



Smithsonian Associates

**Creating a Sustainable Arts Practice**

**Instructor: Heidi Rugg**

**Supplies Needed:**

Notebook or Sketchpad,

Favorite pen or pencil,

List of media/materials that are essential to your creative practice,

The name of your favorite inspirational podcast or book,

A big bowl of compassion,

...and maybe a cup of tea (or beverage of your choice).