

## Follow the Thread – A new way to approach free-motion quilting

Paula Kovarik

<http://www.paulakovarik.com/>

Loosen up and explore new territory with line and stitch in this free-motion quilting workshop. Students will learn to focus on the character of line and personal symbols through simple drawing and observation exercises. You will translate line to thread, develop techniques to accept the imperfect, accelerate ideas and stitch from the imagination. Student exercises provide new tools for seeing, interpreting and completing concept-driven work. With a focus on generating ideas through research and observation, you will build your stitching vocabulary and trust the thread to tell your story. Open to all skill levels; free-motion quilting experience is a plus.

### Supply List

- A way to capture images: digital camera, computer tablet, smartphone.
- A sewing machine with the ability to do free-motion quilting along with its accessories including at least 3 extra bobbins. *A free-motion quilting foot is essential.*
- Your favorite quilting thread, a spool in black and one in white with matching bobbins.
- No. 10, 12 and 14 Machine Quilting needles (at least 4 needles)
- Twelve 15" squares of Black Robert Kaufman Kona cotton fabric, pre-washed and ironed
- Twelve 15" squares Ivory, Bone or White Robert Kaufman Kona cotton fabric, pre-washed and ironed
- Twenty-four 15" squares of backing fabric, pre-washed and ironed (your choice, patterned or not, just be sure it matches the weight of the Kona solids.)
- Twenty-four 15" squares of batting, your choice, bring a variety, or simply bring some fusible batting to make it simple
- Half yard of scrap fabric and batting for testing tension
- 2 Pilot Precise V5 pens (black)
- No. 2 pencil, sharpened
- One fine tip *dry erase* marker in black
- Utility scissors for cutting threads or paper
- One sheet of clear acetate – 14 x 17 (<http://www.dickblick.com/items/55501-1007/>)
- Self threading needle (COLONIAL Easy Threading Calyxeye Hand Needles)
- Chalk marker (rotary wheel type) – white (Clover Chaco Liner)
- 2 pads of 3" x 3" post-it notes in light color
- Fons and Porter Mechanical Fabric pencil, white
- 1 pad of tracing paper- 14 x 17
- Journal, legal pad or diary to keep notes
- Any of your favorite sewing supplies, e.g., quilters gloves, seam rippers, rotary cutters, acrylic ruler for cutting and piecing, tweezers. These are *not* necessary for class but may come in handy.