



Smithsonian Associates

Mind-Body Centering Through Art and Handwork

with Lauren Kingsland

SUPPLY LIST

- Basic hand sewing tools
 - Scissors
 - Snips
 - Embroidery needles
 - Floss
 - Sewing thread
- Several 12" squares of quilting fabric
- A notebook
- Pencil

Optional:

- Drawing paper
- Colored pencils
- Other drawing supplies of your choice

We will talk about additional materials in the first class.

If you have any questions, please reach to Lauren at lauren4arts@gmail.com.