

Watercolor Meditation

With Sheila Golden

\$55
per person

Take a break from the
tension in your life.

Paint your stress away through a guided watercolor seminar. And discover how to find peace and calmness through abstract painting.

Open class for all levels and non-artists.

Saturday, January 10, 2026

10:30AM to 1:30PM

Call to sign up today!

941-366-2301

SUPPLY LIST

Everything listed is available for purchase at
Art & Frame of Sarasota.

Unless marked with a *

BRUSHES

A variety of
LARGE watercolor brushes, no smaller than a size 8 brush. It's recommended to bring an assortment of styles such as rounds, flats, mops, etc. Simply Simmons is an affordable recommended brand.

PAINT

An assortment of at least 3 watercolor tubes different colors to mix with. Grumbacher is an affordable recommended brand.

PAPER

Either a small 140 lb. watercolor pad or large single sheet.
MUST be 140lb. cold pressed preferred.

ACCESSORIES

Paper towels*

Cup for clean water

**Call 941-366-2301
to sign up today**



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