

DEBORAH FELL

Boro Reboot: A Mindful Practice

Our world moves very fast. This retreat-like workshop focuses on slowing down and relishing in process rather than product. Supplies needed are minimal and no machine is necessary. Small compositions will be created with an emphasis on how to use the hand stitch as a major design element. So grab a bag of fabric scraps and your favorite hand sewing tools, and jump on board. This is not a technique workshop where you learn how to hand stitch. The focus is on using the stitch line as mark making on cloth. The stitch marks are the brush strokes that make

the composition complete. Each day opens with a design presentation. Students will explore personal mark making preferences, with the power of parallel play in groups.

GOALS

- To learn about the power of the hand stitch as mark making
- To make a stitch sampler
- To create 10—20 small compositions using hand stitching

STUDENT SUPPLY LIST

- 1 yd. cotton canvas duck cloth; 7 oz., Unprimed.
<https://www.dharmatrading.com/fabric/cotton/7-oz-cotton-duck-63-inch-natural.html?lnav=default.html>
- 1/2 yd. of black duck cloth—good to have around—optional
This is a versatile fabric to use. The weight does not matter. It's OK if it has sizing in it. Available at JoAnn's
- Bag of small scraps
- 1 yd. of linen/cotton type fabric
For use as a base fabric. Neutral color. It should read as a solid.
- A variety of small amounts of sheer fabric—3 or 4 small pieces
- Small amounts of paper that can be stitched through without falling apart
 - A page from a calendar
 - A National Geographic page—or equivalent
 - Coffee hugger from the coffee shop
 - Art paper; **Better to bring 2-3 smaller pieces; whole sheets are not necessary**
- Linen, cotton, silk clothing to cut up & use as scraps--optional
- Gallon bag of small scraps for sharing

Sewing tools:

- Scissors
- Needles that fit your thread
Chenille needles—make sure the pearl cotton fits through the needle
- Pearl cotton — **size 5, 8 & 12 pearl cotton—one of each ****Important******
Valdani pearl cotton works great. Variegated color—even better! <https://hattieanddella.com/collections/valdani-variegated-colors>
- I don't recommend embroidery floss**
- Needle threader
https://www.joann.com/loran-needle-threader-for-eye-needles-large/1494061.html?utm_source=google&utm_medium=cpc&gclid=CjwKCAiA1aiMBhAUEiwACw25MVhJdujJmtsNamwx-BhdBo-j6S_aHbQPckTS6SsJCxU-oHUz-qlQhRoCXTgQAvD_BwE
- Thimble
<https://www.joann.com/flexible-rubber-thimbles-medium/18397000.html>
- Needle grabber--optional
- Straight pins
- Any other tools you enjoy using for hand stitching

Contact Info:

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SESSION 2

Sunday to Friday, March 19 – 24, 2023

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