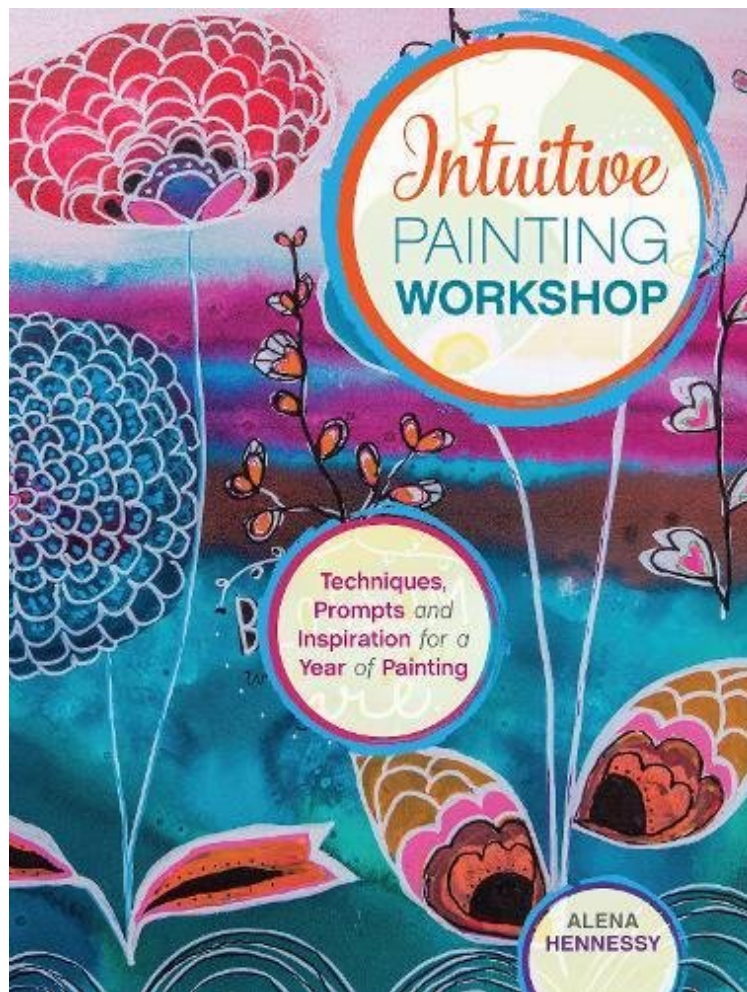


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# Intuitive Painting Workshop: Techniques, Prompts and Inspiration for a Year of Painting

Alena Hennessy

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**Alena Hennessy : Intuitive Painting Workshop: Techniques, Prompts and Inspiration for a Year of Painting** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Intuitive Painting Workshop: Techniques, Prompts and Inspiration for a Year of Painting:

12 of 12 people found the following review helpful. and the step by step teachings by Alena are easy to follow and very helpful By Lara Bates Cornell Beauty abounds in this gorgeous book by Alena Hennessy. There's an incredible amount of inspiration, and the step by step teachings by Alena are easy to follow and very helpful. This book is a joy to own and would make a beautiful gift. 4 of 4 people found the following review helpful. Materials in order....Ready, set paint ! By Tamaris Landsman Really love this book. Fantastic visuals and creative promptings. As a long time fan of

Flora Bowley and intuitive painting the timing is perfect for me to discover Alena Hennessy. 4 of 4 people found the following review helpful. Love, LoveBy CustomerLove, Love, Love this book. I feel truly inspired every time I open it up - its such a great resource to compliment Alena's online courses, too.

A Year of Painting Intuitively! Stay inspired to create art throughout every season! In Intuitive Painting Workshop, you'll find a timely expressive exercise for each month, along with seasonal check-ins. In discovering how to paint intuitively, you will learn to surrender to your true visual voice as your personal process of making marks emerges. Using acrylic paint, ink, collage papers, stencils, watercolor, gel pens, paint markers and more, you'll be gently guided by twelve exercises, taking cues from the process, but carrying each in your own direction. Explore monthly exercises, each offering you a new area of growth from setting intentions, to painting wildly, to getting know your animal totems and much more. Receive suggestions for painting with a "beginner's mind" and a glossary of art terms will make following the step-by-step demonstrations clear and easy to understand. Get further ideas from a monthly gallery of contributing artists who were students of this process, just like you! Have a chance to assimilate your creative focus every few months with seasonal Check-In journaling prompts and ideas for reflection. Stay inspired month-by-month and season-to-season with Intuitive Painting Workshop!

About the Author Alena Hennessy, Asheville, NC, is a facilitator of painting workshops around the globe. Her work has been featured in Dwell, The Washington Post, Redbook, Spirituality Health and Natural Health magazine.  
Alenahennessy.com