



5-Day Workshop: Exploring Intuition and Process in Water-Based Media

Instructor: Kim Darling, Contemporary Water-Based Media Artist

Focus: Intuitive mark-making, expressive process, emotional exploration, and the versatile use of water-based media including watercolor, gouache, and acrylic. Each day includes studio work, sketchbook review, and small-group critique, with references to contemporary artists working in water media.

Day 1: Embracing Intuition in Water-Based Painting

Morning Session:

- Welcome & workshop overview
- Introduction to Kim Darling's work and her intuitive process with water-based materials
- Group discussion on intuition, fluidity, and spontaneity in painting
- Guided exercises in expressive mark-making using watercolor and gouache
- Small group critiques focused on process and initial impressions

Afternoon Session:

- Discussion on contemporary water-media artists (e.g., Barbara Nechis, Paul Jackson, Charles Reid)
 - Studio time: exploring transparency, bleeding, and wet-on-wet techniques
 - Sketchbook reviews and constructive peer feedback
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Day 2: Painting from Emotion — Finding Personal Voice

Morning Session:

- Guided prompt: using watercolor as a tool for emotional expression
- Demonstration by Kim: translating mood and memory into visual form
- Studio time to create works based on personal experiences
- Peer critiques focused on authenticity and emotional resonance

Afternoon Session:

- Study of contemporary water-based artists who explore identity and narrative
 - Expand and refine morning pieces with layering and color mixing
 - Sketchbook review with discussion on emotional storytelling and symbolic use of water media
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Day 3: Depth Through Layers — Building Surface and Story

Morning Session:

- Kim demonstrates how to layer water-based paints without losing luminosity
- Techniques: glazing, lifting, masking, and controlled bleeding
- Begin new piece with a focus on structure, layering, and spontaneity
- Critique: how depth is conveyed through transparent layering

Afternoon Session:

- Explore artists known for complex water media surfaces (e.g., Cheng-Khee Chee, Zoltan Szabo)
 - Continue layering process in your own work
 - Sketchbook review and peer discussion on texture, rhythm, and visual storytelling
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Day 4: The Therapeutic Power of Water-Based Art

Morning Session:

- Explore the meditative qualities of painting with fluid media
- Prompted exercise: mindfulness and flow in brushwork
- Create emotionally resonant works with soft washes and intuitive marks
- Reflective group critique: art as a tool for emotional clarity and self-discovery

Afternoon Session:

- Focus on artists who approach water media from a therapeutic lens
 - Continue developing your body of work
 - Sketchbook reviews focused on emotional themes, vulnerability, and transformation through water
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Day 5: Synthesis & Celebration

Morning Session:

- Final project: integrate techniques and themes explored throughout the week
- One-on-one guidance from Kim as participants complete their final piece
- Emphasis on personal voice and the evolution of artistic language

Afternoon Session:

- Group gallery walk and critique of final works
 - Reflection on creative growth, discoveries, and new directions
 - Closing celebration with remarks from Kim and participant sharing
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About the Instructor

Kim Darling is a multidisciplinary artist and educator whose work explores emotional narrative, abstraction, and the intuitive process. With a BFA in Studio Art and an MFA from the University of South Florida, her expressive paintings—often in watercolor and acrylic—have appeared in exhibitions across the U.S., including the Joslyn Art Museum and the USF Contemporary Art Museum. A passionate instructor and creative mentor, Kim brings both technical expertise and deep empathy to her teaching.

IG: [@kimdahling](https://www.instagram.com/kimdahling)

