



~ Chi of Nature

FREDERICA MARSHALL

Frederica Marshall has her BFA in Painting and a MA; she is an artist, author, teacher, and a researcher. She lived 28 years of her life in Japan. Frederica studied Asian Brush Painting for 10 years in Japan. She is a Master Brush Painter. She has been a professional artist for 46 years. More than 23,000 students have studied art with her. She has exhibited and won awards in more than 90 group shows and 24 solo shows in Japan and the United States. The three books she has written on *sumi-e*: *Sumi-e Basics and Birds*, *Sumi-e Landscape Painting*, and *Advanced Sumi-e Techniques*, will be available at the workshop.

Frederica's studio and gallery are on Deer Isle, Maine. She travels and teaches all over the world.



What is *Zenergy*?

ZEN + ENERGY = a creative, relaxing or energetic, original, renewing activity

Zen painting, *enso*, dance with the big brush are aspects of this workshop. You will explore deconstruction and abstraction in *sumi-e*. Let your *chi* flow into your brushstrokes! Explore the gift of the brush with ink and color.

Engaging in *Tai Chi* will prepare us for our adventures in calligraphy and *sumi-e*.



~ Setting Sun Enso

Frederica Marshall's

Zenergy Workshop

1 and 2 February 2020
10:00—3:00



~ Calligraphy of "Dragon"

Workshop will be held at
Cape Coral Art League
516 Cultural Park Boulevard
Cape Coral, FL
Telephone: (239)772-5657

PAYMENT FOR WORKSHOP

Cost of the two-day workshop is \$180.00.

For registration and information about the workshop, contact Lynne Kemper by phone at (239) 945-4178 or by email at lynnekemper@att.net.

Check should be made out to Frederica Marshall and given or sent to:

Lynne Kemper,
5213 SW 10th Avenue,
Cape Coral, FL 33914

We will create Zen paintings, enso, abstractions and deconstructions, and energy filled art.

Be prepared for surprises!



SUPPLIES

Bring a bag lunch. Tea, coffee, cocoa, sweetener/sugar, cream and snacks (mini-rice cakes and fruit) will be provided.

Frederica will supply the big brush, ink, and big paper for workshop attendees to use.

Students should bring:

- Water containers
- Paper towels
- White "china" plates for ink and watercolor (not plastic)
- Black felt cloth for work space
- Brushes
- Oriental watercolors

Suggestion: Wear black or dark clothing and perhaps an apron or smock.



~ Waves



~ Frederica using her big brush made of white horse mane. We will use it too!

This is the fifth *sumi-e* workshop Frederica has taught in Cape Coral. So far, classes have been about *Suminagashi*, Japanese watercolor *batik*, mounting techniques, *tarashikomi*, brush strokes, landscape painting, textures, and composition.

Interest in *sumi-e* is growing in this area, and plans for future classes are underway. In the meantime, *sumi-e* painters are welcome to meet during the Thursday afternoon Open Painting from 1:00 to 4:00 at the Cape Coral Art League and to watch the *sumi-e* blog on its website for news and special activities.