



LIFE DRAWING | WHAT TO EXPECT

What is life drawing?

Life drawing involves sketching the human form in various poses. Generally drawings build from quick gesture drawings, to loose expressive sketches, to detailed anatomical drawings.

Are the models nude?

Most sessions are semi-draped (underwear) and open to ages 15+, but there are also undraped (nude) sessions for ages 19+. Check our website for the upcoming schedule.

RVAC proudly invites all genders and body types to model with our team.

What does "self-directed" mean?

In these self-directed session, the facilitator times poses and directs the model but doesn't actively teach the class. This allows students freedom to work at their own pace. You can work on whatever feels right to you.

What do I need to bring?

Bring cash or card for the \$15 drop-in fee. Some materials are provided however many participants prefer to bring a large sketchbook (around 14 x 17) and their own drawing materials for a consistent experience and an easy way to track progression.

What happens in these sessions? | Short Poses

The first poses are quite short (around 10 seconds long) and are designed to get you warmed up. Don't worry about what your drawings look like at this stage, focus on getting your eyes to look, your hands to move, and your brain to calm.

Some helpful exercises at this point can be:

- Drawing with your non-dominant hand
- Doing a continuous line drawing without looking at your page
- Sketch some rough shapes and lines that only focus on landmarks
- Don't worry about the model at all and practice drawing circles, lines, and playing with your pencil pressure



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What happens in these sessions? | Medium Poses

The next round of poses are longer (2min - 5min) and are designed to start capturing the essence of a pose, accuracy still isn't too important here. Think about the weight, line of action, and general feel of a pose. There are lots of ways to capture these poses.

- With this time restriction you won't be able to capture things in detail, you will largely work with outlines, basic shapes or rough line work.
- If you do a drawing you don't like or you don't finish in time take a breath and move on. There will always be more poses.

What happens in these sessions? | Long Poses

After another brief break, the final round features long form poses (generally around 20min). These are designed to slow you down and apply all the things you've been working on throughout the evening. You may choose to focus on a specific area of the body, or practice a certain technique.

General Tips & Reminders

- If you have not already done so please read through the life drawing etiquette. Anyone who breaks this etiquette and makes our models feel uncomfortable may be asked to leave without warning or refund.
- If at any point you feel uncomfortable please quietly exit the room via the side door. Leaving during a break is ideal. Please bring any issues or concerns to the facilitator during breaks or contact our staff directly after the class has ended.
- Please be gentle with yourself. The goal of these drop in sessions is personal progress over time. It doesn't matter what your neighbours work looks like.