

Do not wait any longer.  
Dive into the ocean,  
and let the sea be YOU  
- Rumi

## Studio rules

# Take care of yourself



I look forward to guiding you on your creative journey. Please observe the following **10 rules** for the creative process before we start. Be sure to read them carefully before the workshop:

- 1. Mindfulness.** The Spirit&Heart Art Studio and process offers you a safe, respectful and non-judgmental space.
- 2. Preparing.** Allow yourself enough time to arrive and settle in before the start of the workshop.
- 3. Me-time.** This is your time, your space and your creative process.
- 4. Do not disturb.** Take your time and don't be disturbed by the outside world. Make sure that children, spouses and pets are taken care of..
- 5. Avoid distractions.** Set your mobile phone to flight mode, but feel free to keep it close by to take photos or set a timer during the process.
- 6. Practice acceptance.** Throughout the process, try to encourage yourself and avoid criticising yourself - for most of us this is a challenging task. So please, be gentle and compassionate with yourself.
- 7. Do not judge.** There is no right or wrong in art making, no good or bad, no praise or criticism - any kind of comment can disrupt the creative process. In my role as facilitator, I am not here to judge you, but to guide and inspire you. Every „mistake“ gives you an opportunity to try something new that you might not have considered before.
- 8. Enjoy.** Be curious, open, explore, let the inner child play and just have fun.
- 9. Sharing with an open heart.** The reflection phase is always optional for all participants. If you are sharing, remember to choose your words carefully, and for those who are listening, please be attentive and listen with an open heart.
- 10. Respect.** Everything that is shared in the group or with me is kept strictly confidential - in this way we ensure that we create a safe space in which we all feel comfortable.



## Technique

# What is a collage?

A collage is a form of visual arts in which visual elements are combined to create a new image that conveys a message or idea. Collage comes from the French word “collér,” which means “to glue.”. Glueing is often the primary means of combining images in collage art. Collagers can draw images from newspaper clippings, print advertisements, magazines, or extract them from different materials, like photographs, fabric, wood, and even ephemera. Collagers can apply the images to the surface of another work of art, such as a canvas, to create a new single image.

This type of technique was originally introduced to the art world by Georges Braque and Pablo Picasso and then further developed by Cubists and Futurists. Dadaism and Surrealism also saw the emergence of the photo collages and the use of new materials. In the post-modern art movements, collages played an important role, and still today this artistic technique is very popular with professional artists.

The main purpose of collage has always been to create a work of art that is close to the real world. By combining everyday materials and impressions such as texts or photos, collage artists today still want to give their works a certain tangible reality and thereby add a spark of poetry.

Or - as Rauschenberg put it: **„I believe that an image is more real when it is made from parts of the real world.“**

## Famous collage artists

Pablo Picasso (1881–1973), Georges Braque (1882–1963), Kurt Schwitters (1887–1948), Bauhauskünstler, Hannah Höch (1889–1978), Max Ernst (1891–1976), Marianne Brandt (1893–1983), Annegret Soltau \* (1946), Herta Müller (\* 1953).

## Find more information [here \(wikipedi\)](#)

Have a look on my Youtube channel, **[and watch as I create a collage](#)**

[www.birte-thurow.de](http://www.birte-thurow.de)



## What you need

# Getting set-up & Materials



Allow enough time for preparation so that you don't get into a rush. In my experience, you'll need about **30 - 45 minutes** to set up your work-space. Make sure you find a quiet place where you can take part in the workshop, undisturbed.

You will need a table and a chair e.g. a kitchen table or dining room table is the perfect size. Try to ensure that partners, children, pets, etc. are catered for, as this is your time. :-)

### Creating a collage - you'll need the following 10 basic materials:

1. **Paper** approx. 250gms, preferably cut to approx. **50 x 50 cm** alternatively you can use an A3 sheet (or 2 x A4 sheets taped together to create an A3 format)
2. scrap paper for experimenting and testing colour, etc.
3. 2-3 old magazines you can tear pages out of
4. Coloured pencils, scissors, glue / glue stick (a glue gun can be very useful)
5. Glass/cup with water for your brushes
6. (Childrens) Wax crayons or similar
7. Candle, matches
8. Journal or paper and pen
9. Newspaper or an old tablecloth to protect your table.
10. Comfortable clothes and possibly an apron, things may get messy :-)

### Food & drink

Hydrating and nourishing your body is important! To avoid disturbing your own process as much as possible, make sure you have enough snacks and drinks, that you can access if and when necessary.

### Recommendation and ideas for further materials:

Sustainability is very important to me - I would like to encourage you to be curious and keep an eye out for interesting materials that you can creatively incorporate into your collage.

