

**Materials List for  
Bones, Blossoms and Balance  
with Cynthia Rowland**

5 synthetic or bristle Filbert brushes for general painting (#2, #4, #6, #8, #10).  
(I like Silver brush, Grand Prix Filberts). I have also recently been using synthetic filbert brushes from Rosemary & Co. Brushes.

I have, also, been experimenting with flat and round brushes from Michael's. They are the Liquitex Basics Line. I don't recommend these as your core brushes. They can be extras that can sometimes create interesting effects.

When it comes to brushes, you have to pick **good** artist brushes from an art supply store; and they have to be brushes that you will really love and enjoy using. You need to become familiar with your brushes so you know and are aware of what they can do.

We will be using Walnut Oil for your painting medium. No Turpentine, Gamsol or Mineral Spirits will be allowed in class. I also use Oleogel as a medium that you can order from Rublev colors online.

Roll of Viva Paper Towels or box of Kleenex

Glass Palette or a Wooden Palette that has been coated with linseed oil. You have to give the wooden palette a few weeks to get the linseed oil to soak into the wood. Don't bring a palette to class wet with linseed oil. I prefer to use a glass palette. Under the glass palette, you need to have either wood or a piece of grey Canson paper that will act as your mid-tone value on a scale half way between black and white. White palettes are very difficult to use when trying to determine value, so I recommend glass or wooden palettes.

Paints: The following colors are colors I use which consist of a warm and a cool version of each of the primaries and a few other colors. You are not required to have all of them. The ones you need for the class are marked \*.

*Cadmium Lemon	Cobalt Blue
*Cadmium Yellow Medium	*Ultramarine Blue
Yellow Ochre	*Pthalo Blue or Prussian Blue
Cad Orange	*Burnt Sienna
*Cadmium Red Light	*Burnt Umber
*Permanent Alizarin Crimson	Raw Umber
Venetian Red	*Flake or Titanium White
Permanent Rose	Ivory Black
Viridian	

A 11" x 14" or 12" x 16" pad of Acrylic or Oil Primed Centurion Linen;

I get mine from Jerry's Artarama or Art Supply Warehouse.

A16" x 20" masonite or MDF board that is 1/4" thick. We will tape your canvas to this board.

Masking Tape – Please do NOT bring blue tape as it interferes with the colors you are creating.