



Supply List for Hands on Mindfulness

Instructor: Lauren Kingsland

Fabric:

- 2 fat quarters (18" x 20")
- 15" square of batting

Other Supplies:

- Good quality hand sewing needle(s)
- Fabric shears
- Thread snips
- Pencil
- Straight pins or clips
- Thimble
- Threads:
 - 12 wt perle cotton
 - Embroidery floss
 - Regular sewing thread

If couching:

- Decorative threads and/or yarns
(no ribbon; even 1/8" is not flexible enough for the tight curves you will be making)

If you have any questions, please contact Lauren at laurenkingsland@gmail.com.

CLASS POLICIES:

- Please do not bring visitors to class.
- Be sure to check your supply list before class. Bring all supplies with you.
- If you must cancel the class, your fee can be refunded ONLY if you have notified us at least seven days before the class. The refund will be a store credit. If someone on the waiting list can fill your place, you will receive store credit for the fee, even if you have not notified us by the deadline.
- Capital Quilts reserves the right to cancel a class due to insufficient participation. We require at least two people in a daytime class and three in an evening class. If we cancel the class for this reason, you will receive a full refund of the class fee. (You can avoid this situation by getting a friend to sign up with you!)
- If Capital Quilts cancels the class for any reason, including inclement weather, you will receive an email advising you of this situation. We also post store closings on our website, www.capitalquilts.com, and on Facebook. If the class is rescheduled, you will be invited to come to the new class before the class is opened to public registration. In the event you cannot take the rescheduled class, you will receive a full refund of the class fee.

Classroom sewing machines are available for rental during a class. There is a \$10 fee per class session. Quantities are limited, so please ask to reserve a machine as soon as possible. Plan to come to the shop early on the day of class so that we can show you how to thread and operate the machine.