

**Embrace the Practice/Daily Painting/Lisa Daria  
Materials Used in the Demo  
lisadariakennedy.com**

All materials purchased through Dick Blick unless otherwise noted

**PAINT** - Liquitex Heavy Body Acrylic/my favorite - but if you have other artist grade brand on hand, those are fine too.  
**Colors** - Alizarin Crimson Hue Permanent, Cadmium (or Cad Free) Red Medium, Cadmium (or Cad Free) Yellow Light, Cadmium Yellow (or Cad Free) Medium, Phthalo blue (green shade), Ultramarine Blue (green shade), Titanium White, Quinacridone Magenta

**PAINTING SURFACES**

Masonite/Hardboard Panels - 6"x6" masonite boards/hardboard

**BRUSHES** - Windsor and Newton University BRIGHT #8 Series 237

<https://www.dickblick.com/products/winsor-newton-university-brushes/>

Brush sizes change depending on brand, this is a good size for loose, expressive marks.

They are also economical brushes that have a good shelf life and work well with acrylic and oil.

**MISC**

Paper towels

Spray bottle for water - a fine mist is best

Disposable palette

View Catcher - Dick Blick\*/ <https://www.dickblick.com/products/viewcatcher/>

Spot light (I like this one from Amazon, CeSunlight Clamp Desk Lamp, Clip on Reading Light, 3000-6500K Adjustable Color

Temperature, 6 Illumination Modes) [https://www.amazon.com/gp/product/B078V2Q9BZ/ref=ppx\\_yo\\_dt\\_b\\_search\\_asin\\_title?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B078V2Q9BZ/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1) - But anything that makes bright, clean light is fine - it is very important to have a strong light source.

Empty container for water to wash brushes in - anything will do.

**EASEL** (optional, see attached) tabletop or freestanding, my compact Painting Panel Holder (the wood stick that attaches to my tripod) is from [artboxandpanel.com](http://artboxandpanel.com) and my mini tripod by Mefoto, backpacker size, small and lightweight

Panel Holder (optional) - <http://www.krikegallery.com/CarolMarinepanelholder.html>

*\*If you do not have or want to purchase an easel, bring an additional full roll of paper towels and we can modify this into a makeshift easel.*

**OBJECTS TO PAINT** - flowers, fruit, vegetables, vessels, fabric - we are painting small panels so make sure objects/vases are on the smaller and shorter size - honey or mustard jars are perfect.

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Only if painting in oil; (all demos are done in acrylic) but oil painters are welcome - all supplies above/colors/surfaces/brushes transfer to oil. Gamsol by Gamblin - Odorless Mineral Spirits\* - Oil Medium 1/3 Linseed, 1/3 OMS, 1/3 Stand

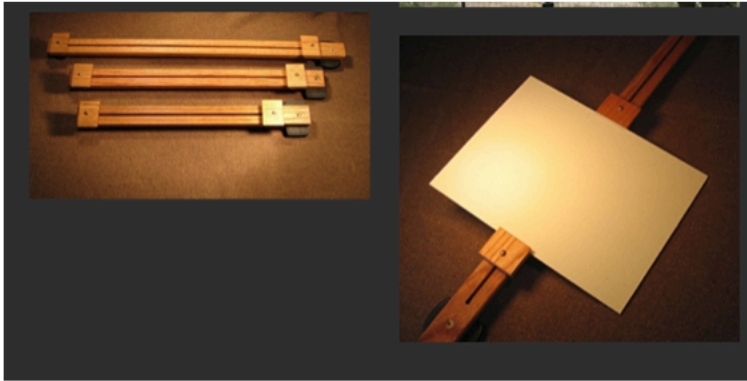
Lisa Daria Kennedy  
[lisadariakennedy.com](http://lisadariakennedy.com)

## MY EASEL SETUP

1. Panel Holder from Art Box and Panel and Panel Clips - <https://artboxandpanel.com/works>  
Also purchase canvas adapter clips, existing clips only hold a flat 1/8" panel.

The image on the left shows three different sizes, each hold different heights, I have the smallest, because when I paint big, I mount my painting to the wall of my studio

The image on the far right is the canvas adapter clips - available at an additional cost.



The wood palette stays in place on the easel, I have this but seldom use it, as I prefer a hand held palette, less cumbersome to travel with.



2. Tripod - my tripod is from Amazon, it's the backpacker, MeFOTO brand - MeFOTO Backpacker Classic Lightweight 51.2" Aluminum Travel Tripod Kit w/Case, Twist Locks, Double Action [Ballhead](#) [link to tripod on Amazon](#)

There is a tripod for sale on the same site as the panel and panel holder and palette, however the MeFoto one folds down to a very small size, making it much more compact .