



**Saturday 13 - Thursday 18 March 2021**

**9 am – 4 pm**

The venue for your workshop will be advised in February 2021.

All workshops are held in Halls Gap. Morning tea and lunch are provided in your class room.

## **MEDITATIVE STITCH GARMENT**

**Tutor: Catherine O'Leary**

- **Name tag and**
- **Coffee mug**
- 2 metres prefelt batt one colour
- 2 metres prefelt batt different colour
- A variety of small pieces of prefelts to make up approximately one metre
- 3 metres bubble wrap plastic
- 1 pool noodle
- 1 narrow rod, (diameter of broomstick)
- Biodegradable Dishwashing liquid, I use Earth Choice brand
- 1 packet of thin painters plastic
- A variety of loosely woven natural fabrics 3-5 momme in weight, like silk georgette or chiffon, enough to cover 4 metres
- 1 metre black or white tissue silk
- Sewing needles, pins sharp scissors, tape measure
- Embroidery thread to stitch with. I prefer to use a wool thread and there will be some available to purchase at the Grampians traders.
- 1 water bottle with holes in the lid or brauser
- Paper for tracing off a pattern and any patterns which you may like to work with as a starting point
- Optional: dressmakers mannequin