

"Everybody needs beauty as well as bread, places to play in and pray in, where Nature may heal and cheer and give strength to body and soul alike."

— *The Yosemite-* [John Muir, 1938-1914](#)

Drawing is the way we first make our mark in the world. It is as unique and personal as a signature and expressive as a finished portrait. Drawing extends mind and spirit, promoting a deep respect for looking and thinking. It is never too late to learn to draw, to pick up a forgotten practice, or to revisit drawing to support a creative life.



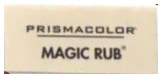

This course invites you to slow down, tune in, and reconnect—with yourself and your creativity—through the grounding, meditative act of drawing. Each session combines mindful attention with art-making, offering guidance in traditional techniques and intuitive, expressive mark-making.









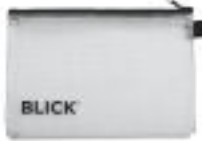
You'll work with a variety of tools and techniques—from pencil and charcoal to ink and brush—using drawing as a practice of meditation, reflection, learning, and creative exploration. We will build confidence, skills, and discover how drawing can support clarity, calm, and well-being in a supportive community.

The weekend following the final class will provide an opportunity to share our work with the larger community. We will work together to prepare and install an exhibition of our work at the Cambria Art Center, the weekend following the last class.

No prior experience necessary—all levels welcome.

Materials: Most of these materials can be purchased in more extended drawing sets from Amazon or Blick, *however*, I have culled down the list to the essentials that you will use in the workshop and can purchase individually at an art materials store or [Blick online](#). If you purchase larger sets or have drawing tools you like to use or practice with, feel free to bring them along to use. You do not need to have new tools for the class!

	9 x 12, Drawing Sketchbooks 65-90lb white paper , hard bound or spiral bound. If you are interested in using water in the sketchbook, the heavier paper will work better and still be appropriate for drawing materials. Spiral bound allows book to lay flat, though it is a matter of preference – suggested brands Canson, Beinfang, Strathmore, Blick.
	2B, 4B and 6B Graphite Drawing Pencils – suggested brands FaberCastell, Staedler, Derwent, Koh-I-nor, Tombow, Caran D'Arche or lesser brands Blick and General work fine
	1 White Plasticene Eraser, any brand will work
	1 Small Kneaded Eraser, any brand will work

	<p>1 Small Hand-held Pencil Sharpener – a metal sharpener is often the best</p>
	<p>Blending stump or tortillon – Often come in packs of three, but if you have one it is fine. If you have one from earlier class, you do not need a new one.</p> <p>To clean a tortillon, rub its dirty end against a piece of fine-grit sandpaper, an emery board rotating the tortillon to remove graphite or charcoal and reshape the tip. For minor smudges, a kneaded eraser can lift some of the material off the tip. After sanding, gently wipe or brush off any remaining dust so it is smooth.</p>
	<p>2-3 compressed charcoal sticks - soft or medium - suggested brands Faber Castell, Derwent, Conte, Cretacolor, Staedler, Blick, Windsor Newton, General, Blick</p>
	<p>Small 3-pack of vine charcoal - suggested brands Faber Castell, Derwent, Conte, Cretacolor, Staedler, Blick, Windsor Newton, General, Blick</p>
	<p>1 medium hardness charcoal pencil - suggested brands Faber Castell, Derwent, Conte, Cretacolor, Staedler, Windsor Newton, General, Blick . Do not drop this pencil or it breaks inside 😞</p>
	<p>1 natural chamois. If you are vegan you may want to use paper towel instead.</p>
	<p>If you think you will want to work in color this is a good brand starter of colored pencil for the cost - Faber-Castell Goldfaber Color Pencil Set though Prismacolor are often seen as some of the softest and easiest to blend.</p> <ul style="list-style-type: none"> - This is optional, and a personal choice. - However, use what you have or wish to purchase
	<p>I hope to try ink and brush 😊. You can wait to get this, though you may already have a #6 or #8 watercolor brush. I will provide the ink to make things simpler.</p>
	<p>Something to carry your drawing tools in</p>