

# Painting: Flow State

Ruby Red Workshop  
February 19<sup>th</sup> – March 12<sup>th</sup>, 2025  
Wednesdays, 10:00 am – 12:00 pm  
Educator: Sarah Darlene, [sarahdarlene33@gmail.com](mailto:sarahdarlene33@gmail.com)

## **Pricing:**

Museum Friend: \$130 / Member: \$135 / Student: \$135 / Non-Member: \$160

*\*Students will purchase their own materials and should expect to spend \$30-50.*

## **Class Description:**

Flow State is a 4-week abstract painting class that explores the connections between intuitive painting, mindfulness meditation, and community. Participants will learn how to combine abstract painting and drawing skills with mindfulness meditation techniques. Each class will present different ways this hybrid practice can be used to hold space for ourselves and each other. Participants will work individually and as a group using acrylic paint, pastels, paper and canvas. This class will connect to abstract works in the Denver Art Museum collection, including pieces by artists like Mark Bradford, Elaine de Kooning, Joan Mitchell, Sam Gilliam, Shinique Smith, and Sonia Gechtoff.

## **What to Expect:**

Students will be led into the galleries at the beginning of each workshop to observe and discuss one work. The selected work will serve as an introduction to and inspiration for the exercises that will be practiced that day, which will include guided meditations, gestural painting prompts, and group reflections. While each week will be a different experience, students can expect to:

- Be guided through various meditations as a group with visualization and mindfulness-based techniques.
- Practice guided, individual meditative painting/drawing exercises on paper.
- Create a large-scale, group painting on canvas.
- Reflect on the day's work in a group discussion at the end of each workshop.

Participants will walk away with a series of personal abstract paintings on paper, a set of creative meditations to use in everyday life, and the opportunity to co-create a large-scale group painting with others. The large group painting will require participants to work on the same surface at the same time in some instances.

No prior painting or drawing skills are required. No experience with meditation or mindfulness required. This class is open to all skill levels.

## **Timeline:**

### **Week 1**

- Artist introduction and meditation intro

**Week 2**

- Intuitive drawing intro, individual practice and getting to know your materials

**Week 3**

- Intuitive drawing, individual practice continued

**Week 4**

- Individual practice continued, group painting

**Class Make-up Day Policy:**

If a class or workshop needs to be cancelled due to inclement weather or teacher illness, a “make-up” day will be scheduled on a FRIDAY or SATURDAY as the educator’s schedule allows.

**Materials:**

***Students will purchase their own materials and should expect to spend \$30-50.*** We partner with [Meininger’s](#) for local shopping, purchase a kit of your required materials online for in-store pickup, or purchase the below items individually.

Item	Quantity	Suggested Link
18 x 24 mixed media pad	1	<a href="https://www.dickblick.com/items/canson-xl-mix-media-pad-18-x-24-landscape-30-sheets/">https://www.dickblick.com/items/canson-xl-mix-media-pad-18-x-24-landscape-30-sheets/</a>
Oil pastel set (minimum 12-piece set)	1	<a href="https://www.amazon.com/Pentel-Arts-Pastels-Color-PHN-12/dp/">https://www.amazon.com/Pentel-Arts-Pastels-Color-PHN-12/dp/</a>
<i>Optional:</i> brushes and individual acrylic paints		Up to you!

**Educator:**

Visual artist, Sarah Darlene, explores the functionality of abstraction through a feminine, queer, and contemporary perspective. Her work investigates the intersections of painting, social practice, and meditation and their collective ability to promote self-reflection, cathartic healing, and true social change. Palmeri holds a BFA in Painting and Drawing from Louisiana State University, and an Executive Certificate of Nonprofit Management from the University of Notre Dame. She has been a member of Strangers Art Collective since 2015 and is a former Artist in Residence at RedLine Contemporary Art Center in Denver. Her work has been exhibited throughout the United States and Iceland.

