

Coming to your Senses -

A 5 day online pre-recorded sketchbook course for working freely and experimentally outdoors - on holiday, in the landscape, by the sea.....

Tutor - Katie Sollohub

Cost - £160

Come to your senses - and spend time being creative in the great outdoors in this 5 day prerecorded course led by Katie Sollohub, inspirational teacher, artist, and experienced yoga and meditation practitioner. This course will give you a fresh way of looking at the everyday, and aims to encourage a regular practice on a small scale. There are 17 short films ranging from approximately 10 minutes to an hour long.

If you're feeling inspired to make work outdoors, as the weather warms up, and we are once again able to venture a little bit further afield, then this is the course for you. Take a sketchbook on a journey with you, open your body and mind to the sensory experience of being outside in the elements. This 5 day course will give you a fresh way of looking at the everyday, and aims to encourage a regular practice on a small scale. Get down and dirty, in touch with your materials and the landscape around you, with meditation exercises alongside. All work is sketchbook based, using mixed media, so it is portable, and suitable for all.

Expect to fill a sketchbook or 2, either over 5 days if you have the time, or, spread it out and let each recorded session lead you into days or even weeks of exploration. A perfect way to come into Spring and Summer, and if you are planning to venture further afield this would also be a brilliant travelling companion, encouraging that elusive holiday sketchbook to come home with more than one page complete! These sketchbooks are a process in their own right, or, could be seen as a way into a new subject, providing material and inspiration for developing your own work from it.

Course Details

This course can be used as a way into a new subject, making you see with new eyes, maybe inspiring more work to develop from it. Or, it might help you rediscover the joy of keeping a sketchbook as a visual diary, for no other purpose than the process itself, a record of these times and the familiar landscape around you. There will be 5 sessions, which you can choose to do in 5 consecutive days, or, take your time, and see how much work can come out of each online session, let the sketchbooks fill up over days or even weeks.

All the work will be done in 2 sketchbooks; one A5 concertina unfolding over the course of 5 days, one spiral bound which you will deconstruct and reconstruct over a couple of days, as a fresh way of gathering and recording visual information, that can give you inspiration for different ways of developing imagery in your other work. Both will encourage you to experiment and take risks, with guided exercises and suggested self-study throughout.

There will be a mixture of exercises and meditations to guide and inspire you: experimenting with materials as well as exploring ideas, finding ways of starting, planting

seeds for growing a creative practice. For each day there is approximately a one hour film of exercises and demonstrations.

We will begin with marking making, and responding to the breath, and the senses, getting in touch with where you are right here and now. From this anchor point you will be invited to explore the visual and sensory landscape and create a capsule of experience in your sketchbooks. More than simply what you see, incorporating sensation, words, marks, and memory.

Using only a small, portable selection of materials, you will be free to move about the landscape, take your sketchbooks on a walk, find your favourite spots to sit and draw or dream. As you let things unfold, taking time to explore, you may be surprised at what connections you find, what inspiration awaits you, in even the most familiar of places.

In the process of making this film, I have been enjoying my own process of free flowing creative 'thinking' through doing. Sometimes it is the material that leads the way - an ink line, a cut edge, a splash of pattern. Sometimes the idea takes over - a memory of my morning walk, a particular place, a shape, a mood. I have found myself rediscovering recurring thoughts and images, subconsciously connecting to what is important in my practice. I shall certainly be continuing with the sketchbooks I started here.

I am so excited to be offering this course as a pre-recorded session as I can imagine you all in your own landscapes, perhaps all over the world, something that would be impossible in a studio based course. I can sense you seeing your places afresh with new eyes, looking, moving, feeling.

Sometimes with all the best will in the world it is hard to just get on and do it, the thing we most value, our creative practice. In this course, there are no excuses, nowhere to go, no special equipment needed (the concertina and spiral books are fun, but scrap paper would also be fine) - all you need do is show up, turn on the video, and follow my prompts.

It has been a joy to make, and I hope you will enjoy your own journey. Please do share with us at the Seawhite Studio, and fellow students on the course, any images or thoughts that arise as you work your way through your sketchbooks, and any subsequent work that emerges out of it.

Course Structure -

day 1 - Concertina Sketchbook - pouring ink, markmaking, taking a line for a walk, sensory warm ups, drawing sound

day 2 - Concertina Sketchbook - dots and dashes - using small marks and simple materials (pencil, pen, eraser, felt tip) - looking at tone, texture, edges and layers, to construct mini landscapes from observation, playing with repetition, simplifying, abstraction

day 3 - Loose paper - collage, colour, space, shape, line and detail - simplifying the landscape, taking it apart, playing with layers, placement, context and composition.

day 4 - Deconstruct and reconstruct the spiral sketchbook - cutting spaces, creating windows, folds, spaces, surprises, generating ideas for visual research - using the loose pieces from day 3 - shape line and detail, signs and symbols, pattern and repetition

day 5 - Working in both sketchbooks, taking risks, changing, editing, painting over, collaging, stencilling, moving shapes and pages around to change the way you read the imagery in your books. Sometimes a lot of transformation can happen once we let go of the 'real' landscape and play around with the wealth of imagery and sensory responses we already have. Using memory and visualisation to trigger a new response to the subject. With 2 sketchbooks on the go, each can inspire the other, and so the conversation continues.

Materials that you will need

If you need to stock up with materials then Seawhite are still delivering orders.
<https://www.artesaver.co.uk/> Use the discount code EB10 for a 10% discount on your order

One or more concertina sketchbooks A5. Seawhite sell these. Here is a link to their webpage where you can purchase them.

<https://www.artesaver.co.uk/catalogue/results.aspx?search=concertina>

One spiral bound sketchbook A5 portrait or landscape, your choice

A selection of the following;

chalk pastels, oil pastels, inks (black or sepia is fine), charcoal, pencils, graphite stick, an eraser, posca acrylic pens, biro, felt tip pens, white oil pastel and/or oil bar, tubes of gouache

brushes large and small, watercolour or anilinky watercolour sets, a water pot with a lid for working outdoors, a stool or groundsheet could be handy and any other mixed media tools you like to use - scrapers, rollers, stencils etc

A cutting mat or equivalent, sharp craft knife, double sided tape, scissors, glue stick, masking tape, needle and thread, sellotape

A5 pieces of coloured paper, scrap paper, acetate sheets if you can, tracing paper, different colours of tissue paper, old maps, graph paper, news paper, magazine cut outs and a folder or clip for taking loose paper out on windy days.

A drawing board - optional - I think you can do all of this directly into your sketchbooks but you might find it useful to have something to lean on