

AHA! moments

Five days of tapping into your inner muse

Break out of it! You are an experimenter, inventor and stitcher. You love it when the lightbulb goes off while you are working. You are new to this skill or a practiced professional. You're not afraid to mess things up. Maybe 2D is just not enough for you and you want to wrap your head with spangly tentacles. **This class is for you.**

We'll focus on how stitching and drawing can enhance and poke life into your work. We'll approach creativity sideways and upside down. We'll splash some ink on our fabric and tell new stories. We'll loosen up, let go and traverse unknown territories.

Nervous about free-motion stitching? Just roll with it! There are no mistakes. Take that as a guiding principle.

I can't wait to play with you.

Open to all skill levels
(i'm not kidding)

If you have any additional questions about this class, contact paula@sogray.com

www.paulakovarik.com



Material List

Sewing machine with the ability to do free-motion quilting
(double check that you have a free-motion foot that works)

Needles for your machine

- I use 90/14 or 100/16 needles with 40 wt threads.
- Hand stitching needles of your choice.

Fabric and batting

- Two yards of 60", 10 oz. **cotton duck canvas** (rinsed and dried)
- Two yards of 60" **unbleached muslin** (rinsed and dried)
- One twin-size roll of batting

Thread

- Your favorite brand of quilting thread— one spool in black and one spool in white plus any other color you prefer.
- Embroidery thread for small embellishments. Colors of your choice.

Toys and other stuff

- **A pillowcase of found objects** (mementos, gifts from nature, machine parts, weird shaped trash, plastic toys or anything else that inspires you).
- One bottle of **black india ink** (any brand)
- One bottle of **Jacquard Dye-na-flow ink** (your color choice)
- Pen with permanent ink. (Sharpie, Pigma Micron Pen, Pentel Textile marker)
- Inktense pencils (if you have them but not necessary if you don't)
- Scissors
- Journal, legal pad or diary to keep notes
- A way to capture images: digital camera, computer tablet, smartphone.