

Central Coast Watercolor Society: www.ccwsart.com

Spring 2026: June 8-9-10, Monday thru Wednesday, 9 AM to 4 PM

Cynthia Armstrong – Instructor: www.cynthiaarmstrongart.com

Course Title:

- ***Doing More with Less - How the Power of Constraints Can Set You Free***

Course Description: Watercolor has the unfortunate reputation of being difficult. While it can be dynamic and unpredictable, where paint can flow and blend in unexpected ways, one key strategy for taming it is to get more out of it by working with less! Exploring the power of a limited palette, understanding the basic components of watercolor, and employing a variety of techniques, we will work toward developing confidence and mastery in this versatile medium. This course will be taught both indoors (studio time) and outdoors (one half day for plein air work).

Materials List:

• Palette to hold watercolors - plastic with cover and a generous mixing area • Paper: Arches 140# Hot or Cold Press paper; either blocks (9 x 12 inches suggested) or a quality watercolor journal (ex. Hahnemuhle Watercolor book, 8 x 5 inches); OR 22 x 30 inch full sheets - to be trimmed to size. • If using full sheets, you will need a backing board and artist tape • Brushes: 1/2 inch synthetic flat; pointed rounds - 4,6,8 or 10 (good quality synthetic or hair)

• **Pigments** (Tube colors are a must!):

• Cadmium Red • Permanent Rose • French Ultramarine Blue • Prussian Blue • Aureolin • Indian Yellow • Burnt Sienna

Optional colors but fun to have on hand (I'll bring tubes to share):

• Rose of ultramarine (Daniel Smith) • Quinacridone Gold and Quinacridone Gold Deep (Daniel Smith) • Quinacridone Burnt Orange (Daniel Smith) • Under Sea Green (Daniel Smith) • Leaf Green (Holbein) • Indigo • Perylene Green

Incidentals: • 2 water containers - recycled yogurt works well • Paper towels • Pencil (HB or No. 2) and eraser (I suggest kneadable) • Artists tape • Tracing paper • Carbon transfer paper

For Plein Air Work: Think portability!

• Travel palette + pigments and brushes • Watercolor Journal or block or trimmed pieces secured to backing board • Camp chair • Hat, sunscreen, water • Bag to hold all your kit • Lap board (no need for an easel)