

Materials & Supplies List from Suiko McCall

- Meditation cushion
- Journal or sketchbook
- A pad of Yupo (74 lb) 9"x12" or larger
This is a really special "treeless paper" that offers results no other paper can. If you can only find it in the heavyweight 114 lb that is perfectly fine also.
- Three colors of alcohol inks
 - *I prefer Copic ink refill cartridges, but other brands of alcohol inks are wonderful including Jacquard Piñata, Ranger, Brea Reese, and Blick Studio Marker Refills.*
 - *What colors you choose are entirely up to you! I recommend two colors that are near each other in the rainbow (like red & orange or blue & green) and a third color that contrasts with those (like black). Some brands offer 3-packs of lovely color combinations.*
- An eye dropper (or a drinking straw)
- A small bottle of 90% isopropyl alcohol
 - *Unfortunately 70% isopropyl alcohol won't work. Walgreens, Rite Aid, or any pharmacy usually stock 90%. Anything 90% or higher will work.*
 - *Another possibility is "alcohol ink blender." It's more expensive but works beautifully.*
- A fine point black pen for drawing thin lines
 - *Pigma Micron between .02mm and .35mm, Faber Castell Pitt Artist Pen small, extra small, or fine, and Sakura Micropen Ultra-Fine will all work beautifully, OR*
 - *A simple dip pen and Sumi ink, India ink, or black acrylic ink, OR*
 - *A very fine paintbrush and one of the above black inks, OR*
 - *Whatever pen / pencil / paintbrush you have!*

These are the materials that Suiko uses. To purchase everything on the above list from the sources listed below will run around \$30-\$40.

If you were to purchase just one item on the list, get Yupo. The 9x12 costs around \$12. In addition to alcohol-based inks, Yupo takes water-based pigments (watercolor, gouache, natural pigment or acrylic inks) wonderfully.

If you prefer to use materials you already have, you could instead use water-based pigments on whatever paper you have around. You will still reap all the benefits of the practices we'll be doing!

WHERE TO ACQUIRE art supplies

Once Around, Mill Valley, CA

www.oncearound.com

415-326-5217

Shipping or curbside pick up

They have everything listed above except for the isopropyl alcohol.

Jerry's Artarama

jerrysartarama.com

Blick

dickblick.com

If have questions, don't hesitate to contact Suiko at suiko@artmonastery.org.