Squam
creativity as a way of life

Mindful Mending with Karen Stevens

MATERIALS NEEDED

Please bring the following with you to class:

- Please bring a well loved/worn woven garment to mend, such as pants, shirts, lightweight jackets or fabric bags. **No knits please.**
- If you have a favorite sewing kit or needle case bring it along, as well as any favorite pieces of fabric or remnants you want to stitch with. There will have lots of fabric scraps, embroidery floss and needles to go around, so do not worry if you don't have any on hand!

OPTIONAL, but recommended:

- Sharp scissors for cutting fabric
- Additional embroidery needles or **short** sashiko needles

MATERIALS PROVIDED:

- All other necessary Materials for class will be provided.