



PARALLELS

A WORKSHOP ON COMPOSITION AND FIGURE PAINTING

BY SABRA AWLAD ISSA
WWW.SABRAISSA.COM



SUPPLY LIST

I'M USING...

Watercolor paper 140lbs, stretched,
18x24 inch / 45x60 cm,

Acrylic paint in:

- Payne's Grey
- Raw Umber
- Pyrrole Red
- Hansa Yellow
- Ultramarine Blue
- Titanium White

Brushes (synthetic):

- 1 inch flat brush
- 1/2 or 1/3 inch flat brush

Acrylic Gel Medium Gloss
Acrylic Gel Medium Matte
Acrylic Glazing Medium

A palette
A palette knife
A rag/cloth
Charcoal and a pencil
Water

YOU CAN SUBSTITUTE WITH...

Any paper 140 lbs and up or a watercolor paper block or mixed media journal page. You can also use a board, panel or canvas.

Use any consistency or brand you want.

Replace Payne's Grey with any black.
Replace Pyrrole Red with cadmium or any primary red. Replace Hansa Yellow with azo or cadmium yellow or any primary yellow.

If you don't want to mix at all: replace the red, yellow and blue with Burnt Sienna.

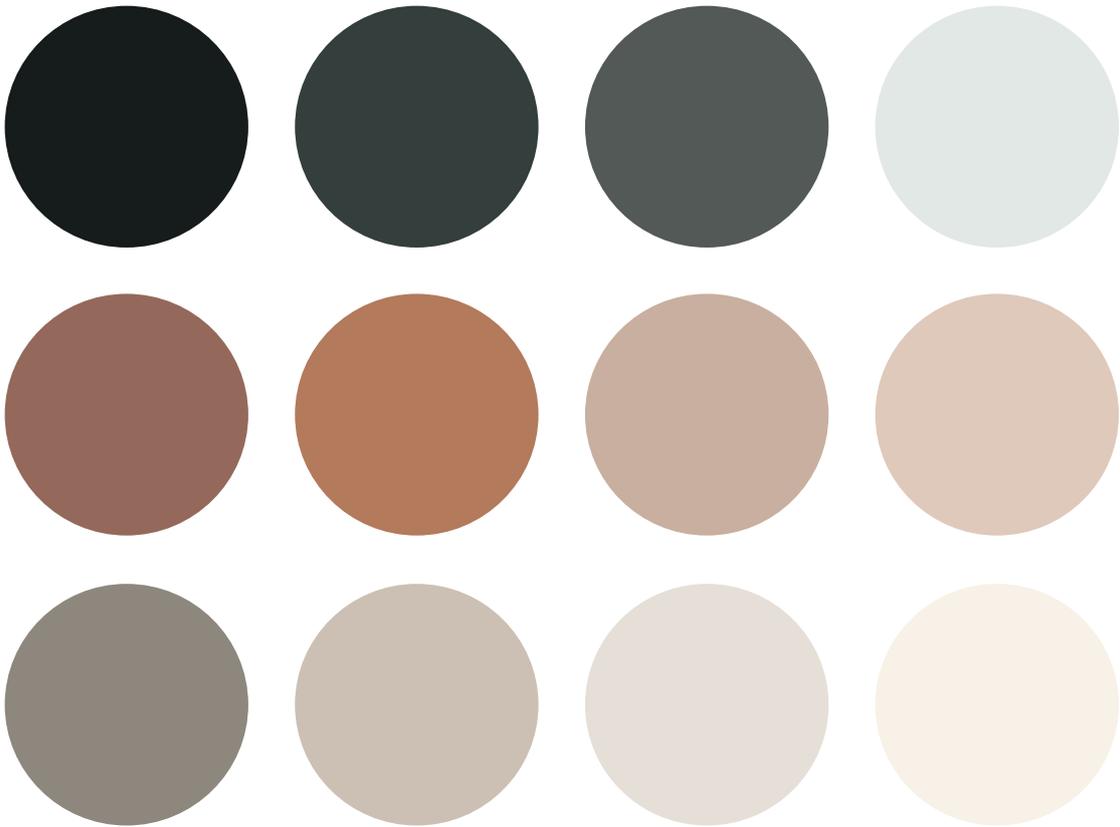
Any brush, as long as you have a bigger and a smaller one. Brush size also depends on your substrate size. Use whatever brush you comfortable with.

If don't have or don't want to use these mediums, you can work without them. Increase your transparency with water.



APPENDICES

PALETTE



STUDENT SUPPORT

You can share your work, comments and questions in my [private student Facebook group](#). If you don't use Facebook, you can also send me an email at s.awladissa@gmail.com

MORE ONLINE

Website: www.sabraissa.com

Instagram: www.instagram.com/artbysabra

General Facebook community: <https://www.facebook.com/groups/artbysabra>

Facebook profile: <https://www.facebook.com/s.awladissa>