

# Painting the Human Figure

## A 3-day workshop of essential oil painting skills | 24 Hours

This figure painting workshop is designed for both absolute beginners and intermediate artists seeking to develop a robust theoretical and practical foundation in painting the human form.

In this workshop, you will explore:

- **Figure Drawing Fundamentals:** Learn precise techniques for capturing human proportions, anatomical structure, and the nuanced characteristics of the human body.
- **Oil Painting Techniques for Figures:** Master the comprehensive process of creating a figure painting from initial sketch to final rendering, including advanced methods for mixing and applying oil paints.
- **Understanding Human Anatomy:** Examine key structural concepts to simplify and interpret the complex forms of the human body, focusing on volume, proportion, and gestural expression.
- **Light and Form in Figure Painting:** Investigate how light interacts with the human form, utilising tonal grouping to create depth, dimensionality, and a sense of volume.
- **Colour Theory for Figurative Art:** Develop skills in mixing realistic skin tones, understanding colour temperature, and creating vibrant, nuanced representations of the human figure.

Each workshop session begins with an engaging theoretical exploration of core concepts, followed by practical application through a multi-day figure painting project and shorter figure studies. During the course of this workshop you will learn to draw from life, with nude or semi-nude models.

## Instructors : Kostas Protopapas & Carl de Jager

Both your instructors are academically trained, practicing artists. They are also skilled teachers with several years of experience at the Barcelona Academy of Art, working with beginner, intermediate and advanced drawing and painting students.

Workshops will be presented in English with printed notes available.

## Fees & Reservations

### **Workshop Fee : € 440.00 ( €395 with 10% Discount - see offers below )**

The fee includes 24 hours of tuition, including presentations & plenty of one-on-one time with teachers. The cost of some materials, including canvas and speciality mediums, is included in this price. Other materials are to be provided by the student. See the materials list for a guide on what to purchase / bring.

The cost does not include accommodation, airfares, transport, meals or any other fees.

**Cancellation Policy:** Refunds of fees and deposits will only be provided in the event that a workshop is cancelled. We recommend that participants obtain travel insurance to cover any losses incurred for airfare and accommodation in the event of a workshop cancellation due to low turnout (minimum 6 attendees) or circumstances beyond our control. In the event of low turnout, we reserve the right for only one teacher to lead the workshop.

EARLY RESERVATIONS ARE RECOMMENDED, AS STUDENT NUMBERS ARE PURPOSELY LIMITED TO 12 STUDENTS TO ALLOW FOR A HIGH DEGREE OF INDIVIDUAL ATTENTION.

**Fri 25/04/25 - Sun 27/04/25**

09:00 - 13:00 + 14:00 - 18:00

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Lekanidi 22, Agios Dimitrios  
Athens

**Contact :** Maximos Manolis [yoshakos@hotmail.com](mailto:yoshakos@hotmail.com)

**A deposit of €200 will be required to secure your spot.**

**10% Returning Student Discount**

Available to all returning participants.

**10% Early Bird Discount (New Students Only)**

Available to the first 4 new participants.

## Materials List

Print this guide onto an A4 piece of paper. The size of the brushes you need will be close to the printed size.

### Drawing

- Pencil (HB or B)
- Kneadable Putty Eraser
- A3 Sketching Paper (1 Sheet)
- A3 Tracing Paper (1 Sheet)

### Painting

- A4 Disposable paper palette
- Odourless Mineral spirits
- Small jar with secure lid for storing mineral spirits and cleaning brushes.

### General

- Masking Tape
- Paper Towels for cleaning
- Baby Wipes for cleaning



#### Palette Knife x 1

Palette knives come in all shapes and sizes. We recommend a teardrop or diamond shape between 3cm - 5cm long and about 1cm of width.

#### Filbert Brushes x 4

Hog hair filbert brushes are sturdy, flat brushes with a rounded or pointed tip.

Width = 12mm x 2  
Width = 7mm x 2

#### Round Brushes x 2

Soft synthetic round brushes are ideal for blending and detail work.

Width = 2mm x 1  
Width = 5mm x 1

## Oil Colours & Painting Medium

Picking which oil colours to buy can be daunting - it can be costly and confusing if you don't know what to look for.

During the workshop we will discuss how you can use the pigment numbers found on paint tube labels, along with online resources, to help you make the best decisions when investing in new colours.

**Natural Pigments will generously provide all paints and mediums for use during our workshops at no additional fee.** This will allow you to experience the difference that using premium, professional-grade materials can make

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