

Zara Day - Embroidery Design

Online Embroidery Classes - Creative, Contemporary and Fun!

Course 3 - Mending Matters

During course 3 we will explore traditional Japanese methods of mending to create a contemporary decorative and functional embroidered piece of your choice.

I feel passionate about how our excessive waste of products is contributing to the damage of our environment and the climate crisis. I am as guilty as the next person of not thinking about where my clothes have come from, how the materials they are made from are grown or what conditions those that create them work in. The impact of covid-19 on the whole world has highlighted that unless we change the way we consume; we are only going to face further pandemics or much worse.

These views I have become increasingly aware of as my family has moved to a plant based diet over the last 18 months and we have become very interested in where/how our food is produced and how this has had an impact on our global environment. Safe to say we are trying to move to consuming less, reusing, recycling, and repurposing what we already have, hence the last course you have just done.

Whatever your views you cannot deny that mending can revive, it can make an old product beautiful once more. It can personalise as well as allowing for creative expression. The act of mending can also be beneficial as we experience the ability to create and share in this with other creatives.

About the Course

This course is broken down into six weeks where you will experiment with creating a fabric combining scraps of fabric using a Japanese method of mending called Boro.

You will add decoration to these using a Japanese method of stitching called Sashiko.

We will look at the Japanese philosophy of Wabi-Sabi and how this can be applied to textiles.

I will demonstrate both hand and machine embroidery techniques, so you can choose which method(s) you would prefer to use.

You will then create a fabric that uses these methods that can be turned into a piece of your choice.

I will be creating a Japanese knot bag and I will share this pattern with you in case you would like to create one too.



Session 1

Start by creating small experiments, created by combining scraps of fabric using the Boro technique.

Happy accidents lead to the most exciting outcomes!

Session 2

Create a larger collage of fabrics 25cm x 25cm using previous method and combine with different forms of stitches.

Demo of how to create a Japanese Knot bag and following a pattern.

Session 3

Create a sashiko pattern using this traditional Japanese method.

Session 4

Look at the Japanese term Wabi – sabi and apply this to developing a design for your final piece.

Introducing contemporary embroidery techniques to extend this piece further.

Session 5

How to use your fabrics to create a final piece alongside a pattern.

Advice on individual projects and a final flourish of embellishment.

Session 6

Review of development of individual pieces.

By the end of the course you should have a completed final piece that may be of your choice. I will guide you through the necessary stages and processes to produce this.

The outcome could be a bag, table runner, placemat, scarf, hot water bottle, quilt, wall art or something you have wanted to make.

Details of what we will be working on during the session will be sent out each week.



What you Need

- **Collection of fabric scraps**
- **Needles** – Sashiko for denim and embroidery for finer fabrics
- **Threads** – Sashiko threads and embroidery threads depending on type of fabrics you are working with
- **Thimbles** – useful is working with denim – traditional metal or Sashiko
- **Pins** – essential to attach patches – straight pins or safety pins
- **Fabric pencil/carbon paper/chalk pencil** – may need light and dark depending which fabric you are working on
- **Ruler** – estimate lines and straight edges
- **Scissors**



Cost and Enrolment

The cost for this six-week course is £45.00

As part of this course

- You will receive a free pattern for you to follow if you wish to make a Japanese Knot bag.
- 6 free different Sashiko patterns for you to work from.
- Personalised tuition geared to the design you are creating
- Discounts on Short Course sessions
- Access to members WhatsApp Group
- Each course is restricted to a limited number of participants, which allows me to give everyone my full attention and for you to get to know each other.

If you would like to enrol or have any further questions please contact me at the following email address zara@zaradayembroidery.com

I look forward to hearing from you.

Zara



Stitching with a purpose