

## DESCRIPTION OF CULTURAL WORKSHOPS FOR ADULTS

### **3D cutting**

Techniques for forming a 3-dimensional image. By cutting and pasting copies of different photos on top of each other with glue or sponges, it is possible to create depth.

### **Cake decorating**

Learn basic cake decorating techniques including how to make butter cream and royal frosting, fondant and sugar paste. Cost of materials: approximately \$60.

### **Calligraphy**

Instruction in cursive (italic), a style of handwriting that originated during the Renaissance, as well as in various aspects of "the art of fine writing": alphabets, quills (pens), inks, paper, colours, alphabet primers, embossing, layout, decoration. Cost of materials: approx. \$45.

### **Contemporary painting (acrylic) – Levels I and II**

Instructions on the combination of colours and chromatic effects through the application of simple principles. Cost of materials: approximately \$45.

### **Contemporary painting (acrylic) – Levels II and III**

Learn principles of colour combinations and colour effects by experimenting with simple principles. These classes are for participants who already have a basic knowledge of contemporary painting and want to develop their personal expression as well as their creativity. Cost of materials: approximately \$45.

### **Contemporary painting – Mixed techniques – Levels I and II**

Instruction in basic contemporary painting and other media within a workshop that promotes personal artistic expression. Exploration of themes, composition techniques and harmony between colours and tones. Creation of collages, textures and colour blends. Cost of materials: approximately \$45.

### **Contemporary painting – Mixed Techniques – Level III**

Instruction on contemporary painting techniques and other media in a workshop that encourages personal artistic expression. Exploration of themes and instruction on composition techniques, and creating harmony with colours and shades. This course is intended for participants who have basic knowledge and techniques in contemporary painting. Cost of materials: approximately \$45.

### **Contemporary water colours**

This workshop is intended for participants who are interested in using a modern approach to watercolours on paper, canvas, cardboard, etc., while using new creative techniques. Each workshop includes the creation of a work of art by the instructor. Cost of materials: approximately \$75.

### **Crochet and knitting**

Instruction in various crochet and knitting techniques, leading to making clothing and decorative items. Cost of materials: approx. \$25.

### **Drawing and acrylic painting – Levels I and II**

Instruction in various observational drawing and acrylic painting techniques (colour, contrast, composition and perspective) as well as practice. Cost of materials: approx. \$40.

### **Drawing and modelling – Live models**

Drawing with live models during ten fall and winter sessions as well as six spring sessions. Costs will apply to cover the models' fees.

### **Drawing and modelling – Long poses with live models**

Drawing and clay modelling with live models during ten fall and winter sessions and six spring sessions. Costs will apply to cover the models' fees.

### **Icons – Egg Tempera**

Instruction in a specific, antique type of painting using a traditional technique whereby participants create a painting, which traditionally features religious themes, applied on a wooden board. Cost of materials: approx. \$60.

### **Illuminated letters**

Instruction in the art of decorative letters. A trip back in time through the use of colour, paper, gouache and gold leaf. This art will offer participants a glimpse into the Celtic, Romanesque, Gothic, Humanist and modern historical periods. Cost of materials: approx. \$50.

### **Meditative yoga and relaxation**

Restorative yoga through the practice of relaxation, meditation and breathing techniques. Participants must bring their own yoga mats and comfort accessories: blanket, pillow, cushions, etc.

### **Observational Drawing – Levels I and II**

Instruction in various observational drawing techniques as well as practice.

### **Oil painting – Level I**

Instruction in basic oil painting techniques. Participants will learn how to draw and paint landscapes, still-life nature and more... The instructor will introduce the materials and explain the roles of various solvents and varnishes. Participants will produce still-life nature and landscape paintings inspired by modern masters. Cost of materials: approximately \$50.

### **Oil painting – Levels I and II**

Instruction on basic oil painting techniques. Learning includes, for example, the various rules of composition based on sketches. Participants will work with oils to create a work of art. Still-life nature and landscapes will also be taught. Cost of materials: approximately \$50.

### **Oil painting – Levels II and III**

This course is intended for participants with basic oil painting knowledge and techniques. Participants will learn new drawing and composition techniques. Cost of materials: approximately \$50.

### **Oil painting– Level III**

This course is intended for participants with basic oil painting knowledge and techniques. Participants will learn new drawing and composition techniques and will strive to expand and improve their skills with figurative compositions, portraits and urban scenes. Various creative techniques will be explored, including painting with spatulas, glaze and a variety of textures. Cost of materials: approximately \$45.

### **Pottery shaping, turning, ceramics**

Instruction in various artisanal techniques that will provide participants with an opportunity to explore and practise with clay, in a workshop that encourages creativity. First, participants will learn about shaping to then proceed to turning. Basic materials are included.

### **Quilting**

Instruction in various quilting techniques including cutting pieces with a rotary cutter, assembling using the piecing and appliqué techniques, stitching, and lastly, making continuous bias binding and applying it. Cost of materials: approx.\$45

### **Patchwork: decorative article**

Creation of make-up kits, aprons, place mats, cushion covers, etc. using different quilting techniques. Material cost: around \$40.

### **Scrapbooking**

Creation of various wish cards, packaging items and decorations using specialized or recycled material to create unique and attractive works of art.

### **Sewing**

Step-by-step instruction on how to sew a fashion item, based on a commercial pattern and adapted to body shape. Students can also learn how to make decorative items for the home. Cost of materials: approx. \$25.

### **Silk painting**

This workshop offers participants the opportunity to explore and discover techniques for painting on raw silk, using vibrant, transparent colours. Make a shawl, scarf or other unique creation. Basic colours included. Cost of the silk: approximately \$20.

### **Stained glass**

Instruction in various steps leading to the creation of stained glass pieces. Techniques in copper foiling, leading, painting on glass and fusing will be taught. Cost of materials: approx. \$35 for beginners and \$55 for tools.

### **Stained glass – Fusion**

Basic glass fusion techniques for making small items, such as jewellery. Costs will apply to cover the materials required for personal projects.

### **Stone carving**

Instruction in basic stone carving techniques in a workshop that encourages creativity. Cost of materials: approx. \$35 for beginners.

### **Yoga**

Class in traditional yoga, aimed at improving participants' health and fitness, while encouraging relaxation. Participants must bring their yoga mats.

### **Water colours - Levels I and II**

Learn basic water colour techniques: how to work with colour, transparency, composition, shadows and light. Each workshop includes the creation of a work of art by the instructor. Cost of materials: approximately \$75.

### **Water colours - Levels II and III**

This workshop is intended for participants who already have basic knowledge and techniques. Each workshop includes the creation of a work of art by the instructor. Cost of materials: approximately \$75.

### **Water colours III, creativity and artistic expression**

This workshop is intended for participants who are interested in stimulating their creativity and personal artistic expression. Each workshop includes the creation of a work of art by the instructor. Cost of materials: approximately \$75

### **Watercolours and preparatory drawing**

Workshop for participants who are interested in learning or practising basic preparatory drawing techniques leading to the creation of a watercolour painting. Materials required: a drawing pad and HB, B, 2B, 3B, 5B and 6B pencils.

### **Wood sculpting**

Instruction in basic wood sculpting techniques within a workshop that encourages creativity. Cost of materials: approx. \$25 for beginners.

### **Yoga for parents – children (ages 0-5)**

A workshop whose objective is to improve health and fitness while encouraging relaxation. Participants must bring their yoga mats. The registration fee covers one parent and one child aged 0-5.