



# slow stitching workshop

sashiko and boro - japanese visible mending

with Amanda Seaborne



**Fridays 2nd and 16th October 2020 12.30 - 3pm**

## the workshop

Join me, Amanda Seaborne, to explore the mindful Japanese art of sashiko stitching. Over two sessions we will cover the slow stitching techniques to patch, repair, embellish and create garments and homeware. We will look at examples of traditional Japanese textiles and create our own samples, which can be made into coasters, bags or cushions.

### Session 1

- a bit of history
- materials and tools
- the stitch
- starting and finishing
- work sample

### Session 2

- formal sashiko stitching
- look at stitch designs
- tools for marking
- choose your designs
- start to work samples

Materials will be provided but if you have old denim items such as ripped jeans or other garments that are in need of repair please feel free to bring them along. You could also bring scraps of natural fibre woven fabric that can be used for patching.

[sewn-up.co.uk](http://sewn-up.co.uk)