



**Angels in the Dark:  
Meet Your Inner Healer with Meditation and Paint  
with George Herrick  
September 19 – 21, 2025**

**Art Supplies Needed**

Typical budget for these supplies: \$40-50. All art supplies are available online and at most art supply retailers, such as Jerry's Artarama, Dick Blick, Michael's, Cheap Joe's, JoAnn's Fabric. Brand names listed can be substituted with store brands or high quality products if you wish. Always bring a rag with which to wipe brushes.

**• PAINT:**

Basic acrylic set such as Liquitex Basics 4oz., set of 6 basic colors

**• BRUSHES:**

For acrylic paints -

Round or flat bristle (I usually use round)

Sizes: # 4, 6, 8, 10, 12 (6 and 10 are most important)

**• CANVAS:**

Fredrix canvas panel, 14"x17" (no smaller than 11"x14")