

Wanderlust 2025

SCHEDULE

SEASON OF: New Beginnings

Week 1

2/1/2025

Kasia Avery

Opening the Season with Kasia

(Thursday) Opening of the season with Kasia Avery. Join the Wanderlust 2025 Host to find out what's coming up, prepare for the lessons and get inspired by the season of... *New Beginnings*.



Supplies:

Week 1

3/1/2025

Iris Fritschi-Cussens

Intuitive Intentions: intention setting in a mixed-media art journal

When you were younger, did you ever scratch words or symbols into a tree or write in the sand with a stick? To me it was a way to feel present in a specific place and time, and to leave a personal mark. In this lesson we'll explore the wonderful textures of different mediums, focussing mainly on modelling paste and clear gesso, and leave our personal mark in our art journal. By scratching or carving (secret) messages to ourselves and symbols into the page we will have something to come back to throughout the year to remind us of our intentions.



Supplies:

Week 2

10/1/2025

Carolyn Dube

Speed Dating a word for the year: expressive acrylic paint exploration

Ever been speed dating? It lets you get to know a bunch of people quickly. So how does that relate to an art journal page? It's how I choose my word of the year and how I get to know my art supplies. As we build a page focusing on a single word (I'll use mine and you'll be picking your words use on your page) you'll see how speed dating can help you have fun getting to know your acrylic paints.



Week 3 17/1/2025 Nicole Warrington **Supplies:**
Dawn comes after night: exploring nature's renewal with watercolours

Drawing inspiration from a quote by conservationist Rachel Carson, this lesson invites you to capture the beauty of the transition from night to dawn using watercolours. The painting and writing process will encourage reflection on the healing power of rest and the potential for renewal with the arrival of each new day.



Week 4 24/1/2025 Kasia Avery **Embracing impermanence**

I believe that our art journals should reflect and capture where we're at on this life journey. In this lesson I'll show you how I do it. Dive into the ephemeral beauty of impermanence with me. Our soft pastel marks will become both medium and metaphor on your art journal spread. They will help you learn how to appreciate the fleeting moments and the gentle art of letting go. It is an exploration of how letting go of rigid goals can lead to healing and empowerment, encouraging you to find joy in the unpredictable dance of life. This practice offers healing and empowerment, allowing you to savor the moment rather than chase distant goals. Through art journaling, discover the elegance of the now, where every mark is a gentle reminder that the journey itself is the true masterpiece.



Week 5 31/1/2025 Shawn Petite **Colour:**
Seeing with new eyes: self-portrait of transformation and basic colour mixing

In this lesson we'll explore colour mixing as we create a very simple yet personal self portrait. Colour can say so many things. It can portray the season we're in or the feelings that we are having. As we create our portrait we'll remember the changes that we've gone through and the things we'd like to see in the future. Portraits can feel intimidating but we will take it step by step with easy instructions to make something truly meaningful for our creative journey.



Week 6 7/2/2025 Shay Kent **Colour:**
Colourful Wheel Explorations: A Mixed Media Journey

Breathe, let go and make some art... it's when we play that magic happens. Texture, details and low cost materials will play the main role in our creative process. We will focus on creating a dimensional feel to our page by playing with shading and colouring. There is no right or wrong, there is no better or worse... there is only the freedom of art journaling. Together we will learn to collage and explore hidden potential between the layers in our journal book. Let's tell the story through paper and scissors. We will get our forgotten paper punches out. Sometimes it's the basic supplies that will speak volumes. What will we discover beneath the layers? Join my class to find out!



Week 7 14/2/2025 LaQuisha Hall **Colour:**
Confidence in Colour: affirmation collage with a colour scheme

Do you sometimes feel like you're not completely present? Is your mind running a thought marathon? One moment you're thinking about what to prepare for supper, the next you're running through your work to do list, and then suddenly, something else pops up in your mind. Before you know it, your mind feels like a gazillion people stuck in a bus shouting and gasping for air - all at the same time. Mindfully creating journal spreads helps you dig deeper into who you are and what you need more, or less, of in your life. Art journaling, layering, doodling and creating gives you the opportunity to have some time alone to nourish your soul. You need this - We all do! Nurturing this self-care habit truly can be life changing.



Week 8 21/2/2025 Claudette Hasenjager **Colour:**
Dreaming in Monochrome

Join the course host as she introduces you to the Star Theme through an easy to follow art journaling tutorial. Create a spread exploring different tools and techniques and exploring a self developmental prompt. A strong favourite among our Adventurers from the last 7 years, Wanderlust Book lesson is sure to give you plenty of ideas and help you express your feelings through art.



