



Art Camp for Adults

Creative art inspiration and weekly projects
paired with fun cocktails by artist, Katie Podracky
www.katiwallart.com



Art Camp for Adults

Week 1

Tequila Mockingbird, Abstract play & letting go of expectations

Week 2

A Matisse inspired cooler, floral collage and cadence

Week 3

Orange you Glad?, Watercolor exploration and the gifts of imperfection

Week 4

Cucumber Mint Lemonade, forest bathing and the color green

Week 5

Summer Sangria, arrangements to cultivate presence, the healing power of art

Week 6

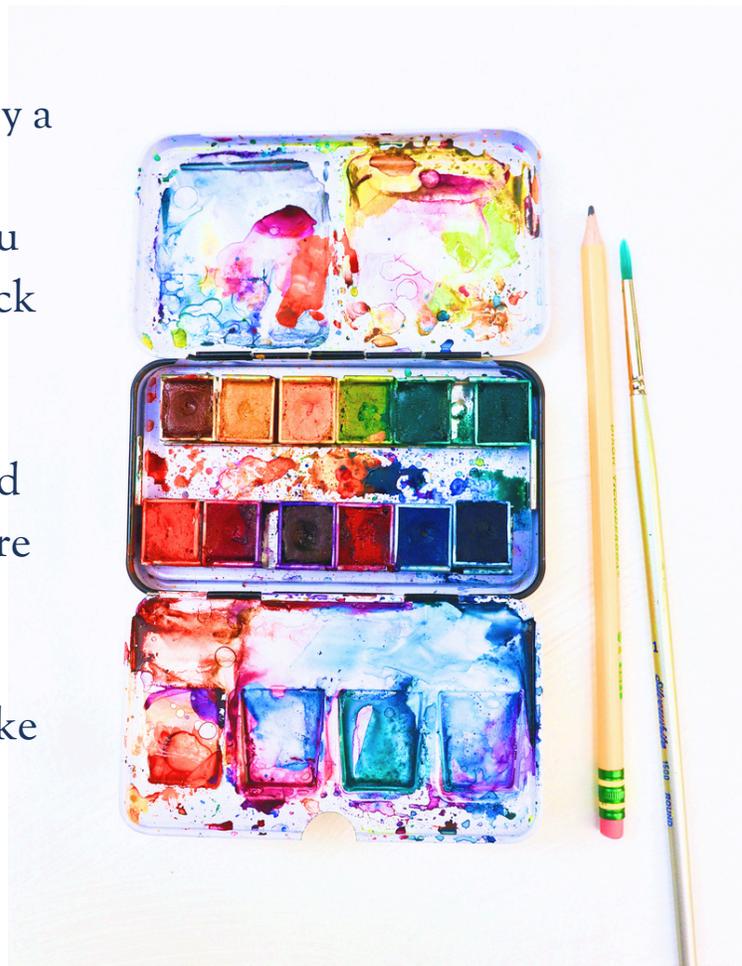
Color changing Lavender Lemonade, choosing curiosity over fear, an invitation



Art Camp for Adults: Art Supplies

For this camp, you don't need to buy a thing! Grab an old children's watercolor set, a few craft paints you have sitting on a shelf or a burnt stick from your fire pit. My prompts are supposed to get your creativity flowing, not break the bank. If you'd like some recommendations, here are some personal favorites of mine. I don't get a thing in return for recommending these- I just really like them.

~Katie



Watercolor Set

Fine liner brush

Good watercolor brush set

Sketchbook with watercolor paper

Drink Ingredients List

Art Camp for Adults

Week 1: jalapeño, watermelon cubes, tequila blanco, fresh lime juice, agave syrup.

Week 2: vodka, lemon, agave syrup or simple syrup, blackberries, fresh basil leaves, rosé, butterfly pea flower ice cubes (see attached recipe)

Week 3: 2 limes, 2 lemons, 2 oranges, vodka, agave syrup, sparkling Italian soda (lemon, orange or grapefruit flavor are best), garnish with citrus wheels and butterfly pea flower ice cubes (see attached recipe)

Drink Ingredients List

Art Camp for Adults

Week 4: large cucumber, 6 lemons, mint leaves, agave syrup, cold water, vodka

Week 5: 2 c. fresh fruit (berries), granny smith apple, 1 bottle of wine, a splash of something sparkling (la Croix, Prosecco, Champagne etc.)

Week 6: 4-6 dried butterfly pea flowers, 2 c hot water, 3 oz. vodka, 1/4 c lemon juice, 1/4 agave syrup or simple syrup. Lemon wedges and fresh lavender for garnish and muddling are optional

Butterfly Pea Flower Tea Ice Cubes

Ingredients: Butterfly Pea flowers, water. (Source dried Butterfly Pea Flowers locally in Kernersville, N.C. from My Garden Blooms, or on Amazon or Etsy.) They run \$5-8 a pack.

Directions: Place 4-8 dried butterfly pea flowers in a heat-proof bowl. Boil 1 cup of water. Steep flowers in the water for 5-10 minutes. Strain flowers out. Freeze tea in ice cube trays. Use when you're ready to make a fun summer drink.

Butterfly Pea Flowers are rich in antioxidants, make a beautiful blue tea and change to a magenta color with the addition of citrus juices. Children and adults love these ice cubes in lemonade and also in plain water. The taste is mild, but the color is jazzy! You can also drink the hot-tea as is, or sweeten it and serve it with your favorite milk or milk alternative for a blue latte!



About Katie:

Katie Wall Podracky is a contemporary impressionist painter creating colorful paintings in her signature style right out of her studio in Greensboro, North Carolina. Southern, playful and full of joy, Katie's work embodies over 25 years of exploring color, brushwork and the pure delight of moving paint on a surface.

A native of Asheboro, North Carolina, Katie began her artistic career at Washington and Lee University with a double major in art and biology. After college she pursued painting as a graduate fellow at Savannah College of Art and Design and earned a master's degree in teaching from UNC Pembroke before teaching art in the public schools.

Katie's love of nature and adventures with her family frequently inspire her paintings. Her work is collected across the United States and featured in the permanent collections of four universities and multiple corporations & hotels.

To be the first to shop Katie's newest paintings and learn about upcoming classes and events, join her Studio Insiders at:

www.katiwallart.com

