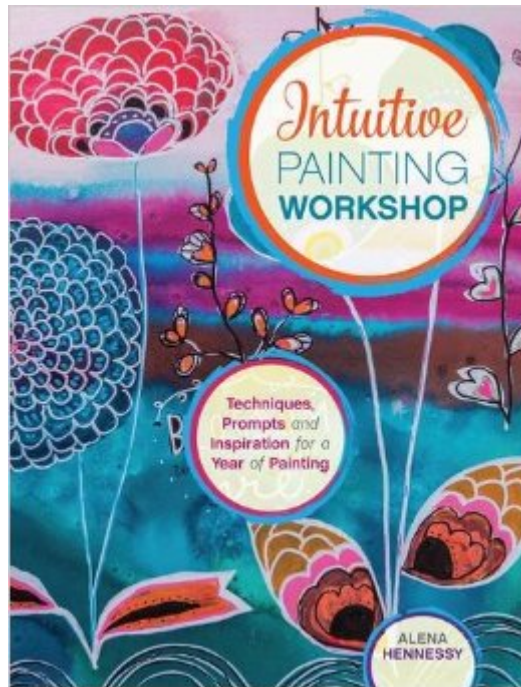


The book was found

# 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

I am writing this review as one of the many who took Alena Hennessy's popular "Year of Painting" class of which this book was inspired. You will see several of my paintings included in the pages. I have done all the lessons so i can truly vouch for how fun they are. One of the many things i love about this book is that it doesn't matter if you are an artist who paints everyday or if you have never painted before. This book is full of inspiring examples and i think you will love creating your own

paintings. You can get a few supplies and dive right.

This is a wonderful book with a range of fabulous techniques that apply to painting and, in my case, mixed media journals. Alena Hennessy, as always, provides inspiration and guidance through the pages of her books, the images inspiring and motivating - there is immense detail in her work. If you have an interest in intuitive painting and whimsical art, you will enjoy this book. Well done on a beautiful volume, Alena.

Freedom to be... just who you are wherever you are artistically, is encouraged with heart, community and grace. The sweetness of sanctuary is held ~ in all of Alena Hennessy book's and classes. I have taken many of Alena's classes and own all her booksâ | personally I have found more joy, fearlessness, and depth in my own painting and emerging style, as a direct result of embracing the idea of Intuitive Painting.

A beautiful collection of artwork and inspiration can be found in this intuitive guided painting book. I have participated in Alena's online ecourses and read her books. I have found my inner voice being easily expressed with her intuitive painting process. Magic is certainly to be discovered when this book is used as a guide for painting.

Alena Hennessy, a talented and popular artist by her own right, is also a force for creative inspiration. It's not just the informative art techniques, but the book also contains an inspiring and timely gallery of the work of her students.... a testimony to Hennessy's talent as a teacher. I am already a fan of her books, but I find this is one could be her best yet. Whether you are now an artist or aspiring to be one, check this book out. Just get it to see some wonderful artwork that is being created today. The work displayed by her students demonstrates her skills as a teacher, and her generosity. Just looking at the artwork is worth the price. Cynthia Cartright

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.

This book is filled to brim with inspiration! It is visually stunning and there is so much here ~ it will keep your creative juices flowing for well over a year. Alena is an incredibly generous teacher and

wise soul, so you're going to find a lot of practical information on color theory, composition and materials... as well as prompts to deepen your creative expression and help you make art that you are going to fall in love with.

This is a treasure of teachings and inspiration! Alena does a beautiful and amazing job of breaking down the year into prompts that nudge you into a painting world like no other. She is a very gifted painter and teacher and it is showcased in this book.

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