Week 9 28/2/2025 Ayozie Pollendine **Books:**
Honouring the past with vintage paper

In this lesson we will look at the different ways we can use vintage papers. We will pay particular attention to ways of preparing vintage papers to increase their versatility with different media. We will also look at how to create our own 'aged' papers. We will then incorporate the different elements to create a mixed media spread celebrating the legacy and heritage of a family member.



Week 10 7/3/2025 Kate Crane **Books:**
Book Binding for all!

In this lesson you'll make your own journal from scratch. Book making and binding is for everyone and it's nowhere near as hard as you think. It's a fantastic way to use up your favourite papers to create something which is totally unique and you only need limited supplies to get started. We'll look at different options and then you can create one or more journals with papers of your choice, in a style of your choice, in a size of your choice! And then we'll begin to add a little on the inside too. So, gather up your favourite papers, fabrics, collage bits and vintage ephemera and let's make books.



Week 11

14/3/2025

Jeanne Oliver

Books:
The Unfolding of our Day

Our lives are made up of little moments. Using contour sketching techniques and our handmade concertina sketchbook we will have our eyes open to the world around us. We will become gatherers of everyday beauty.



Week 12

21/3/2025

Shemi Dixon

Books:
Bound Creativity: Altered Book Art Journaling

Immerse yourself in the enchanting world of Altered Book Art Journaling. From selecting the perfect book to adorning its cover, this class guides you through transforming vintage or new volumes into unique masterpieces. Explore diverse page ideas, experimenting with texture, color, fabric, and pockets. Unleash your creativity within the dos and don'ts of altered book art, turning each page into a canvas for self-expression. Join us on this captivating journey, where the bound pages become a gateway to a world of artistic possibilities



Week 12

22/3/2025

Kasia Avery

Closing the Season with Kasia

Join Kasia for this Saturday live stream (recording will be available) to summarise and close



SEASON OF: You

Week 1

10/4/2024

Kasia Avery

Opening the Season With Kasia

(Thursday) Opening of the season with Kasia Avery. Join the Wanderlust 2025 Host to find out what's coming up, prepare for the lessons and get inspired by the season of...
You.



Week 1

11/4/2025

Kasia Avery

Personality:
Creating your style

In life, especially as women, we often prioritise the needs of our family or loved ones above our own. In your art journal you get to focus on YOU for a moment. This is your time to learn and say out loud what you like, what your heart craves and where you want to be. Join me in creating a collection of your special marks. Explore, play, collect, curate, refine and define what makes your creativity sing. This lesson is a fantastic self-discovery journey, a way to make friends with your inner artist!



Week 2

18/4/2025

Francisca Nunes

Personality:
Nature's Brushstroke: Creating
Handmade Tools for Artistic
Uniqueness

In this session, we will create our own tools using materials sourced directly from nature. We'll explore the resourcefulness of natural supplies, from twigs to leaves and grass, to create personalised brushes and pens. These handmade tools will serve as a unique extension of your artistic spirit, allowing you to make marks that distinctly represent you and your personality.



Week 3

25/4/2025

Aimee Irel Bishop

Personality:
A map of influences with your
handmade pigments

Collecting and using pigments from nature can evoke deep meaning in our art. Looking for meaning in the everyday and documenting those thoughts and feelings is an important step into understanding your creativity and art making practice. We are often influenced and inspired by our environments without even realizing it. Through to practice of feeling, observing and documenting we will "map" our influences through a series of experiments and play. The results will be a lush and expressive mixed media spread to go back to for inspiration time and time again.



Week 4

2/5/2024

Melissa Fink

Personality:
The Beauty Within: Creative
Expression Through Meaningful
Symbols

Art journaling, the safe space to come as you are and learn more about who you are. How can we visually express parts of ourselves, who we most deeply are? What are the attributes that make you uniquely you? I want to invite you on a journey of giving attention to who you uniquely are and space to express yourself using visual language and symbols through hand carving. Together, we will learn the process of lino cutting and creating symbols that reflect the beauty within each of us. We are going to allow our personalities to blossom into visual art that holds meaning and significance, representing who we are. Let's create a collection of marks that are personal, reflective, and celebrate who we are. I can't wait to create with you!



