



## School for Tibetan Buddhist Art

# List of Materials Thangka Art Summer Retreat

### DRAWING AND SIZE

#### Your drawing

Painting a traditional thangka is a long, but beautiful and meditative process, which you start in the Thangka Painting Retreat.

That is why it is important to have the drawing ready that you want to put on canvas before the retreat (Buddha or Mandala that you made during a previous thangka course), preferably with the landscape already included, although you can also do this during the do a retreat (you will be given samples of landscape elements).

#### Size of the thangka you will make

Most likely you made your drawing on the size paper 50x65/70cm. You could transfer this one to one on your canvas, but be aware that the painting process will take a very long time.

Perhaps it is therefore more convenient to reduce your drawing in advance. You have to decide this for yourself.

You can reduce the size of your drawing (the lines of which are clear and dark, or traced with a fineliner) by going to a copy shop and copying it -whether or not (in parts-) at, for example, 90%, 80% or 70% on transparent/tracing paper.

If you are not sure yet which format you want to paint, bring a few different percentages with you, and we will look at what is most suitable for you at the retreat. Also don't forget to bring your original drawing.

During the retreat you transfer your drawing onto the canvas:

### CANVAS

If you want to learn how to make a **traditional thangka frame and prepare the canvas during the painting retreat**, you can purchase a set of materials onsite. The wooden frame and bamboo sticks can be reused for the next thangka.

#### Prefer to work on other materials?

Then buy a gesso-prepared canvas in advance with the **finest structure** (preferably as smooth as paper) to transfer your existing drawing. The problem with most canvases that you buy in the store is that the texture is too coarse for the refined thangka painting techniques, so keep that in mind.

**Painter's cardboard or passe-partout cardboard is also very nice to paint on, and especially smooth.**

### BRUSHES

**Small brushes** sizes: 00, 0

At least 1 good quality outline brush (eg. Winsor & Newton Finest sable series 7 - size 00, or Daler-Rowney, DaVinci, Kolinsky etc.)

*The other brushes can be of a lesser quality, such as a sable / synthetic blend, nylon etc. They can be of any brand, as long as the quality is ok:*

**Medium brushes** sizes: 1, 2, 3, 4

**Larger brushes** sizes: 6, 8, 12

*Sizes larger than no. 12 are not often used, but if you already have them, take them with you.*

The above is a good brush set to start with. You can always purchase more later.

**Note: during the Thangka Painting Retreat you can also purchase brushes in Carmen's Shop (brushes that are used by the thangka painters in Nepal)**

### PAINT

The recommended brands are **Winsor & Newton Designer's Gouache** or **Schmincke Horadam Gouache**.

**Daler-Rowney Designers Gouache** is also of good quality and if you wish to use these please bring the equivalent to the colours that are listed below. The initial costs might be high, but these paints will last you for years. **Below are the paint colors (10 colors + white) that are the minimum required for making your thangka, plus two optional colors (black and gold):**

### **Winsor & Newton Designer's Gouache**

Color Chart:

<http://www.winsornewton.com/row/shop/water-colour/designers-gouache><https://colart.s3.amazonaws.com/assetfiles/d34594ea-c7ac-431f-b606-1da93195d72a.pdf>

#### **Blue:**

- 14 ml tube Indigo (322),
  - 14 ml tube Cobalt Blue (178)
- Can possibly be supplemented with Ultramarine, Turquoise Blue, Cobalt Turquoise Light*

#### **Green:**

- 14 ml tube Winsor Green (720)
  - 14 ml tube Sap Green (599)
- Can possibly be supplemented with Oxide of Chromium, Olive Green*

#### **Red:**

- 14 ml tube Flame red (249)
  - 14 ml tube Perylene Maroon (507)
- Can possibly be supplemented with Spectrum Red, Orange Lake Deep*

#### **Yellow:**

- 14 ml tube Lemon Yellow (345)
  - 14 ml tube Cadmium Yellow (108)
- Can possibly be supplemented with Cadmium Orange*

#### **Brown:**

- 14 ml tube Yellow Ochre (744)
  - 14 ml tube Burnt Siena (074)
- Can possibly be supplemented with Van Dyke Brown, Venetian Red*

#### **Optional: Black**

- Black is used very little and can possibly be left out*
- 14 ml tube Lamp Black (337)

#### **Optional: Gold**

*Traditionally, real gold is used in a thangka, but alternatively you can use gouache gold paint from Winsor & Newton, Schmincke or Daler-Rowney. Choose the shade that appeals to you the most.*

