

#1-13 KNITTRx (combined with Aching Hands and Wrists) - 8:30



Carson Demers Knitting is not a “no pain, no gain” activity. Yet many of us take better care of our favorite stash fiber than we do the fibers that allow us to knit—our bodies. Tired muscles, sore joints, aching backs and necks needlessly plague too many knitters and weavers. This class will teach you fun ways to take care of yourself. Unlearn techniques that don’t serve to keep you comfortable and learn to make choices to ease the work your hands do. Don’t let the preventable keep you from doing what you

love. Knit on, safely and comfortably! *Prerequisites:* need to know how to work basic knit and purl stitches. *Materials Fee:* none.

#1-14 RINGS AND THINGS - 9:00



Anita Luvera Mayer Design and complete a hand -dyed shoulder-sling-tote bag featuring wrapped and beaded rings including several types of creative cording. Methods of couching and free form beading will be part of the session along with a display of the instructor’s wardrobe that features these techniques. *Prerequisites:* none. *Materials Fee:* \$35 for all class supplies (canvas bag, rings, thread, needles, beads). *Students provide F or G*

crochet hook (if you know how to make a crocheted chain), scissors, a few straight pins and sewing needles, smooth white cloth to hold beads, and a thimble (optional).

#1-15 ARASHI SHIBORI - 9:00



Doshi Shibori is the Japanese word for a variety of ways of embellishing textiles by shaping cloth and securing it before dyeing. The designs created by shibori processes all share a softness of outline and spontaneity of design which is shibori’s special magic, made possible by exploiting the beauty of the fortuitous things that happen when dye enters shaped cloth. We will look at a quick history of shibori and its growth through samples from Japan,

India, Africa, and contemporary artists focusing on arashi techniques. Through instruction and demonstration, you will learn the traditional technique of arashi shibori--typically known as “pole-wrapping”. You will be working on silk with acid dye and complete at least one scarf. *Prerequisites:* none. *Materials Fee:* \$20. *Materials list provided after registration.*