Week 5	9/5/2025	Mary Beth Shaw	Feelings: Message to your younger self. Mixed-media portrait storytelling
<p>Did you know a portrait doesn't have to be limited to your face? Guided by a photo from our the past, we will explore things we wish we could have told our younger selves. These messages will be incorporated into collage elements that form the basis of a portrait embedded with our individual history. Expect to use a variety of mixed media supplies such as random papers, pens, markers, and paints, either watercolor or acrylic.</p>			



Week 6	16/5/2025	Nicole Warrington	Feelings: Pocketful of Peace: creating happiness through art
<p>Explore the serene practice of wet into wet watercolor painting in this lesson, where the gentle flow and blending of colours evokes a sense of peacefulness. Using a colour palette of your choice, or a nature-inspired colour palette of my suggestion, you will paint and cut out a series of circles. Next you'll attach them together, and then tuck them into a pocket you will create on your page.</p>			



Week 7	23/5/2025	Iris Fritschi-Cussens	Feelings: Here and Now: how to express feelings in your art journal
<p>Let's connect with who and how we are in this moment, and express it in our art journals. We'll use simple mixed media techniques to build up a background and create an intuitive portrait on top. The focus will be on responding to how we feel right now and which colours and movements fit in with that. The resulting spread will capture our feelings, ground us and remind us of the importance of the current moment.</p>			



Week 8	30/5/2025	Carolyn Dube	Feelings: The Power of Play: healing through art journaling
<p>Why is creating so powerful when it comes to healing our past experiences? Because art expresses what is so hard to say with words. As we build our art journal pages, I'll be sharing specific techniques for intentionally tapping into the healing power of art through play.</p>			



Week 9

6/6/2025

Toni Burt

Senses:
Parts of me

Use loose sketching and doodling techniques to create from your imagination. Intuitive quirky face drawings, background imagery and collage. Produce a spontaneous piece using your drawings that come together to weave your story.



Week 10

13/6/2025

Roben-Marie
Smith

Senses:
Beyond Sight: Aromatic Explorations in
Art Journaling

Join the course host as she introduces you to the Star Theme through an easy to follow art journaling tutorial. Create a spread exploring different tools and techniques and exploring a self developmental prompt. A strong favourite among our Adventurers from the last 7 years, Wanderlust Book lesson is sure to give you plenty of ideas and help you express your feelings through art.



Week 11

20/6/2025

Dyan Reaveley

Senses:
A Touch of Texture

One dictionary definition of the word touch is :- A small addition or detail that makes something better. Join me to give your journal pages that little bit extra with a touch of texture. Let's make our art journaling better. Using some of my favourite supplies we'll explore techniques that will make you feel excited and energised by the process.



Week 12

27/6/2025

Danielle Mack

Senses:
Artful Echoes: Capturing the Sounds of
the Forest

In this lesson, we'll be exploring the beautiful sounds found in nature. I'll show you how to use specialty papers to recreate the sound of leaves on the forest floor. We'll also explore how to combine flora and fauna to create a cohesive art journal spread.



Week 12

28/6/2025

Kasia Avery

Closing the Season with Kasia

During this session Kasia will be creating a mixed-media postcard to celebrate the milestone. This will be later available to you as a printable to collect, but we also encourage you to join in and create your own.



SEASON OF: Storytelling

Week 1

17/7/2024

Kasia Avery

Opening the Season with Kasia

(Thursday) Opening of the season with Kasia Avery. Join the Wanderlust 2025 Host to find out what's coming up, prepare for the lessons and get inspired by the season of... *Storytelling*.



Week 1

18/7/2025

Kasia Avery

Journalling:
Telling Your Story in Art Journaling

Think you don't have a story to tell? Think again. In this lesson, I'll show you how to find meaningful stories in your everyday life and turn them into expressive art journal pages using mixed-media techniques.

We'll create layered backgrounds, add personal imagery, and explore surprising ways to make your handwriting feel more "you." By the end, you'll have a beautiful page - and a new way of seeing your life as art.



Week 2

25/7/2025

Helen Colebrook

Journalling:
Bringing Gratitude into Your Journals

Daily gratitude can be a huge happiness booster and an excellent tool to lower our stress levels. And it can be combined with beautiful art journaling! During this lesson I will be sharing some of my favourite ways to document things you are grateful for and also add lovely decorative elements. We will be using a range of different pens to really bring these pages to life and there will be some fun interactive elements too. Along with the tutorial I will share some of my other gratitude pages so that you have lots of ideas for bringing this into your journal on a regular basis.