#### **White**

**White is essential to the thangka painting process and therefore you need a lot more of it, preferably at least 60 ml. Choose one of these:**

- 60 ml tube W&N Designer's Gouache Permanent White
- 120ml tube Schmincke Designer's Gouache Opaque White
- 38 ml tube Daler-Rowney Designer's Gouache Permanent White

### **Schmincke Horadam Gouache**

Color Chart:

[https://www.schmincke.de/fileadmin/downloads/pdf/Farbkar ten\\_2019/HORADAM\\_GOUACHE\\_Colourchart.pdf](https://www.schmincke.de/fileadmin/downloads/pdf/Farbkar ten_2019/HORADAM_GOUACHE_Colourchart.pdf)

*This is the best quality gouache from Schmincke, with the most pigments. As a slightly cheaper alternative you can possibly take the Schmincke Designer's Gouache.*

#### **Blue:**

- 15 ml tube Dark Blue Indigo (472),
  - 15 ml tube Cobalt Blue Light (470)
- Can possibly be supplemented with Ultramarine Light, Helio Turquoise, Helio Blue*

#### **Green:**

- 15 ml tube Helio Green Yellowish (524)
  - 15 ml tube Cobalt Green Light (526)
- Can possibly be supplemented with Chromium Oxide green, Olive Green*

#### **Red:**

- 15 ml tube Vermillion Hue (340)
  - 15 ml tube Cadmium Red Deep (348)
- Can possibly be supplemented with Carmine, Cadmium Red Light*

#### **Yellow:**

- 15 ml tube Lemon Yellow (220)
  - 15 ml tube Cadmium Yellow Hue (226)
- Can possibly be supplemented with Cadmium Orange*

#### **Brown:**

- 15 ml tube Titanium Gold Ochre (640)
  - 15 ml tube Burnt Siena (648)
- Can possibly be supplemented with Raw Sienna, Engl. Red*

#### **Optional: Black**

- Black is used very little and can possibly be left out*
- 15 ml tube Ivory Black (787)

#### **Optional: Gold**

*Traditionally, real gold is used in a thangka, but alternatively you can use gouache gold paint from Winsor & Newton, Schmincke or Daler-Rowney. Choose the shade that appeals to you the most.*

#### **White**

**White is central to the thangka painting process and therefore you need a lot more of it, preferably at least 60 ml. Choose one of these:**

- 60 ml tube W&N Designer's Gouache Permanent White
- 120ml tube Schmincke Designer's Gouache Opaque White
- 38 ml tube Daler-Rowney Designer's Gouache Permanent White

Permanent White

## **PAINT POTS, MIXING PALETTES ETC.**

Bring a number of small paint pots (experience shows that you never have enough) that can be closed properly for mixing and retaining your paint. And possibly a mixing palette.

**Note: During the Thangka Painting Retreat you can also purchase paint jars and mixing palettes in Carmen's Shop**

## **OTHER**

**Bring your favorite drawing materials (pencils, mechanical pencils, eraser, rulers, triangles, tracing paper, etc.) or purchase them locally in Carmen's Shop. Preferably to be paid in cash.**

It is also nice to bring a cloth/ scarf to protect your thangka.

Also think about the best way to transport your thangka at the end of the weekend, e.g. bring a large bag, garbage bag or cloths to wrap it in.

**In addition to the drawing and/or painting materials that you will be using, it is useful to bring:**

- Slippers or thick socks
- Notebook and pen (*beautiful Buddha Notebooks can also be bought in Carmen's Shop!*)
- Possibly (daylight) lamp and extension cord
- Possibly walking shoes (there are beautiful walks in the area)
- Possibly swimwear (there is an outdoor swimming pool opposite)

**Besides the hard work, there is also a lot of fun this week!**

These retreats are characterized by the pleasant atmosphere and the nice group of people, whom you quickly get to know. **If you want to bring or share something, you are most welcome to do so!**

For example, if you play guitar or another instrument please bring it, we may sing songs together. Also, a woman who brought her singing bowls offered to give a sound concert.

And if for ex. you do yoga every morning, it might be nice to offer others the opportunity to participate.



**See you at the Thangka Art Summer Retreat!**

CARMEN  MENSINK

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ONLINE: [www.SchoolForTibetanBuddhistArt.com](http://www.SchoolForTibetanBuddhistArt.com)

