

Title of workshop: Tea and Coffee staining and painting; making art with sustainable material.

Proposed Time: 1hr, 1.5hr or 2hr

Workshop description:

Abena Motaboli, Chicago based artist shares her practice of painting and staining with earth pigments, tea, coffee, or other natural material and experimentation with textures. Participants will be guided through an art experience using coffee ground, coffee, tea, spices, and ink to stain and paint cloth as well as natural material. Session includes guided meditations, space to experiment with material, learn about sustainable art making, and share.

Participants will leave the workshop with a PDF or what is covered during the workshop or a guided meditation audio or offering.

Themes: Future Intentions, meditation, purpose, continued self care practices

Material needed:

- Tea (black), green, hibiscus
- Pigment e.g coffee (well steeped, any brand)
- Honey
- Spices (turmeric, cinnamon/paprika)
- Mark making object e.g leaves/sponge
- cloth (cotton) OR loose canvas OR loose linen OR old t shirt 10"x10" or larger
- white vinegar
- nature objects e.g dirt, leaves, dried flowers, small twigs or bark (from your garden/park)
- Jar of water

Optional:

- Iron tablets (- if you want to make natural ink available at any pharmacy store)
- White paint
- Any other teas (e.g green, hibiscus etc. for a different color)
- berries (pokeweed/blueberry/raspberry/any darker berry available at your local store)
- wine/chocolate

Max participants:

15 - 20 per session

Bio:**Abena Motaboli**

Interdisciplinary Artist, Educator, & Writer

Known for her intricate plastic installations & meditative line work in her tea paintings, Abena is influenced by her home country of Lesotho and Southern African culture. She uses ephemeral material such as tea, dirt, and coffee to comment on the culture of creating sustainable art.

Strongly influenced by the diversity of people and human resilience, she likes to instill a sense of calm, tranquility and hope in whoever she works with and is eager to create contemplative & healing spaces in times of today's uncertainty. She has exhibited work with The Immigrant Artist Biennale in New York, solo and group exhibits such as SOFA Chicago, Bhavan Gallery based in London, and Aqua Art Miami to name a few. She also offers one on one and group setting workshops based on sustainable art making.

Breakdown of costs:

(Larger Organizations with specific objectives for team building)

Total - 22hrs

Rate = \$45/hr

- Workshop planning, presentation prep + research time = **6hrs**
- Ordering & formatting supplies = **2hrs**
- Recording edits = **2hrs**
- Email correspondence before and after experience = **2hr**
- Availability before and after the workshop to answer questions = **3hrs**
- Visual/audio takeaway for all participants (e.g a guided meditation) = **2hrs**
- Set up day of Actual Workshop = **2hrs**
- Presentation = **1-2hrs.**

Cost (Organizations)

I usually offer **1.5hr** workshops at a sliding scale **\$80-\$100/person**

E.g **1 hr** workshop at sliding scale for 15 people = **\$1200 - \$1500**

(Non profit/ smaller Organizations)

I usually offer **1.5hr** workshops at a sliding scale **\$60-\$80/person**

E.g **1 hr** workshop at sliding scale for 15 people = **\$900 - \$1200**

Youth/schools (virtual)

1.5-2hr workshop sliding scale **\$400 - \$500**

(Supplies not included)

Youth/schools (in person)

1.5-2hr workshop sliding scale **\$500 - \$600**

(Supplies not included)

Supplies included \$700-\$800

Supply budget estimate depending on the workshop (\$100-\$250)

*note rates of natural dye workshops will vary depending on the number of participants and materials required

Virtual talks or panel discussions - contact me directly

Minimum rate of **\$500**

Additional rate of \$45/half hour prep or zoom calls before or after

Personal (informal groups e.g birthday parties/friends etc.)

Supplies (included)

Sliding scale: **\$100-\$120**/person

Time: **1-1.5hrs**

Max participants 10-15

Supplies (not included)

Sliding scale: **\$70-80**/person

Time: **1-1.5hrs**

Max participants 10-15

One on ones

Sliding scale **\$100-150**/person

Time: **1-1.5hrs**

1 Participant

I am open to talking about alternative options if none of these options are in your company budget.