



COLORADO SPRINGS

Fine Arts Center

at COLORADO COLLEGE

*Wellness: Seeking Delight: A Practice of Rigorous
Witnessing*

Instructor Name: Kenny Idleman

Instructor Email: kidleman2024@coloradocollege.edu

Supplies:

The following supplies are just suggested favorite products of mine, but I suggest just hitting your local bookstore and picking a nice journal and pen! You simply need your preferred method of writing. I realize that might look different to everybody, and accept any writing medium, so long as it does not interfere with other students' learning!

Notebook	\$12
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Pen	\$2
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estimated cost \$14

Please email the instructor with any questions regarding supplies.

In case you are unable to attend class, consider purchasing supplies that are returnable.