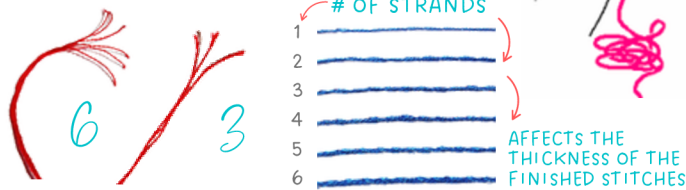


STITCH-TIONARY

Here's a quick-start guide to creative stitching!
These core stitches below are relatively simple to master and they set the foundations for a variety of wonderful designs and creative possibilities!

TIPS FOR WORKING WITH FLOSS...

Sometimes you'll need to separate strands of floss eg. 1 strand is great for outlines & details. 2-3 strands are used for most projects. To do so gently pull 1 strand out at a time while gripping remaining strands with your other hand...



HOW TO TIE-OFF

double up the knot for extra strength

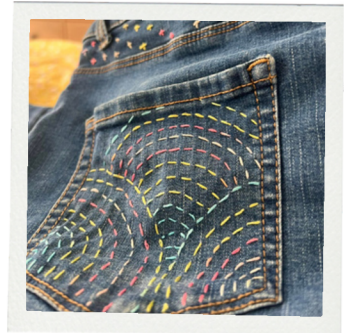


SLOW STITCHING

A mindful, meditative approach to stitching that values creativity over perfection. Often inspired by boro, sashiko, or embroidery, slow stitching invites presence, imperfection, and enjoying the creative process.

SASHIKO

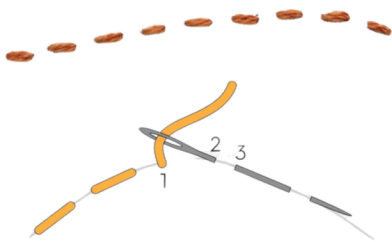
Sashiko is a traditional Japanese stitching technique using simple running stitches to mend or decorate with geometric patterns. Once practical, it's now also valued for its sustainability, beauty and meditative rhythm.



EMBROIDERY

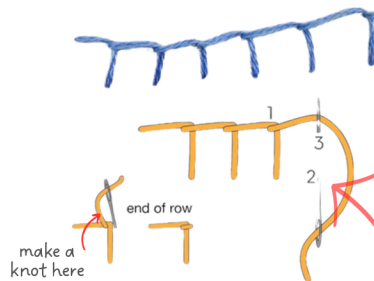
Embroidery is the art of decorating fabric and other materials with thread, often using various stitches and embellishments like beads, buttons or sequins. Stitches can also be used for visible mending!

RUNNING STITCH



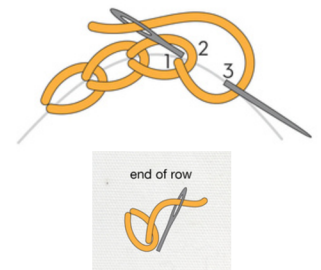
Bring the needle UP at 1. Insert needle DOWN a stitch length away at 2. Bring the needle UP at 3. Continue along the line evenly.

BLANKET STITCH



Bring the needle UP at 1. INSERT needle DOWN at 2. Stitch a length to the right and down from the line. in the same motion come up at 3. Place the thread under the needle tip and pull to tighten. To End the row make a tiny stitch over the last stitch and tie off.

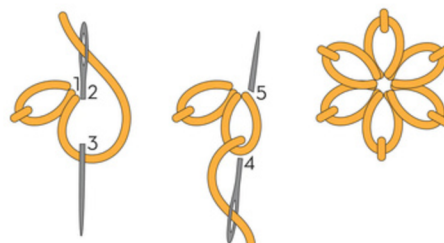
CHAIN STITCH



Bring the needle UP at 1. INSERT the needle DOWN at 2 through the same holes as 1. In the same motion, come UP at 3. Loop the thread under the needle and pull the needle through the loop. Continue along the line. in the last chain Make a tiny stitch over the the loop securing the stitch in place.

THE LAZY DAISY STITCH

Bring the needle UP at 1 near a centre point mark. Insert the needle DOWN at 2 through the same hole as 1. In the same motion, come UP at 3. Loop the thread under the needle and pull the needle through the loop securing the loop in place. Come UP at 5 and cont. around the centre point to make a flower!



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SLOW STITCHING