Week 3	1/8/2025	Mary Beth Shaw	Journalling: The Journey Home: capturing the essence of a place in your journal
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I have a passion for travel journals and have been making and using them for decades. In this class, we will take a dive into the location around us, inside and out. We will learn how to work on the improv and create memorable collage elements that help capture the essence of a place. We will use a minimum of supplies and develop journal pages that transport us back to a specific point in time, through our drawing, words and marks. Expect to use pencils, crayons and watercolor media.



Week 4	8/8/2025	LaQuisha Hall	Journalling: 5-Point Journaling: A Daily Journaling Practice
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During this class, learn directly from LaQuisha her custom-created journaling method that has allowed her to become a finisher of more than 10 journals! LaQuisha will share the importance of a simple daily, creative practice that is pressure and stress free in approach.



Week 5	15/8/2025	Rae Missigman	Capturing Moments: The Beauty of Everyday: taking artful photographs and using them in your art
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Daily moments, collected, curated and frozen in time through photographs are the rays of joy that shine through life like a homing beacon. Let me show you how to take and use your precious photographs in your art journals, alongside of marks and words, these images are powerful reminders of what we hold most dear. Each micro memory bearing witness to past or present helps us to tell our stories visually through art and imagery.



Week 6	22/8/2025	Birgit Koopsen	Capturing Moments: Oh the places we go... Image transfers in your (travel) journal
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In this lesson you'll learn how to do image transfers with your own (travel) photos. We will focus on a painted matte medium transfer and the concept of coloring an image before doing the actual transfer. Then we will add clear tape transfer elements and create a unique page using your own photos in an artsy way! Of course you can totally use the techniques in this class to create pages on other subjects than travel and if you cannot or don't want to use your own photos then you can find a world of images online to print for free from royalty free websites.



Week 7	29/8/2025	Andrea Okeson	Capturing Moments: Life's colour palette: capturing moments through swatches
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We will gather our memories and translate these into a gorgeous art journal spread. What are the colors of your life's special moments? Do memories have a color palette? We will dive into this idea and create a beautiful art journal spread that captures our treasured experience in a colorful way.



Week 8	5/9/2025	Jeanne Oliver	Capturing Moments: Daily Still Life
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Using contour sketching, watercolours and acrylics we will quickly capture small moments of beauty and intention in our day. You may find this beauty in a can in your pantry, the cup of tea at your table or a piece of fruit you brought from the market. Just be looking and you will find it!



Week 9	12/9/2025	Jerney Marisha	Taking inspiration: Emotional Expressions: an art journal spread inspired by expressionism
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In this lesson, we draw inspiration from the Expressionist art movement. We will leave the real world behind us and focus on using distortion and vibrant colours to convey our feelings and inner experiences. Instead of aiming for realistic representation, we will experiment with altering shapes, forms, and hues to reflect our emotions and bring our inner world out in the open. Through this creative process, you will learn to communicate your emotions visually, discovering the power of art as a medium for self-expression and emotional depth.



Week 10	19/9/2025	Joy Ting Charde	Taking inspiration: Meet an Artist from the past: Lois Dodd Study
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Honour a female artist from the past whose art deserves recognition and celebration. In this lesson, we will look over the life and work of Lois Dodd and recreate a piece from her early paintings using mixed media techniques.



Week 11	26/9/2025	Dina Wakley	Taking inspiration: Words that we treasure
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Join me as we create pages that are meaningful with words that matter to you. You will choose a favourite book, song, or poem. Use one with words that move your soul. We'll think about how it makes you think and feel--when did you first hear/read it? What was your life like then? How has the meaning evolved? We'll combine words from your chosen text with imagery and mixed-media layers to create a personal, rich work of art.



Week 12	3/10/2025	Dyan Reaveley	Taking inspiration: Look inside your head
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Do you know who you are and where you're going? Is it different from 6 months, a year, 2 years ago? This is a lesson that works with your intuition and shows you where your head is right now.



Week 12	4/10/2025	Kasia Avery	Closing the Season with Kasia
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Join Kasia for this Saturday live stream (recording will be available) to summarise and close the season.



SEASON OF: Leaps and Bounds

Week 1	23/10/2025	Kasia Avery	Opening the Season with Kasia
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(Thursday) Opening of the season with Kasia Avery. Join the Wanderlust 2025 Host to find out what's coming up, prepare for the lessons and get inspired by the season of... *Leaps and Bounds*.



