

# Mindfulness Based Intuitive Painting Retreat

Paint like you did as a kindergartner:  
spontaneously and for the pure enjoyment of it.  
Follow your intuition or muse and learn to  
disregard your rational mind. Keep your eye on the  
tip of the brush, and as you do this over the long  
term, 10,000 joys and 10,000 sorrows will arise  
and pass away, and bit by bit, you'll transcend your  
past conditioning.

Absolutely, no art experience or confidence is  
needed. Remember, it's the "Un-art" group. We  
don't focus on what your painting looks like. We  
focus on what happens to you as you paint and  
ask questions to help you focus on your intuition.  
We ask that people not look at or comment on  
other's creations.

Mindfulness Meditations are led at the  
beginning and end of the retreat. This method of  
self-exploration and self-discovery can lead to  
personal and spiritual insights and great fun.

Retreat Leader, Meredith McEver, LCSW, has  
been teaching mindfulness since 1998 and  
leading Mindfulness Creativity Workshops since  
2003.



**Saturday, 7/16; 1-4 PM  
on zoom**

**For More information or to register:**

**[m@a-new-perspective.com](mailto:m@a-new-perspective.com)**

**703-820-6732**

**[www.a-new-perspective.com/](http://www.a-new-perspective.com/Creativity.html)**

**Creativity.html**

**\$70**

**A NEW PERSPECTIVE, LLC**  
**5907 5th Rd. South; Arlington VA 22204**  
**703-820-6732**

Registration Form For Mindfulness Intuitive Painting

DATE: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ OK to leave a message: **yes no**

Email: \_\_\_\_\_ OK to leave personal information: **yes no**

Birthdate: \_\_\_\_\_ Age: \_\_\_\_\_

Contact in case of emergency: \_\_\_\_\_

Who referred you: \_\_\_\_\_

Physical Limitations: \_\_\_\_\_

Have you meditated before? Yes

Anything else you want me to know?

TO REGISTER:

First timers: please email the completed form to [m@a-new-perspective.com](mailto:m@a-new-perspective.com) or mail to:

Meredith McEver, LCSW  
A New Perspective  
5907 5th Rd. South  
Arlington, VA 22204.

Payment:

1) Check to

Meredith McEver  
A New Perspective  
5907 5th Rd. South  
Arlington, VA 22204

2) Pay Pal: pay to [m@a-new-perspective.com](mailto:m@a-new-perspective.com)

3) Pay Pal **App**: scan the following QR with the app. The scan link is in the lower left hand corner once the app opens, simply hold your phone up to the QR code and it will scan.



**Scan. Pay. Go.**

4) Contact me to charge your credit card.

## Zoom Intuitive Painting FAQs

**Where should I paint in my home:** It's best to select a space where you'll have privacy and won't be interrupted unless you're painting with someone else in which case you can paint in the same room. It's easiest to paint on paper hanging on the wall, but you can also paint on paper on tables. Be cognizant that the paints can drip and you'll need to put paper or a drop cloth below the painting.

**What if there's no space:** Try attaching your paper to the side of the refrigerator or a shower door or painting on a table.

### What supplies do I need:

- 1) Tempera paints are best because they flow easily. Gauche paints are also good although you can use any paint, chalk pastels or markers,
- 2) 18" x 24" mixed media paper although you can use any size paper. Any smooth white, 80# cardstock, vellum, or cover stock or white poster board (like you used in school) would work. Paint on the side with no gloss.
- 3) 3 Natural bristle, squirrel quill, or drop shape watercolor brushes are recommended. Sizes: #2, #4, #6, #8. Acrylic brushes are not recommended for this process. Again, you can use any brush you want.
- 4) palette or paper plate if you want to mix paints (*optional*),
- 5) bowl of water to get water on your brush and clean your brush,
- 6) paper towels,
- 7) painter's blue tape to attach paper to the wall,
- 8) larger paper to put under the painting to protect the wall (*optional. The painting usually washes off, but you never know.*)
- 9) an apron or smock.

