

BEGINNING SASHIKO

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Learn to do the traditional and beautiful Japanese art of Sashiko. This is functional embroidery that started as a practical mending stitch for textiles and has become an art into itself. Learn the running stitch technique and how to use the patterns, threads and supplies used by Japanese stitchers. We will start on a set of coasters that use the basic patterns that can be adapted to decorate garments, quilts, or decorative projects for the home. We will do the stitching in class and Pattie will give you instructions to follow so you can finish the project at home.

SUPPLIES NEEDED:

- Preprinted pattern in traditional indigo fabric available at Cloth Carousel.
- Sashiko thread in traditional white (or any preferred color)
- Sashiko needles in assorted sizes. I highly recommend the Tulip Sashiko Needles Big Eye Straight Thin Size brand available at Cloth Carousel
- Sashiko palm thimble (I will teach you how to use it)
- Sewing supplies (scissors, needle threader, pincushion, etc.)
- Paper and pen if you are a note taker

Recommended but not required:

- Clover Embroidery Needle Threader (if you need help threading a needle)
- Thread Magic thread conditioner
- Make and Mend by Jessica Marquez is a good reference book for technique, stitches, and patterns