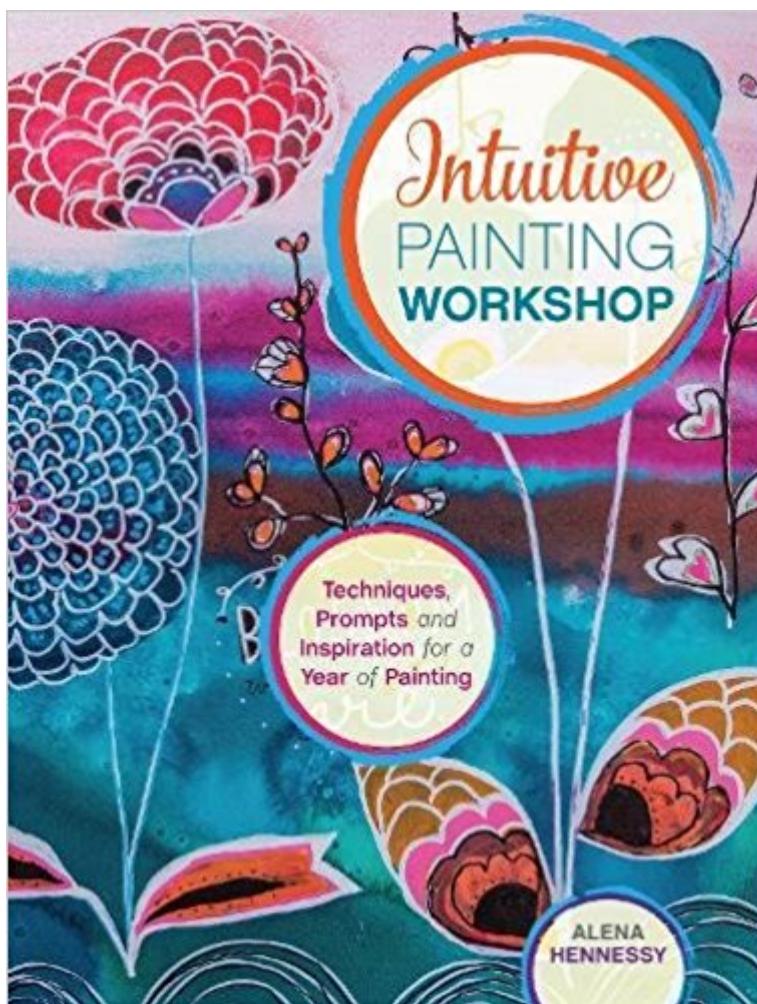


The book was found

# 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 to 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

Spiral-bound: 144 pages

Publisher: North Light Books; 3rd edition (December 3, 2015)

Language: English

ISBN-10: 1440342407

ISBN-13: 978-1440342400

Product Dimensions: 8.2 x 0.9 x 10.9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 44 customer reviews

Best Sellers Rank: #154,892 in Books (See Top 100 in Books) #99 in Books > Crafts, Hobbies & Home > Crafts & Hobbies > Mixed-Media #103 in Books > Arts & Photography > Other Media > Mixed Media #330 in Books > Arts & Photography > Painting

## Customer Reviews

Alena Hennessy, Asheville, NC, is a facilitator of painting workshops around the globe. Her work has been featured in Dwell, The Washington Post, Redbook, Spirituality & Health and Natural Health magazine. [Alenahennessy.com](http://Alenahennessy.com)

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.

i own another one of alena's books, & this one is my fave. i was afraid i'd be disappointed because i didn't see the book in person. nope.i adore this book, & am so glad i got it! there's fabulous inspiration by a variety of artists inside. every time i look through it i want to paint. .

Whether you are looking for inspiration, want to learn new techniques, or just want something pretty to look at, this book will meet your needs. Full of beautiful intuitive works of art by a beloved community of student artists and a trusted art teacher, this book doesn't disappoint. These monthly lessons give you something to work on throughout the year at your own pace.

Really love this book. Fatastic visuals and creative promptings. As a long time fan of Flora Bowley and intuitive painting the timing is perfect for me to discover Alena Hennessy.

Love, Love, Love this book. I feel truly inspired every time I open it up - it's such a great resource to compliment Alena's online courses, too.

Terrific instruction, talented artist insight, colorful prompts & pages. I highly recommend.

A lot of good information, just cannot get to the workshop website to download items listed in the book.

Very informative and encouraging with lots of visuals. Excellent choice for anyone wanting guidance in exploring their creativity in mixed media. Resources and techniques are combined with encouragement to help you courageously launch out to achieve your goals.

[Download to continue reading...](#)

Intuitive Painting Workshop: Techniques, Prompts and Inspiration for a Year of Painting Oil Painting: Masterful Techniques to Oil Painting, Portrait Painting and Landscape Painting (painting, oil painting, painting for beginners, paint techniques, ... paint, portrait painting, art and painting) Painting: Techniques for Beginners to Watercolor Painting, Painting Techniques and How to Paint (Painting,Oil Painting,Acrylic Painting,Water Color Painting,Painting Techniques Book 3) Acrylic Painting: Masterful Techniques for How to Paint, Portrait Painting and Landscape Painting

(Painting,Oil Painting,Acrylic Painting,Water Color Painting,Painting Techniques Book 1) Oil Painting: Learn Oil Painting FAST! Learn the Basics of Oil Painting In No Time (Oil Painting Tutorial, Oil Painting Books, Oil Painting For Beginners, Oil Painting Course, Oil Painting) (Volume 1) Acrylic Painting: The Complete Crash Course To Acrylic Painting - Painting Techniques for: Still Life Painting, Landscape Painting and Portrait Painting Acrylic Painting: The Complete Beginners Guide To Learning The Basics Of Acrylic Painting (Acrylic Painting Tutorial, Acrylic Painting Books, Painting Techniques) Brave Intuitive Painting-Let Go, Be Bold, Unfold!: Techniques for Uncovering Your Own Unique Painting Style 125 Creative Journal Writing Prompts: Journaling Ideas and Motivation for Success (Journaling bible, Journaling prompts) 300 Romance and Erotica Title Prompts for Writers Vol. 3 (300 Prompts for Writers) Story Machine: Romance Prompts: Can you write a book? (Creative Writing Prompts and Plots Book 5) The Beautiful Book of Songwriting Prompts: Visual, Lyrical, and Creative Song Prompts to Excite Your Muse 52 Sketch Prompts: Weekly Art Prompts for Creative Doodling & Beyond - 8.5" x 5.5" Sketchbook Artist Journal Project Ideas to Draw, Collage, Illustrate, Design & More! For All Ages, Teens to Adults The Sketchbook Challenge: Techniques, Prompts, and Inspiration for Achieving Your Creative Goals Coaching Elementary Soccer: The easy, fun way to coach soccer for 6-year-olds, 7-year-olds, 8-year-olds, 9-year-olds, and 10-year-olds (kindergarten, first-grade, second-grade, and third-grade) The Belly Dance Book of Practice Prompts: Inspiration for Tribal, Cabaret, and Fusion Dancers 101+ Creative Journaling Prompts: Inspiration for Journaling and an Introduction to Art Journaling Pencil Art Workshop: Techniques, Ideas, and Inspiration for Drawing and Designing with Pencil AIRBRUSHING: 1-2-3 Easy Techniques to Mastering Airbrushing (Acrylic Painting, Calligraphy, Drawing, Oil Painting, Pastel Drawing, Sculpting, Watercolor Painting) Creative Revolution: Personal Transformation through Brave Intuitive Painting

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)