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(3-day workshop)  
9:30 am - 4:30 pm

**Painting the Dynamic Still Life - Alla Prima!  
Beginning/Intermediate**

Paint looser, and more confidently. During this three-day workshop with Oregon artist Sarah Sedwick, learn a step-by-step approach to alla prima oil painting, from black-and-white studies to brilliant color! Build a beautiful composition with life and movement, and pack your paintings with rich, harmonious color while simplifying your palette. Get a new perspective on the still life, and learn tips for bringing inspiration to your home studio practice.

We will cover the basics of value and composition design, and do quick, fun exercises to focus on loose, energetic brushwork before creating a finished piece. Sarah will demonstrate, and work with each student individually. Painters of all levels are welcome. Instruction is in oils.

(Ages 15 and above.)

**(\*Note: I am often able to bring many fantastic paint and medium samples from both M. Graham and Gamblin for students to experiment with during workshops. )**

**About the Instructor:**

Sarah Sedwick was born in Cleveland, Ohio, and has lived in Eugene Oregon since 2007. In 2001, she earned a BFA from Maryland Institute, College of Art. Her oil paintings explore the simple beauty of everyday objects, and are most often inspired by color combinations and perceptual effects. All are painted from life.

Sarah has been teaching workshops on alla prima painting - still life, figure, and portrait - around the USA since 2013, and also offers an online art mentorship program. She is represented by Tvedten Gallery in Harbor Springs, Michigan.

Learn more about Sarah on Facebook and Instagram! (@sedwickstudio)



**Oil Painting Boot Camp**

## Materials:

- Palette - a 12x16 (or larger) disposable paper palette pad. Get white, not gray.
- Palette knife – not a teeny one. You want to be able to scoop up a pile of paint with it.
- Rags or paper towels (I like disposable blue shop towels, available at hardware stores)
- Solvent: Gamsol or Turpenoid
- 2 glass jars with tight-fitting lids, for solvent
- Paint - I use M. Graham brand. Please include a red, a blue, a yellow, and a white. Here are some suggested colors:
  - Titanium white
  - Alizarin Crimson, Cadmium red, Pyrrol red
  - Ultramarine Blue, Cobalt blue, Pthalo blue
  - Cadmium yellow, Hansa yellow, Azo yellow

\*Note: water-soluble oils are not recommended.

- Brushes - I use taklon (synthetic, white bristles) and hog bristle, but I encourage you to use what you're comfortable with. A good starter kit is a #2 round and a #4 flat and a #4 or #6 filbert.
- Canvases or other painting surfaces:
  - Two 12x16" canvas boards, a pad of canvas paper, or Arches oil paper
  - Two canvases, minimum size 8x8" - or any size you'd like to work on for about 3 hours.
- Easel and side table
  - A **standing travel easel**. (A french easel or plein air easel)  
\*Some studios have easels for student use
  - A TV table or side table for your palette (optional, but helpful!)