

Hand Sewing for Mindful Reflection

Studio Arts Workshop

Mon., June 1, 11 a.m. – 12 p.m.

Materials:

Vintage textiles such as table napkins are perfect for this project designed to use what you have on hand.

For the front:

Vintage family table napkin (about 18 x 18")

OR Tea towel (about 17 x 26")

OR similar size quilting fabric

Optional backing and batting of similar size.

Flexible cording or yarn in strong contrasting value/color to front fabric. 36" or more.

This may be T-shirt yarn, narrow ribbon, bias tape, rope,.etc.

You may wish to have several choices at hand for the class.

Embroidery floss or perle cotton, assorted colors

Sewing thread, gray or the color of your cord

Tools:

Embroidery hoop

Assortment of hand sewing /embroidery needles to accommodate your threads

Size 8 or 9 John James embroidery needles,

Straight pins

Small sharp scissors

A pencil

Optional: Washable or heat removable markers

Optional: Buttons or other embellishment objects

Capital Quilts in Gaithersburg is open on-line for curbside pick-up and shipping.

<https://www.capitalquilts.com/>