Wanderlust

Seasons edition

COURSE SCHEDULE

SEASON OF: WINTER

1	01/01/27	KASIA AVERY

First Light - Season Opener
Begin by building a colour palette that's entirely your own — drawn from the season around you and from the objects, symbols, and ideas that feel significant right now. Alongside your palette, you'll set intentions to guide and ground your creative practice throughout the weeks of Wanderlust ahead.



2	08/01/27	CLAIRE STEAD

My Inner Sanctuary
Lets explore what makes us feel safe and nourished in this class where we will use mixed media techniques to create a cut out, layered journal page, with a snow globe as the main focus and cut out element, symbolising the safe place where you hold what nurtures you right now. We'll be adding images, stitching and words to reveal what makes our inner sanctuary special.



3	15/01/27	NICOLE WARRINGTON

Winter Windows
We'll honour the beauty of winter in a journal spread made of small vignettes — windows that hold both intimate details and wider views of the winter landscape. Through a lens of mindfulness, we'll slow down and notice what's present: the quiet details and fleeting moments that are so easy to miss. Together, these drawings and watercolour paintings become your own personal story of winter.



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4	22/01/27	TANIA AHMED

Creating Space for Restoration
The new year often asks us to reinvent ourselves. But what if this season is for restoring instead of reinventing? In this lesson, we'll create an art journal spread inspired by comfort as a quiet rebellion. Honouring the natural cycles of growth and rest, we'll explore warm, muted colours, layered textures, and slow, intentional mark-making. This is about creating conditions to gather energy, to soften, and to return to yourself — recognising that comfort is part of the cycle, and that every season of our life has its purpose.



5	29/01/27	DELIGHT ROGERS

Hush - Building a Dream
In this lesson, we'll create a layered art journal spread centred on a sleeping face and the half remembered dream rising above her, a quiet portrait of hibernation. Using gesso, found imagery, and soft translucent layers like tissue and rice paper, we'll build a hazy, dreamlike atmosphere that mirrors how dreams themselves dissolve as we wake. This is about honouring the season's invitation to rest, to dream, and to trust whatever surfaces in that stillness.



6	05/02/27	JESSE PETERSEN

Foundations of Becoming
Beneath every beautiful thing are the roots you can't see — the memories, the quiet inner work, the slow becoming. In this lesson, you'll use mixed media layering and personal symbolism to create an image that holds both structure and softness, foundation and flowering.



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7	12/02/27	DEBASREE DEY

A Love Letter to my Heart
Create a layered mixed media art journal spread centered around a handmade heart booklet — a quiet symbol of love, compassion, and self-care. Using collage, fabric, and intuitive mark making, we will build soft textured layers on our art journal page. Inside the heart pages, write gentle words to yourself, turning the spread into a quiet love letter to your own heart.



8	19/02/27	TIFFANY SHARPE

Dancing on Ice
Speed, stillness, and the shimmer of ice — this lesson captures the drama of a figure skater against the quiet of a winter landscape. You'll explore a unique plastic wrap resist technique that mimics the organic cracks and shimmering textures of a frozen lake, bringing movement and energy to every inch of your journal page.



9	26/02/27	KASIA AVERY

A Wish Worth Keeping
As the season turns, we make a small symbol of hope — a keepsake to hold everything you're wishing forward as winter thaws. Tucked into a layered mixed media spread, it becomes a quiet reminder of renewal and the changing moods of the year. This lesson is an invitation to name what you're hoping for, and give it somewhere beautiful to live.



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10	05/03/27	JEANNE OLIVER

My Discussion with Francoise Gilot



Growing up, I fell in love with a painting in my Grandma Jeanne's dining room. Her home was filled with original art, and it became a deeply inspiring place for me. Years later, after Kelly and I bought our home, my grandmother invited me to choose a piece from her collection. The artwork I had always admired turned out to be by Françoise Gilot, and she also gifted me Gilot's book, Life With Picasso.

