

Christine Mauersberger
Discover a Mindful Stitching Practice
June 14-16, 2019
Supply List

1. **Fabrics: Old or new.** Bring fabric that feels good in your hands & that is easy to stitch into. I like to use linen, but cotton, vintage cloth napkins, tea towels, and other vintage linens are nice. Something that will fit in an embroidery hoop of your choice. 12" x 12" is a good place to start, but not smaller than 10" square.
How much fabric? 3 to 4 pieces.
2. **Embroidery floss**
Bring what you like to use. It can be 6 strand embroidery floss, or perle cotton. Please bring what you feel most comfortable using.
3. **Embroidery needles, pins and a pin cushion**
bring appropriate sized needle for the type of thread you are using.
4. **Scissors** - Embroidery scissors are nice for snipping small threads.
5. **Embroidery hoop(s)**
I bring a 7" round hoop for each student to use in class.
Bring your own hoop if you have it.
6. **Thimble.** Bring one if you use one.
7. **Notebook for drawing/doodling and note taking**
Any size. Can be a journal that you're already using.
8. **Drawing and Marking Pens/Pencils**
For use when Drawing/Doodling: A small selection of pens, pencils, or markers any or combination of those tools.

NOTES ABOUT SUPPLIES

We will be using simple tools.

Sewing needles, embroidery floss, hoops and fabric.

Drawing and doodling in a relaxed and non judgemental space.

Sharing our thoughts about stitching and how to express our own marks on fabric. If you have any questions, please feel free to email me.

Students are encouraged to bring a small sampling (1 to 3) of your own stitched items to share with the group to help each of us gain a sense of community, sharing, and mutual respect.