

Zebra Butterfly

Butterflies go through a metamorphosis; this makes me think of our bodies and how Mito changes us. We are forced to adapt in ways that we never anticipated. We strive to create balance in our energy needs; our life takes on a duality in the way we can be many iterations of ourselves depending on how we feel at any given time. Mito forces us to transform who we are in the world and shapes us into something new. Mito brought me back to my roots as an artist, had me begin *Mito Quilts of Hope* to advocate for our community and give comfort to those of us dealing with Mitochondrial Disease. I would not have done these things without my diagnosis. What has been your transformation? Think of this as we draw and feel free to share that with us through the session.

Supplies needed:

1. Drawing Paper

- a. Any type of paper will work.
- b. Christine will be using Pastelmat No.6 paper in the color Anthracite which is a dark grey but feel free to use white paper. She is choosing to use the gray to demonstrate new techniques to everyone.

2. Transferring Image below

- a. You may choose to free draw the picture below (bring the outline to the session) or trace the drawing given.
- b. Many artists use transfer paper. You can choose to transfer the drawing to your paper by using a piece of graphite or carbon paper and draw over the line drawing. If you wish you can apply color directly on the printed copy of the drawing. It won't be quite as nice as you won't be able to blend the edges the way I'll demonstrate, but do what you need to do to feel successful.

3. Drawing Tools

- a. Please don't feel bound to a particular medium, but the artist will work with Faber Castell Polychromos colored pencils if you would like to mimic her technique.
- b. Faber Castell Polychromos
 - i. Black: 199
 - ii. Grey: Warm Grey III 272, Warm Grey IV 273
 - iii. Yellow: Light Chrome Yellow 106
 - iv. Orange: Cadmium Orange 111
 - v. Yellow Green: Cadmium Yellow Lemon 205
 - vi. Green: Permanent Green Olive 167
- c. Kneadable eraser or a Tombow Mono Zero, if you have a white eraser this will also work.

If you have any questions feel free to email Christine Knox before or after the session: christineknox0@gmail.com (*that is a zero*)



<https://pixabay.com/illustrations/ai-generated-zebra-longwing-8292213/>

Photo Credit: SuseWong on Pixabay