My admiration for Gilot has only grown over the years. While her artwork inspires me greatly, it is her creative spirit that moves me most. Through every season of life, she continued to create, adapting her mediums but never abandoning her calling. She painted almost until her passing at 101. In this lesson, we'll draw inspiration from Gilot's expressive portraits using charcoal, ink, graphite, white oil pastel, acrylic paint, a clear blending stick, and a gelli plate.

11	12/03/27	FROYLE DAVIES

Layered & Tactile: Inspired Textures for Your Art Journal



In this lesson, we're creating a richly layered art journal spread inspired by the comforting textures of woven fabrics, natural fibres, handmade papers, and beautifully tactile surfaces. Think of the feeling of chunky textures, layered materials, soft fibres, and weathered cloth translated into mixed media. Using light modelling paste, painted Kozo paper, and fabric, we'll explore three simple ways to build texture that feels dimensional, expressive, and full of depth. Each material brings its own unique quality to the page — the modelling paste creates sculptural raised surfaces, the Kozo paper adds delicate fibres and movement, while fabric introduces soft organic texture and layered visual interest. This lesson is an invitation to slow down and respond intuitively to texture, allowing your surfaces to become rich, tactile, and full of life. Rather than simply decorating the page, we'll be building a mixed media surface that feels layered, organic, and expressive.

12	12/03/27	KASIA AVERY

CLOSING OF THE SEASON

Join Kasia for a livestream painting session. Exact time to be announced.

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SEASONS EDITION - COURSE SCHEDULE

SEASON OF: SPRING

13	26/03/27	KASIA AVERY

Opening Buds - Season Opener
Welcome spring by building a colour palette that's entirely your own — drawn from the new growth and light around you and from the objects, symbols, and ideas that feel alive to you right now. Alongside your palette, you'll set intentions to guide and ground your creative practice throughout the weeks of Wanderlust ahead.



14	02/04/27	BIRGIT KOOPSEN

Every Child is an Artist...
Every child is an artist. The problem is how to remain an artist once they grow up. (Pablo Picasso) In this lesson, we'll check in with our four-year-old selves and allow ourselves to create as freely and joyfully as we did in childhood — no rules, just going with the flow. We'll revisit the techniques and materials we played with as children to make something colourful, bold, and full of play!



15	09/04/27	CAMILA GARCIA

The Hyacinth of Forgiveness
In this lesson, we'll explore the symbolism of the purple hyacinth — a flower of forgiveness and renewal. Through mixed media layering, you'll create a gentle composition inspired by its form and meaning: reflecting on letting go, offering compassion, and making space for healing within your art journal.



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16	16/04/27	TAMARA ŁUĆ

Serious Nonsense : Animals Protest
In this session, we'll create silly sketchbook spreads inspired by April Fools, combining serious visual language with absurd ideas like dog protestors and ridiculous slogans.
Using graphite, Pan Pastels, gouache, and coloured pencil, we'll explore smoky cityscapes, expressive animal characters, and playful compositions that can be mixed together in different ways.
The final spreads will feel dreamy and atmospheric, contrasted with bright, punchy characters: somewhere between an illustration and a weird dream.



17	23/04/27	BETH CHIEN

Make Your Mark
A mixed-media spring reset with an urban edge. Rooted in spring cleaning as inner work, we clear mental clutter and release what no longer serves us through scraping, layering, and bold word-reveals — building your signature city wall. Inspired by graffiti and peeled posters, you'll Make Your Mark and claim it with words that matter. A small poster stack holds your declaration, anchored to the wall you created.



18	30/04/27	KIM DELLOW

Tiny Blessings
When Spring comes around all of those little signs of life are a real reason to rejoice and reflect! It is a time to remember, and be grateful for, all of our Tiny Blessings. And what better way to express this than to celebrate the small beetles and insects returning to our green spaces. It is an amazing opportunity to spend some time to express our gratitude using our art and a gloriously bright jewel colour palette.



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19	07/05/27	WENDY BRIGHTBILL

Abstract Expressive Blooms
Spring is the season of emergence — life pushing upward, colour bursting through the surface, energy that can't be contained. In this lesson we lean into all of that and step well outside our comfort zone: working with movement, expressive brushstrokes, drips, and bold mark-making to create a loose abstract floral in our art journals.



