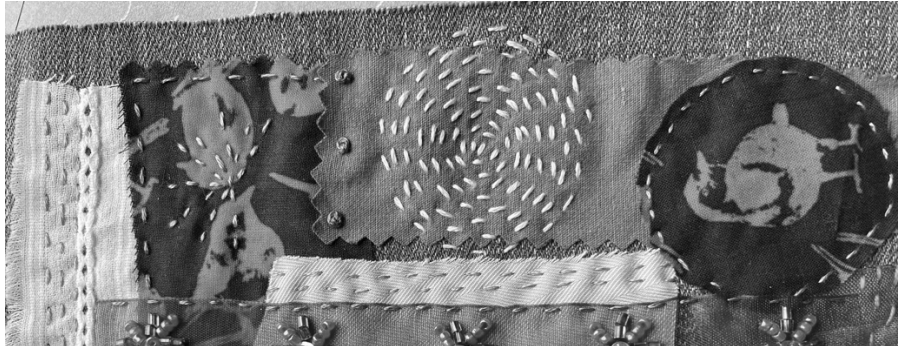


Stitch Meditation and Make



We'll start our time together with a stitch meditation - a calm space to experience stillness whilst focussing on the meditative rhythm of hand stitching. Everything you need will be provided, and absolutely no experience is required.

The rest of the session will be a time to share together in whatever sewing project you'd like to bring. There will be some sewing machines available if you'd like to learn how to use one, as well as ideas for projects and materials, including dressmaking. Bring and share your skills, experience, creativity or enthusiasm – any one of those things is a good start!

The first session will be a meditation and then a chance to talk about what you'd like to achieve, or can offer, and some pointers to help you go away and find the things you'll need for the next session.

September 4th (10 - 12) and 18th (10 - 11)
October 2nd (10 - 12), 16th and 30th (both 10 - 1)
November 13th and 27th (both 10 - 1)
December 11th (10 - 1)

Everyone welcome!