[www.sarahdarlene.com](http://www.sarahdarlene.com)

**Local Denver Area Materials Resources****Fine Art materials**

Meininger Art Material\*  
Guiry’s

**General Art & Craft materials**

Michaels  
Walmart  
ReCreative

**Fibers**

Fancy Tiger  
Jo-Ann Fabrics  
Blazing Star Ranch

**Reuse/Second-hand materials**

ARC

Goodwill  
Habitat for Humanity Restore  
Gone for Good  
ReCreative  
K&K Surplus  
Queen City Salvage

### **Tools & Hardware**

Home Depot  
Lowe's  
Habitat for Humanity Restore

K&K Surplus

### **Sculpting materials**

Reynolds Advanced Materials  
Western Sculpting Supply

### **Online Resources**

DickBlick  
Paradise Fibers  
Revolution Fibers

\* The DAM partners with Meininger's for local shopping. A kit of your required materials can be purchased online for pick-up in store.

## **Ruby Room Policies**

### **Cleanup:**

Please remove all artworks from the classroom at the end of each class. If wet paintings or in-progress artworks need to be stored in the classroom, there is limited storage in the equipment closet. Students will also need to take home all their own materials after each class. Make sure that art supplies and equipment belonging to the DAM are put back in the appropriate locations. Sponges and cleaning solution are provided in the classroom for cleanup.

### **Classroom Access:**

Students will have access to the classroom only during scheduled class hours and open studio hours. Please contact the Manager of Creative and Public Engagement, Sarah Rockett, if you need to arrange entrance to the Ruby Room outside of those hours – [srockett@denverartmuseum.org](mailto:srockett@denverartmuseum.org).

### **Material Usage:**

#### **Approved Processes & Materials**

- All materials that are non-toxic and non-flammable
- Chalk/charcoal/compressed powder-based drawing materials
- Loose powder-based drawing/painting materials – i.e. powdered graphite, powdered pigment
- Loose powder-based 3D materials – i.e. plaster, alginate
- Clay – air drying only
- Oil paints & oil medium
- Adhesives
- Odorless mineral spirits – in small amounts
- Acetone – in small amounts
- Hot plates – for encaustic or use w/ wax-based process
- Hot glue & hot glue guns

**Please ask if you are unsure about using certain materials in the workshop.**

#### **Restricted Processes & Materials:**

- Aerosols
  - No spray paint onsite

- Fixatives and finishing sprays can be used outside with the use of a drop cloth.
- Saws/Wood cutting
- Organic materials
- Any materials that off-gas or produce a pungent smell will require prior approval.

### **Flammable Materials:**

STORAGE: Any flammable materials left in the classroom must be stored in the flammable materials cabinet when not in use. This includes all aerosol products, mineral spirits, acetone, etc.

DISPOSAL: Please use the flammables disposal container to dispose of all flammable materials or rags, paper towels, etc. that have been saturated with flammable materials. Do not put these items in the regular trash can or down the sink. This includes materials such as mineral spirits, acetone, paint thinner, oil paint, etc.

### **Disposal of Viscous Materials:**

- **Paint:** Scrape or wipe large amounts of paint into the trash can. Remaining paint may be washed down the sink. Make sure that paint does not sit and dry on the bottom of the sink. Use sponges to wash out the sink, and run water for 1-2 minutes after paint disposal.
- **Plaster:** Dispose of wet plaster into the trash can. Leave container to dry, and crack remaining plaster into the trash once it is dry. Hands and tools used for plaster may be washed in the sink with water running 1-2 minutes after washing.
- **Clay:** Remove wet/dry clay from hands and tools as much as possible before washing in sink. Run water in sink for 1-2 minutes following washing.

### **Safety:**

Teachers and students are responsible for practicing safe work habits at all times, as improper use of tools could cause injury. Please work intelligently, safely, and follow all safety guidelines.

- Teachers and students are only to use equipment and tools that they either already know how to use or have been instructed how to use. If you have a question about how to operate any equipment, please ask!
- Work smart, pace yourself, and be aware of your surroundings at all times.
- Safety glasses, safety goggles, nitrile gloves, and dust masks are available upon request.