20	14/05/27	CLAUDETTE HASENJAGER

Planting With The Moon
Using our journals as an inviting space to hold our intentions and release what no longer serves us, we will be creating a journal spread dedicated to our growth, manifestation, and personal blooming. We will be planting our intentions by writing them down in our journals and then creating an environment for them to bloom in using colours and symbols to visually representation of what you want to "bloom" in our lives.



21	21/05/27	ART BY MARLENE

Feast of Flowers
The "bloemencorso" is the Netherlands in full bloom. It is a magical flower parade where giant floats covered in tulips, hyacinths, and daffodils roll through Dutch towns like moving works of art. Built by passionate volunteers, it celebrates creativity, community, and the beauty of spring. A living dream of color, fragrance, and joy. We will be using painting techniques, stencils and collage to capture the feeling of joy and freedom...and trying to translate this color explosion and the richness of the flowers onto paper.



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22	28/05/27	CAROLYN DUBE

Surprise Impressions
Your home, yard, and recycling bin are bursting with playful possibilities just waiting to jump onto your gel plate! Inspired by the Nemi Strawberry Festival, Carolyn will show you how turn everyday objects from your home, recycling bin, and yard into printmaking tools full of texture, pattern, and surprise. One print leads to another, ideas multiply, and before you know it, your table will be overflowing with colorful creative “seeds” ready to bloom.



23	04/06/27	TONI BURT

A Little Birdie Told Me
Spring is a time of growth, warmth and abundance. All the critters come out to play and nature blooms. Create simple sketches of birds and girls faces to incorporate into a colourful journal spread. There is a conversation between you and nature, what does it say?



24	11/06/27	LISA GODDARD

Sun and Shadows
The summer solstice — the longest day, the height of light and energy. To honour it, we'll create an accordion pull-out in our journals that stretches as far as the day itself: building a background of colour and collage inspired by sunlight, then taking our journals outside to sketch the shadows we find.



25	11/06/27	KASIA AVERY

CLOSING OF THE SEASON
Join Kasia for a livestream painting session. Exact time to be announced.

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SEASONS EDITION - COURSE SCHEDULE

SEASON OF: SUMMER

26	25/06/27	KASIA AVERY

Sun Catching - Season Opener
Catch the light of summer by building a colour palette that's entirely your own — drawn from the warmth and abundance around you and from the objects, symbols, and ideas that feel alive to you right now. Alongside your palette, you'll set intentions to guide and ground your creative practice throughout the weeks of Wanderlust ahead.



27	02/07/27	KIM DELLOW

Counting Swans
Every year, in the third week of July, the swans are counted along the River Thames in the UK. This annual ceremony, called the Swan Upping, dates back to the 12th Century and will be our jumping off point to explore this majestic waterfowl in our art. The swan can be a symbol of love, grace, wisdom and inner beauty so in this session we will explore our own connections with these qualities using mixed media drawing techniques.



28	16/07/27	ERIN BISHOP

Prime Time
Summer in full bloom is often a metaphor for the prime of our lives — but is there really just one prime in a lifetime? Just as the seasons of the calendar ebb and flow year after year, so too do the seasons of our life. While the peak of one season may be past, another awaits. In this lesson, you'll create an abstract self-portrait in a warm, sun-drenched palette, surrounded by summer florals — celebrating exactly where you are in your current season of life and capturing your boldest dreams for the seasons ahead.



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29	09/07/27	VICKY PAPAIOANNOU

Summer Sea Textures
The sea has always been a huge part of my life growing up in Greece, and it's the perfect theme for exploring textures and depth. In this lesson, we'll dive into the summer sea — capturing its movement, colour, and the feeling of constant ebb and flow — and bring that spirit into our art journals through mixed media layering, building up watery textures one layer at a time.



30	23/07/27	ALISON WELLS

The Eclipse Within
Inspired by the quiet drama of a solar eclipse, this lesson explores the interplay of light and shadow as both a visual and inner experience. Working with high contrast and layered mixed media techniques, you'll create an art journal page where hidden beauty emerges — and where the ordinary becomes extraordinary.



