

## Joyful Free Motion!



I love to share my passion for free motion quilting and the joy and pride you can feel when you quilt your own quilts! I am excited to spend time with you, quilting, laughing, and learning.

If you are new to free motion quilting, make sure that

your current set-up works well and that you know the right settings on your machine to free motion quilt. To test, layer up a small quilt sandwich (top, batting, backing) and free motion quilt a bit. You must have the right foot and your machine must free motion quilt well. You don't have to quilt well yet, but your machine needs to be capable of it.

### Please note:

1. I will be writing you before class to get to know you. I'll gather information about you, your project, your goals for the workshop and some details about your experience level, machine you work on, etc. That way we can hit the ground running.
2. If you don't have a project, we will discuss ahead of time, and I will provide some suggestions.
3. If you have a major project in progress that you intend to work on and prefer this to be a more independent study situation, I welcome that! I will provide the guidance you need to be thrilled with the outcome.

Please write me if you have any questions: [jenny@aqlyon.com](mailto:jenny@aqlyon.com)

### SUPPLY LIST

- A playful and open attitude and a desire to lose all fear of free motion quilting!
- Your best machine for free-motion quilting. If you have a full-sized machine and a smaller, class-sized machine, please bring the larger of the two. Smaller machines are more difficult to free motion quilt on and do not have all the features of a full-sized machine.
- Machine in excellent working order, cleaned, oiled, and recently serviced.
- Slide-on table, if your machine has one.
- Manual for your machine.
- Piecing foot and any other feet your project requires – couching, edge stitch, zigzag, walking, etc. Aw heck, bring any foot that you might possibly need.
- Free motion feet – all that you have. Make sure the feet you have work with your machine. We will be mostly free motion quilting; the wrong foot would be crippling.
- Ruler foot and rulers if you intend to use them, entirely optional. I will bring a few rulers that can be borrowed.
- Straight stitch plate if you have one.
- Zig-zag plate.



### SESSION 1

Sunday to Friday, February 25–March 1, 2024

Mail: 5306 Springridge Court, Fairfield, CA 94534-4005 | Phone: (707) 864-1170 Fax (707) 864-1345  
Email: [info@emptypoolsseminars.com](mailto:info@emptypoolsseminars.com) | Website: [emptypoolsseminars.com](http://emptypoolsseminars.com)

## Joyful Free Motion!

- 9 quilt practice sandwiches: about 14" square (you'll be able to get 3 cuts across the width of quilting cotton). Please use quality, 100% cotton, solid or near solid only, quality batting. Please do not bring odd-sized scraps or prints.
- Choose colors that you enjoy, maybe even different colors front and back.
- 2 1/2 yds each of 2 fabrics will yield 9 sandwiches.
- Additionally, you may want to bring a panel to play upon with the designs you learn. You might consider it a "sacrificial panel". Your first attempts at new designs might be rickety. I will bring a panel for purchase that I designed that is perfect for practicing new designs on.
- A variety of quality threads – different weights, colors, and fibers. In general, thread available at your local quilt shop is high quality; what you find at your big box store, not so much.
- Extra, empty bobbins.
- Needles appropriate for your project and any thread you intend to use. Most threads need 70, 80 or 90 sized needles. For most free motion quilting, I recommend a coated topstitch needle. If you prefer another type, please bring that. I will bring coated needles in a variety of sizes for my store.
- Wash-out marker of choice.
- 18" ruler.
- Free-motion quilting supplies that you typically use at home. This varies person-to-person.
- Personal small trash can for thread ends.
- If you have a project of choice, bring it along. Also bring all the threads, needles, pins, batting and chocolate required for that project.
- Basic sewing supplies: scissors, seam ripper, tweezers, etc. No cutting supplies needed unless your project requires them.
- 18 sheets of full-sized plain paper towels (no print), or 36 if they are the half-sized ones. I'll explain!
- Note-taking supplies – pencil, paper.
- Also, blank paper to sketch on, at least letter sized. Bigger is better; I'll bring some packing paper. Lined paper is difficult to freely sketch on, please bring unlined.
- Something to cover your work at night – small part of an old sheet, etc.
- Personal lighting for your sewing area.
- Multi-plug, surge-protected extension cord. You'll be happy you brought this!

### OPTIONAL:

- A portable table for your machine (Sew-Ezi, etc.), only if you prefer it and have one.
- BERNINA people only – BSR if you use one.
- Not required: copy of my book: *Free Motion Quilting, Ordinary to Extraordinary*, C&T Publishing

**I will bring my own curated selection of supplies and tools that I love to work with.**

**I will also bring a selection of panels, and copies of my book.**

Jenny K. Lyon

quiltskipper.com | 916.214.1490



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