

**Stitch Mandalas**  
**with Julie B. Booth on Zoom**  
[Threadborn@gmail.com](mailto:Threadborn@gmail.com) to register

*Your choice of the following class times:*

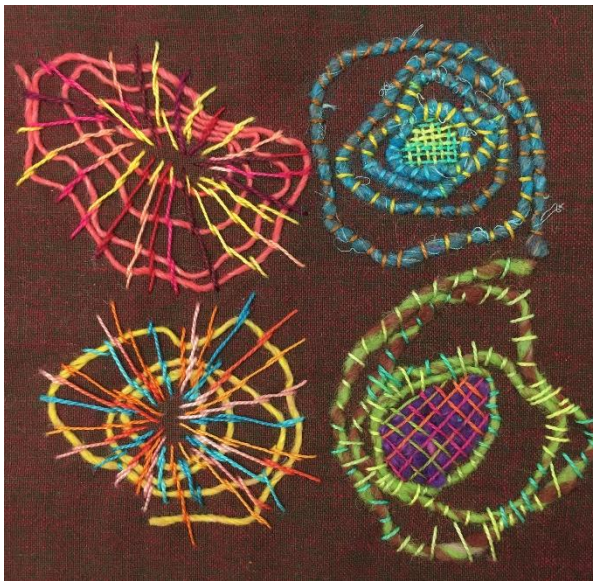
**Sunday, March 23: 3 - 6:15 PM**  
**Tuesday, March 25: 10 AM - 1:15 PM**  
**Wednesday March 26: 6 - 9:15 PM**  
 (Times are EST. There will be a scheduled 15 min break)

**Tuition: \$45**

Hand stitching can be a meditative practice. *Mandala*, which means circle in the ancient language of Sanskrit, is a form often used in meditation to center and focus one's attention. In this workshop, Julie will teach variations of a select number of basic

embroidery stitches that can be worked within a circular format with beautiful results. Stitches covered will include variations of: Running, Blanket, Straight and Couching stitches, and needle woven Spider's Webs. Students will create samplers featuring their Stitch Mandalas.

*Workshop sessions will be recorded. Recordings remain available for two months.*



**Supply List (There is no kit for this workshop)**

- (3) 6" squares of solid or hand dyed cotton fabric
- Optional: Extra fabric scraps for trying out stitches.
- (3) 6" squares stabilizer fabric. Options: wool blend or wool felt, flannel, thin cotton batting, craft felt.
- Threads: Pearl cotton (Sizes 8 and 12), and/or embroidery floss. Your color choice.
- 1-2 pieces of yarn (1-2 ft lengths) for couching.
- Sewing thread for basting fabrics to stabilizers
- Needles: Crewel Embroidery (suggest #5, #3)
- Pins
- Fabric scissors, embroidery scissors
- Removable fabric marking pen/pencil
- Strongly suggest: Clear plastic gridded ruler
- Bottle caps/jar tops of different sizes (diameter

sizes ranging from 1"-2". We will mostly be using 1.5"-1.75" sizes plus 1" bottle cap size) to use as round templates for your mandalas. Alternatively, you could also use circle stencils.