

List of Materials

for the Thangka Drawing & Painting Retreat in Italy

As there's no art shop nearby you need to bring all materials with you (though I will have a small 'shop' where you can buy some basics):

1) Basic drawing materials

- Paper: 2 pieces pref. 200grs or more, size: preferably 50x65/70cm / 24"x 28" inch.
- Ruler 40/ 50cm / 16/18" inch
- HB pencil and/or mechanical pencil (and a pencil sharpener if needed)
- Eraser(s)
- Optional: triangle/protractor ruler, paper tape etc., or other materials that you love to work with

New thangka students will start by drawing the Buddha Face on the first day, before moving on to drawing a complete Buddha figure.

Your drawings are best transported within a drawing folder or a tube (the wider the better) that may even fit within your suitcase.

2) Working out your drawing

To work out your drawing there are different possibilities that you can choose from, and you will need to bring materials for accordingly. The choice is up to you:

Colouring with coloured pencils

It's important to choose a **good brand of coloured pencils**, such as Bruynzeel Design, Prismacolor Premier, Caran d'Ache Luminance or Faber Castell Polychromos. In addition to this it's nice to bring a set of **coloured fineliners**, such as Stabilo point 88.

or:

Other Materials like watercolor pencils, watercolor, ink, tempera etc.

When you choose to work with a water-based product it's best to **bring a paper or cardboard that is more suitable** for that material instead of the basic paper that is advised above.

or:

Painting a Traditional Thangka

Painting a traditional thangka is a long but beautiful and meditative process, with which you can make a (small) start in this retreat, as the traditional thangka painting techniques will be explained. It's often more advised for medium to advanced thangka students.

Transferring

The best is to make the drawing on paper first and then transfer your drawing onto the canvas, so that your canvas will have a clean drawing before you start to paint it. There are different ways of transferring your drawing, so bring the materials for the way that you prefer:

- by placing your drawing and canvas on top against a window, the lines of your drawing need to be dark so you may want to bring a **black fineliner** for this
- by transferring your drawing via **translucent vellum paper**
- by transferring your drawing via **carbon paper**

Canvas

Bring a gesso-prepared canvas with the finest structure, preferably as smooth as paper.

The problem with most of the canvasses in the store is that the structure is too coarse for the sophisticated thangka painting techniques, so please pay attention to that.

For transport it may be easiest to bring a piece of canvas that you can roll up instead of a canvas stretched

on a wooden frame. Also, the canvasses with the finest structures are usually only sold on a roll and you can ask for a piece that matches the size of (or is a bit bigger than) our drawing.

Instead of a canvas you can also paint on a passepartout cardboard, a special painting cardboard, or a gesso-prepared wooden painting panel.

Note: Creating and preparing a traditional wooden thangka frame & canvas during this retreat is not advised as it will be difficult to transport it and you will lose extra time.

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)

Paints

The initial costs might be high, but these paints will last you for years.

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.

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

Colour chart:

<http://www.winsornewton.com/row/shop/water-colour/designers-gouache>

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)

Schmincke Horadam Gouache Colour chart:

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)

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 (may be purchased from Carmen beforehand), 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
- 60 ml tube Schm. Horadam Gouache Titanium White (102)
- 120ml tube Schmincke Designer's Gouache Opaque White
- 38 ml tube Daler-Rowney Designer's Gouache Permanent White

- 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)

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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.

Other

Think of other materials like **kitchen paper** or pieces of **old cotton cloth** to clean your brushes. Also a **piece of cloth or a scarf to protect your thangka** is useful. If there are other materials that I haven't listed but you think may be useful, please bring them.



See you soon at the Thangka Art Retreat in Italy!

www.Tibetan-Buddhist-Art.com