

Learn Sashiko-Supply List

Sashiko (刺し子, lit. 'little stabs') is a type of traditional Japanese embroidery or stitching used for the decorative and functional reinforcement of cloth and clothing. First coming into existence in the Edo period (1603–1867), sashiko embroidery was first applied to clothing out of a practical need, and would have been used to strengthen the homespun clothes of olden times. These clothes increased their strength with this durable embroidery. Learn the art and history of Sashiko in this calming, zen class.

Kit Fee \$10 paid directly to instructor

Kit will include:

- Pre-cut indigo linen squares to practice on
- Sashiko Needles
- White cotton sashiko thread
- Needle threader
- Sashiko guide to refer to later

Other tools and supplies you will need to bring:

- Thread snips or embroidery scissors
- Ruler (Nothing fancy. Just a normal office supply ruler)
- Fabric scissors
- Metal Sashiko thimble (a metal or leather thimble will work in a pinch)
- White or light colored marking pen or pencil (I recommend **clover white marking pen** CLO517 or **Sewline** Pencils)
 - I will also have some extra on hand if needed
- Eagerness to learn such a historic form of embroidery!

We will be working with our hands and learning how to hold the needle in a specific way while embroidering, so if you need reading glasses, magnifiers, or braces for your thumbs or hands, bring those as well.