



# Smithsonian Associates

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## 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](mailto:lauren4arts@gmail.com).