There are many things to discover in your household and environment - collect as many different textures, colours and patterns as you like:

1. shoe polish, an old sponge, objects to print on (e.g. lids, bark, flowers, bottle tops, corks, pieces of fabric, sewing thread and needles)
2. leftover chocolate paper, even noodles, rice grains and lentils can be used
3. Collage papers - e.g. printed paper napkins, shiny papers, newspapers, tissue paper, torn up old paintings, wrapping paper, coloured paper, newspapers, musical notes, printing out textures or images from your computer
4. Ink - you can mix charcoal and ash with water to make a black ink
5. Paints - watercolour paints or food dyes, also making your own dyes from foods such as beetroot and spices / turmeric can be a fun alternative. Click [here](#) to find some ideas on my Instagram account
6. Small materials e.g. sequins, buttons, pieces of fabric, feathers, seeds, small shells, sand, sawdust, dried leaves and flowers, wool, string, raffia.
7. Craft supplies (glitter and co.)
8. Gather leaves, sticks, feathers, flowers, anything you may find in nature when you're out for a walk
9. Acetone, cotton pads, cotton buds
10. A shoe box or Tupperware to collect and store your materials

You are of course free to purchase materials at your nearest stationary shop, art supply store or at your preferred online store.

## Overview of materials



Setting up your workspace



Journal and pen



Magazines



2-3 different brushes



Candle and matches



Glue, tape and sticky stuff



Collage and tissue papers



Shoe polish



Tea, coffee, turmeric, berries



Lentils, rice, seeds, pasta



Leaves, petals



Beads



Egg shells



old Toothbrush



Confetti



Packaging



Feathers, sticks, sponge



Glitter



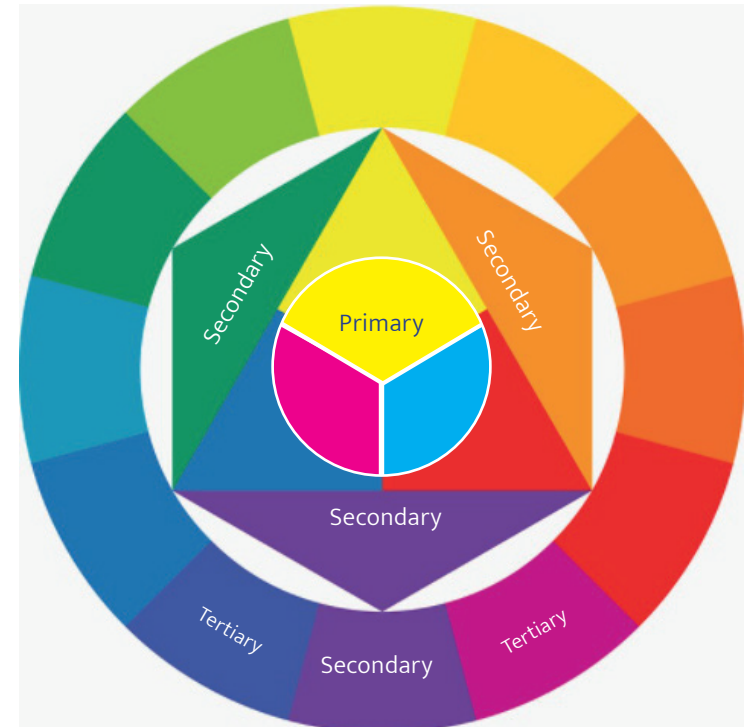
Wax crayons



Nail polish remover

## Helpful tools

# Colour wheel





## About me

**Birte Thurow** is an international artist, designer and inspirator. Her works include paintings, drawings, sculptures, collages and photographs. Her art can be classified as belonging to the **intuitive arts**. Her mission is to inspire others to connect with their heart and soul, liberate their creative expression, allowing them to experience pure joy and the transformative and healing power of art making.

Birte Thurow gives workshops and weekend seminars for all levels, whether you're a beginner or advanced. Learn to heal and transform your life through creative expression.

*„My work is created through a unique process of intuitive exploration, in which I create a corpus of symbols, images and poems from which I can draw out what is most meaningful to me in that moment, and explore it more deeply. I play like a child, with materials, colours, forms and compositions. I feel completely free. Everything is possible, there is no right or wrong, only endless joy and the deep sense of connection with everything. It is an act of liberation: surrendering to the process, letting go of reason, the magic of intuition unfolds, a vast inner strength emerges, full of love, peace and a sense of being held.“*

I look forward to being seeing you soon!

[www.birtethurow.de](http://www.birtethurow.de)

Follow me on Social Media

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Spirit & Heart

The Heart and Art of Being