



ONLINE Workshop: A Healing Path to a More Creative Life

Michelle Rothwell

Student Virtual Setup, Materials List, and Optimized Conditions:

- ☐ A computer or laptop is best. Smartphones and tablets will also work.
- ☐ A stable high-speed internet connection.
- ☐ Good quality audio: high-fidelity speakers with a subwoofer, or high-quality headphones or earbuds.
- ☐ A large sketch pad at least 11 X 14", up to 18 X 24".
- ☐ A journal or notebook and a pen.
- ☐ Markers, colored pencils, or crayons.
- ☐ A dedicated quiet space where you will not be disturbed by housemates, children, pets, phones or other interruptions.
- ☐ A comfortable yoga mat or meditation cushion. It's fine to use a chair instead.
- ☐ Loose-fitting, comfortable clothing.
- ☐ A 'light' stomach. (At least 3 hours since a meal or alcohol, 1 ½ hours since a snack or smoking). No eating is suggested during each online session. Drinking water is OK.