

Student Supply List for Barb Kobe's Healing Way Workshop

- Scissors
- Needles
- Pins
- Thread
- Acrylic paint and brushes – skin tones and shades from red through pink
- Water container
- Assortment of fabrics, soft scarves that wrap easily, choose 3-5 colors you like and one skein of yarn of color that will work with fabrics you bring – Best source thrift stores.
- Any special embellishments, beads, fibers, trinkets, jewelry, stones, feathers
- Two bags of Crayola Model Magic one white the other a skin tone
- Your answers to the Ten Questions (below)
- Two yards of quilt batting cheap, but doesn't pull apart easily
- About 10 to 15 sticks from local trees and bushes - sturdy, not fragile (easily broken) about 15 to 20" long
- Garden clippers/pruning
- Your copy of The Healing Doll Way

Barb supplies

- Scarves
- Fabrics
- Yarns
- Embroidery floss
- Duct tape
- Pastels and trays
- Scrubby brushes
- Face Samples
- Molds and modeling tools
- Glues, including hot glue
- Floral tape
- Wire
- Clay tools
- Gel pens

Annie will bring

- A sewing machine – but if you would like to bring one feel free. (No need to be a master seamstress or tailor for this class – just some basic stitching needed.)

Please answer these questions and complete this form to bring to class.

1. What colors are you drawn to? Do you wear often? Are your favorites?
2. What will this doll stand as a symbol for you? What will it remind you to think, Feel, and/or do when you see it?
3. What elements describe you? Earth, air, water, fire?
4. What symbols do you like? You collect these, spend time around them; are drawn to them like a magnet?
5. When do you feel the most connected to yourself? Most comfortable in your skin?
6. If an animal with special powers were to enter your life to give you power, what would that animal be?
7. When do you feel the powerful?
8. What do you wish to heal?
9. What does your heart yearn for?
10. What is your favorite fairy tale/story/poem?