

LIST OF ART MATERIALS

Contemplative Creative Practices

Recommended for Ink Brush Practices:

1. **4-Pack Water Reservoir Brushes medium:** <https://www.deserres.ca/products/4-pack-water-reservoir-brushes-medium?variant=39426414444677>
2. **4-Pack Water Reservoir Brushes small:** <https://www.deserres.ca/products/4-pack-water-reservoir-brushes-small?variant=39426414411909>
3. **3. China ink – Black:** <https://www.deserres.ca/products/china-ink?variant=39362008481925>
4. **Printing, or Calligraphy Paper white 8.5 x 11 in, or 9 x 12 in, or bigger** (depending of your preference).

However, if you prefer you can use your own art material if you already have some.