31	30/07/27	LORRAINE BELL

The Language of Shells
Sketch and paint seashells while discovering the symbolism hidden in their shapes. We'll explore texture, form, and storytelling to create a small collection of shells in your art journal — each one holding its own personal meaning. Just like the tide, these shells will reflect your own journey and your life's ebb and flow.



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32	06/08/27	TONI BURT

My Sunflower Crown
Sunny days, warm nights, and golden hues. In this lesson, we'll draw radiant sunflowers and expressive girls' faces, weaving them together into a warm, light-filled journal spread. Inspired by the way sunflowers always turn to follow the sun, we'll explore the idea of seeking light, hope, and positivity — even in difficult moments. As you crown yourself with sunflowers and surround your pages with glowing colour and joyful marks, this lesson becomes a gentle celebration of resilience, warmth, and shining your light brightly into the world.



33	13/08/27	KELLY HERRICK

Soul Storm
Inspired by the energy of monsoon season, this lesson explores the beauty of turbulence and release. Using water-based media, we'll create an intuitive storm-inspired art journal page with loose washes, splatters and flowing marks in deep blues, silvers and stormy greys. Let the paint move like rain across the page as you embrace spontaneity, celebrate impermanence, and bring your inner weather to life.



34	20/08/27	HELEN COLEBROOK

Gratitude: Gather Your Crops
The harvest season is an invitation to pause and reflect on everything that has grown — in nature, and in you. In this lesson, we'll create a richly layered art journal spread that moves through the growing cycle: from planting and tending, all the way to the abundant harvest. Using collaged flowers with optional stitching, loose leafy drawings, and watercolour, we'll explore what it means to live in deeper rhythm with the seasons. A William Wordsworth quote about harvest sets the tone, and a dedicated writing spot invites you to document your own gratitude and abundance — whatever you've gathered this year.



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35	27/08/27	NATHIFA SLIGH

Goddess of Pearl: Alchemist of Beauty
Inspired by the quiet alchemy of the pearl — formed slowly, layer by layer, through patience and pressure — this lesson explores transformation and beauty that emerge in their own time. Using a variety of mixed media supplies, we'll create a portrait of the Goddess of Pearl, building up luminous, iridescent layers and finishing with touches that reflect the glow that emerges when life's fragments slowly become light.



36	03/09/27	NICOLE WARRINGTON

Mapping These Moments
After going on a mindful walk in nature — through the forest, a garden, or along the beach — gather your natural finds and bring them home as inspiration. We will create an event map in our journals using drawing media and watercolour, mapping our unique experience of place in this moment and combining words, images, and symbols into a cartographic spread. From noticing the small details of nature to expressing your experience more poetically, you'll discover how an event map can be a tool you use in your journaling for years to come.



37	10/09/27	TRACY VERDUGO

Lost in Story, Found in Paint
Summer is a season of slowing down and allowing ourselves small, meaningful indulgences, like getting lost in a good book. In this lesson, we'll use that experience of reading as inspiration for an intuitive painting process. Pull out your favourite novel and let its colours, moods, and textures guide your art-making — not to recreate scenes, but to express the feeling of a story through colour, texture, and mark-making. This approach celebrates the joy of healthy escapism, inviting you to step away from outcomes and into a more relaxed, exploratory creative space.



38	10/09/27	KASIA AVERY

CLOSING OF THE SEASON
Join Kasia for a livestream painting session. Exact time to be announced.

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SEASONS EDITION - COURSE SCHEDULE

SEASON OF: AUTUMN

39	24/09/27	KASIA AVERY

Seed Gathering - Season Opener
Discover and build your colour palette inspired by the season with Kasia's guidance. Collect ideas, symbols and objects that will inform your art in this season. Make meaningful intentions that will help you stay focused and intentional in the next weeks of Wanderlust.



40	01/10/27	ALISON BOMBER

Fungus Foray
There's something quietly inspiring about the world of fungi — most of what's alive is hidden, growing patiently beneath the surface. In this lesson, we celebrate that same quiet creative life as we explore the extraordinary shapes and variety of fungi: both the mycelia (root systems) and fruiting bodies. We'll use mark-making, fluid mediums and texture techniques to create complex, layered, interweaving structures, echoing fungal growth in all its abundance. We might even dip into lichen and moss!



