

WORKSHOP PREP

WHERE TO START? YOU WILL HAVE TWO TO THREE AREAS TO PAINT AND CHOOSE COLOURS FOR - BODY, UNDERWEAR AND BACKGROUND.

IF YOU'RE UNSURE WHAT COLOURS YOU SHOULD PAINT WITH, HAVE A LOOK IN THE SPACE WHERE YOU WILL HANG YOUR CANVAS.

WHAT COLOURS ARE ALREADY THERE? LOOK AT YOUR WALL COLOUR, EXISTING ART, SOFT FURNISHINGS ETC. WOULD YOU LIKE TO COMPLIMENT OR CONTRAST THESE? IF YOU'RE STILL NOT SURE, GRAYSCALE IS A SAFE OPTION THAT SUITS MOST INTERIORS.

COLOUR OR GRAYSCALE > FOR YOUR BODY YOU CAN CHOOSE TO PAINT IN EITHER COLOUR OR GRAYSCALE:

- GRAYSCALE STARTS WITH BLACK AND IS PROGRESSIVELY LIGHTENED WITH WHITE.
- FOR A COLOURED BODY, YOU START WITH A DARKER COLOUR OF YOUR CHOICE, SUCH AS DARK BLUE OR DARK GREEN AND PROGRESSIVELY LIGHTEN WITH WHITE.

UNDERWEAR & BACKGROUND > YOU WILL CHOOSE ANOTHER COLOUR FOR YOUR BACKGROUND AND UNDERWEAR (IF WEARING ANY). METALLIC COLOURS ARE AVAILABLE FOR THESE AREAS OF YOUR CANVAS.

ON THE DAY

ARRIVAL >

I KNOW FIVE HOURS SEEMS LIKE A LONG TIME BUT TRUST ME, YOU WILL WANT EVERY MINUTE OF IT.

PLEASE ARRIVE 5-10 MINUTES EARLY AND HELP YOURSELF TO A DRINK AND FIND YOUR CANVAS AMONGST ALL THE GORGEOUS BODIES.

WHAT TO BRING >

- COMFORTABLE CLOTHES THAT ARE OK TO (MAYBE) GET A LITTLE PAINT ON THEM
- A WATER BOTTLE IS ALWAYS WELCOME
- AN IDEA OF THE COLOURS YOU WANT TO PAINT YOUR CANVAS

HOW IT WORKS >

AFTER ARRIVING AND FINDING YOUR BODY, I WILL EXPLAIN HOW TO PAINT YOUR CANVAS. YOU WILL THEN SELECT YOUR COLOURS AND A BRUSH AND GET TO PAINTING!

THERE IS NO SET BREAK TIME AS EVERYONE PAINTS AT THEIR OWN PACE SO FEEL FREE TO MOVE AROUND AS YOU WISH. IF FOR SOME REASON YOU RUN OUT OF TIME PAINTING YOUR CANVAS, I WILL PROVIDE YOU WITH A PAINT BRUSH AND CONTAINER OF PAINT TO FINISH AT HOME.

I CAN'T WAIT TO SEE YOU BRING YOUR CANVAS TO LIFE.

x *Jessica*