Week 1	24/10/2025	Kate Crane	Small: Small is beautiful!
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There is something very satisfying about working on a small scale. Inchies, Rinchies, Twinchies, and Moos may be small but they can still be packed full of fabulous colour and intricate detail. Originally intended as art to trade, these can be swapped or made as a gift for yourself, and they also make a great addition to your art journals; a miniature way to capture your feelings. Make them individually or as a series, they are a wonderful way to use up your precious scraps, layering them up and adding the extra details to create something new and fabulous.



Week 2	31/10/2025	Tania Ahmed	Small: Freedom in Limitation: Create your very own artist trading cards
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ATCs, also known as Artists Trading Cards, are the perfect size to swap with friends and fellow artists. Small but mighty, they can be made with any kind of material that you can think of!

In this lesson we will learn about working with limited supplies and colour palette which will force us to create more "efficiently" - unlock the secret to freeing your mind of analysis paralysis and working fast. We will be creating a deck of ATC sized affirmation cards - the easy way.



Small:

Week 3 7/11/2025 Francisca Nunes Matchbox of curiosities: Curating your nature and vintage collection

Let's get inspiration from the charm of bygone eras of "Cabinet of Curiosities." and the old Nature collector's collections. Drawing inspiration from vintage nature collections, we'll assemble our own treasures gathered from nature, flea markets, or personal stashes. Using matchboxes as our canvas, we'll collage and embellish, curating an inspiring nature vintage cabinet for future inspiration.



Small:

Week 4 14/11/2025 Rae Missigman Small Awakenings: Explore tea bag art

Awakening our minds through the unfolding of something as small and delicate as a tea bag into something more fixed and absolute as a work of art, is to make the leap from what is to what could be. Simple rituals have the power to stir our creative spirits and encourage us to move from one artistic experience to the next. As we craft these elements into something curiously layered we will explore marks, stitching and expressive unknowns along the way.



Big:

Week 5 21/11/2025 Shawn Petite Still Moments: Translate your art journals onto canvas

In this lesson, we'll take the small details and movements that we would do in our journals and take them to a bigger canvas, showing you the freedom that you can have going bigger. We'll create a beautiful abstract landscape with grungy texture and flowing paint. Using simple supplies in a new way.



Big:

Week 6 28/11/2025 Finnabair Assemblage: The Storyteller

I can't think about anything more exciting than going through old, unwanted pieces on the flea market or during a garage sale and finding my own "treasures", small objects, images or scraps that soon will join me in my studio. If you are like me and have the nature of a collector, you will fall in love with assemblage art! During the creative process, all the humble, easy-to-overlook everyday objects come together and start telling their unique stories, soon pulling all the voices together to create a tale that won't be possible to forget. There is poetry, mystery and beauty in this process, and there is also loads of love. Discovering the unwanted and forgotten is a never-ending source of excitement and inspiration - are you ready to tell their story with your voice?



Week 7

5/12/2025

Dina Wakely

Big:
Retrospection

Join me as we consider the past year--our highs and lows, our life lessons, our a-ha moments. We'll turn to fabrics, layers, and threads to create a joyful mixed-media journal wrap that represents all that we have experienced.



Week 8

12/12/2025

Olga Siedlecka

Big:
Family Tree Wallhanging

Are you ready to tap into a vast array of artistic resources to tell your own family tree story through a tasteful wall-hanging? I always love how mixed media techniques, natural findings and meaningful portraits along with a touch of personal sensitivity result in a unique work of art. By additionally using pastels and fine-liners we will build layers that come to life and tell the story of your choice. Let's combine images and words to express your inner creativity.



Week 9

19/12/2025

Ali Brown

Big:
Joy Chasers: reflecting on the passing year and dreaming for the new year.

What if I were to tell you that you have the power to create a JOY-FILLED life? That even though life can be REALLY. HARD. You can still squeeze light and love out of every day. In this class, I want us to dive deep into our souls and reflect on the year. We will use an expressive writing exercise as inspiration for a 2025 Dream Journal Spread that you will be able to refer back to as a memorial. Your dreams matter. They are not only a gift to you but also a gift to others. Let's chase joy together!



Week 9

20/12/2025

Kasia Avery

Closing the Season with Kasia

Join Kasia for a Saturday live stream to summarise the year, chat about the gifts that this course has brought to our community and see what else is coming for Wanderlust.