### Where can I get the supplies:

Any art and craft store should have supplies. I get my supplies at

- 1) [amazon.com](https://www.amazon.com)
- 2) [michaels.com](https://www.michaels.com): online, in-store shopping & curbside pickup.
- 3) [dickblick.com](https://www.dickblick.com)

### How much would supplies cost?

The cost varies greatly. Since we are painting for process and not product, we don't need to buy expensive paints. Art supplies go on sale frequently

## Supply details

*Using these supplies will enhance your experience, but feel free to use different materials if you can't find these, such as other paints, chalk pastels, markers or paintbrushes. The following are examples from amazon.com. Many other items are available at a wide range of prices.*

**Tempera Paint:** Crayola Tempera Paint Set,

2-Ounce, 6 Count;\$10[https://www.amazon.com/Crayola-Washable-Classic-Painting-Supplies/dp/B00004UBH2/ref=sr\\_1\\_22?dchild=1&keywords=2+oz.+tempera+paint+for+kids&qid=1611016167&sr=8-22](https://www.amazon.com/Crayola-Washable-Classic-Painting-Supplies/dp/B00004UBH2/ref=sr_1_22?dchild=1&keywords=2+oz.+tempera+paint+for+kids&qid=1611016167&sr=8-22)

**Gauche Paint:**\$18 Arrtx Gouache Paint Set, 18 Colors x 30ml

[https://www.amazon.com/Gouache-Portable-Students-Watercolor-Painting/dp/B07D5VDTN9/%20ref=sr\\_1\\_6?%20crid=3CGUMMCQE99S1&dchild=1&keywords=gauche+painting+set&qid=1611014806&srefix=gauc%20he+paint%2Caps%2C153&sr=8-6](https://www.amazon.com/Gouache-Portable-Students-Watercolor-Painting/dp/B07D5VDTN9/%20ref=sr_1_6?%20crid=3CGUMMCQE99S1&dchild=1&keywords=gauche+painting+set&qid=1611014806&srefix=gauc%20he+paint%2Caps%2C153&sr=8-6)

## Watercolor Brushes

- [https://www.amazon.com/Watercolor-Squirrel-Paintbrush-Painting-Detailing/dp/B07Z4HPKBL/ ref=sr\\_1\\_9?](https://www.amazon.com/Watercolor-Squirrel-Paintbrush-Painting-Detailing/dp/B07Z4HPKBL/ref=sr_1_9?dchild=1&keywords=squirrel+watercolor+mop+brushes&qid=1611015349&sr=8-9)  
dchild=1&keywords=squirrel+watercolor+mop+brushes&qid=1611015349&sr=8-9  
would be good to get one larger brush
- [https://www.amazon.com/Fuumuui-Professional-Squirrel-Watercolor-Painting/dp/B07G2641YT/ ref=sr\\_1\\_18?](https://www.amazon.com/Fuumuui-Professional-Squirrel-Watercolor-Painting/dp/B07G2641YT/ref=sr_1_18?dchild=1&keywords=children%27s+squirrel+mop+watercolor+brush&qid=1610419597&sr=8-18)  
dchild=1&keywords=children%27s+squirrel+mop+watercolor+brush&qid=1610419597&sr=8-18
- [https://www.amazon.com/Elisel-Brushes-Watercolor-Adults-Create/dp/B083G1B3WS/ref=sr\\_1\\_2?dchild=1&keywords=Elisel-Brushes&qid=1610579877&sr=8-2](https://www.amazon.com/Elisel-Brushes-Watercolor-Adults-Create/dp/B083G1B3WS/ref=sr_1_2?dchild=1&keywords=Elisel-Brushes&qid=1610579877&sr=8-2)
- [https://www.amazon.com/Marrywindix-Pointed-Paintbrushes-Watercolor-Painting/dp/B015ZBIME4/ref=sr\\_1\\_11?](https://www.amazon.com/Marrywindix-Pointed-Paintbrushes-Watercolor-Painting/dp/B015ZBIME4/ref=sr_1_11?dchild=1&keywords=watercolor+paint+brushes&qid=1610576455&sr=8-11)  
dchild=1&keywords=watercolor+paint+brushes&qid=1610576455&sr=8-11