41	08/10/27	CASEY TURNER

Finding Your Trust Colour
Every artist has a color they avoid—a shade that sparks resistance, discomfort, or creative block. But what happens when we lean into that discomfort? This mixed-media art journaling session invites you to reframe your relationship with your least favorite color and use it as a catalyst for personal growth.



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42	15/10/27	SHAWN PETITE

Rhythm of Nature
Apple Day arrives in October as a gentle reminder of the season's simple abundance — round, golden, and generous. In this lesson, we use apples as our jumping-off point, exploring warm autumn colours in inks, collage and layered textures that echo the round shapes and richness of the season. A lesson about cycles, abundance, and the quiet joy in what nature gives us.



43	22/10/27	AYOZIE POLLENDINE

Listening Within: Explorations in poems and paint
In this lesson, we slow down and let poetry lead the way. Whether you choose a favourite poem or write one of your own, we'll let its words, emotions, and imagery spill into our art journal spread — where the poem itself becomes part of the final piece, woven into paint, texture, and feeling.



44	29/10/27	MANSI

Nothing is Off Limits
What happens when you truly play? When you let go of conventions, expectations, and the idea that there's a right way to make art? In this lesson, we celebrate the beautifully strange — the quirks, oddities, and unusual marks that make your creative voice uniquely yours. We'll discover, together, how your weirdness might just be your greatest creative superpower.



45	05/11/27	NICKI TRAIKOS

Making meditative marks with watercolor
Sometimes we need a simple, meditative practice — making the same mark again and again, letting watercolour flow, and following the brush across the page in easy, unhurried rhythm. In this lesson, we slow down and let steadiness lead: creating beautiful, repetitive marks that we'll gather into collage paper, ready to be layered into an art journal spread. The practice itself is the magic.



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46	12/11/27	REBECCA CHAPMAN

Preserving the Light
As we head into autumn the days grow shorter and the light of summer fades away. In this lesson I'm going to guide you through a few ways to remind ourselves of sunnier days throughout the darker months ahead. We'll work with collage scraps and photos to create our own preserving jar that we will then dip into to create a multilayered page in our journal. We'll use a photograph as a starting point and use acrylic, inktense pencils and other mixed media to build up luminous layers — preserving not just summer memories, but whatever light and warmth you most want to carry forward into the months ahead.



47	19/11/27	CHRISTINE KARPIAK

Quiet Unfolding
IIn this soulful mixed media class, you are invited to slow down and gently turn inward — selecting what nourishes you creatively, honouring what is ready to fall away, and making space for what is quietly emerging. Through layers of mixed media, intuitive creativity, and reflective prompts, you will express yourself freely using a variety of materials to create a soulful folded book which can be tucked into your art journal and treasured for years to come.



48	10/12/27	SARAH GRAY

The Guiding Light
There is a particular quality to golden light — warm, luminous, and full of meaning. In this lesson, we'll use gold as a symbol of wisdom, abundance, and the small treasures we gather through the year. Through reflective journalling, luminous textures, metallic layers, and precious marks — halos, candlelight, stars, and drifting circles of light — we'll create richly glowing journal pages. As the year draws to a close, this lesson invites you to pause, reflect on all that has shaped you, and celebrate the light you continue to carry forward.



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49	03/11/27	DANIELLE MACK

Finding the Light Within
As the days shorten and darkness deepens, we turn our gaze upward. Inspired by the night sky at its most magnificent, this lesson explores collage with celestial silhouettes, star-gazing motifs, and constellations, layering dreamy acrylic ink textures into an art journal spread that glows with inner light.



50	26/11/27	SUSANNE ROSE

Choosing your path
Allow yourself to play with materials, no matter what the "usual" rule for the materials are. Flip through your past work and find three things you like on every page, even if you are not happy with it! Revisiting often lets us change our point of view.



51	10/12/27	KASIA AVERY

CLOSING OF THE SEASON
Join Kasia for a livestream painting session. Exact time to be announced.

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