Counseling

*Seasonal Pause. A Watercolor Series*

*Spring · Summer · Fall Painting Workshops*

Overview:

This 3-session series offers a cohesive progression of materials and techniques across the seasons. Each workshop stands on its own, allowing new participants to join at any time, while the skills and materials gradually build for those who attend multiple sessions. Artists who attend the full series will experience:

- Increasing comfort with watercolor materials
- Expanded mark making techniques
- A deeper, more intuitive relationship with the materials

*Spring*

An introduction to watercolor materials and color mixing. Participants will explore water control, layering, and how pigment moves across the paper while incorporating simple mixed media details.

Core palette: Beginner friendly core watercolor palette with a limited number of colors

Mixed Media Focus: Gel pens, Micron pens, Posca pens.

*Summer*

Building comfort and confidence with watercolor through more expressive painting. Participants will explore bolder compositions, stronger color relationships, and layering watercolor with water soluble media.

Seasonal palette: Introduce two additional paint colors for increased saturation and vibrancy

Mixed Media Focus: Water soluble crayons

*Fall*

Exploring the balance between transparent watercolor and more opaque media. Participants will integrate techniques from earlier sessions while adding richer layers, texture, and expanded mark making through acrylic and pastel.

Seasonal palette: Introducing two more additional colors to deepen the palette

Mixed Media Focus: Liquid acrylic, pastels

In-depth descriptions (i.e. Facebook Events)

*Seasonal Pause. A Watercolor Series*

*Spring · Summer · Fall Painting Workshops*

This 3-part seasonal workshop series invites you to slow down, notice the rhythm of the seasons, and explore watercolor through gentle experimentation and discovery.

Each session offers space to pause and reconnect with creativity through color, water, and simple mixed media techniques. These are beginner friendly and designed to meet you wherever you are. No experience is required, only your presence is.

Across the series we will work with a limited watercolor palette, learning how a small group of colors can expand through mixing and layering. You will also receive a personal watercolor color reference chart to create that can be used and expanded throughout the series.

The series gently ebbs and flows with the seasons, beginning light and exploratory, then gradually becoming richer and more layered. You are welcome to attend a single session or experience the full seasonal progression. All materials are provided.

*Spring Session*

In this first session, you will become familiar with watercolor through exercises that explore water control, layering, and learning how the paint moves across the paper. You'll experiment with mixing colors from a small color palette. And you'll receive a personal color reference chart to take home and continue using throughout the series.

We will also introduce light mixed media elements including gel pens, Micron pens, and Posca pens, so you can add small details and marks to layer within your art. The focus is curiosity and exploration, letting the materials guide the process.

By the end of this session, you will leave with:

- A personal watercolor color reference chart
- An exploratory watercolor painting
- Greater familiarity with watercolor materials

*Summer Session*

This session encourages you to become more playful and expressive with watercolor. We will add in a few new colors while continuing to build upon the same core palette used in the Spring session. These new colors will add more saturation and vibrancy to play with.

Mixed media exploration will include water soluble crayons, which can be used alongside watercolor and pens to add layered color, texture, and more expressive mark making. You are encouraged to work more boldly with color and movement while continuing to explore the natural flow of watercolor on the page.

Returning participants are welcome to bring their color mixing reference sheets, though no previous experience is required.

By the end of this session, you will leave with:

- Increased comfort working with watercolor
- Expanded color exploration
- New ways to layer watercolor with water soluble media
- Optional additions to their personal color reference chart

\*New participants will receive their own color reference chart to begin their palette exploration.

### *Fall Session*

In this Fall session, we'll bring together the techniques explored earlier in the series while introducing richer materials and layered mark making. Like before, we'll introduce 2 more colors to deepen the palette.

Mixed media exploration will include liquid acrylic paint and soft pastels to encourage experimenting with balancing the transparency of watercolor with more opaque marks and texture.

This last session in the series is a wonderful opportunity to practice what you have learned throughout the series while continuing to work more comfortably and intuitively with all of the materials.

By the end of this session, you will leave with:

- A layered mixed media artwork
- Greater confidence working with watercolor and mixed media
- Expanded mark making techniques
- Optional additions to their personal color reference chart

New participants will receive their own color reference chart to begin exploring the palette.

All sessions are relaxed, welcoming, and focused on exploration rather than perfection. All materials are provided.