

**Life Book 2019 – Art and Wellbeing Summit**  
**Today I Feel as Light as a Feather with Marielle Stolp**

Supplies:

Sheet of watercolour or mixed media paper (A4)

Graphite pencil and eraser

Brown watersoluble pen (I use a Pentel Touch Brush pen)

A few watersoluble markers (I use Ecoline Brush Pens)

A white paint pen (Posca, Sharpie)

Waterbrushes in various sizes

A palette or white plate