



Mandala Meditation Cloth with Julie B. Booth on Zoom

Registration begins on 7/21/25
Threadborn@gmail.com to register.

Choose one of the following times. (Eastern USA):

Sundays: September 7 & 14: 3:00-5:30 PM

Tuesdays: September 9 & 16: 10:00 AM-12:30 PM

Wednesdays: September 10 & 17: 6:30-9:00 PM

Tuition: \$75

Class size: Minimum 5, Maximum 20

Mandala means circle in the ancient Indian language of Sanskrit. The circle, a form that has no beginning or end is considered magical and sacred. Mandalas can be used to focus attention for meditation. In this two-session workshop you will design and create a Mandala Meditation Cloth that can be used for meditation or healing (yourself or another). We will start with a layered fabric collage and play with hand stitch variations including *Freestyle* Buttonhole/Blanket stitch, needle lace, ruching, pattern darning and incorporating buttons, beads, sequins, and shells/sea glass in your stitching.

An optional **Mandala Meditation Cloth Kit** will be available for purchase for \$40 plus shipping. See the separate kit flyer for more info and add-ons.

Supply List

- (1) 8" square of solid or hand dyed cotton/linen fabric
- (1) 8" square stabilizer. Options: wool blend or wool felt, flannel, thin cotton batting, craft felt.
- Optional: (1) 6" square each of cotton fabric and stabilizer fabric for testing stitches
- 10" square of tulle (your color choice) or equivalent size using 2 pieces from a 6" wide tulle roll
- Small selection of fabric scraps and/or dyed/hand painted cheesecloth.
- Ribbon, ribbon yarn or fabric strips for ruching: 1/4"-1/2" wide X 2-3 ft long
- Small assortment of 2-3 foot pieces of yarn for couching
- (4+) Buttons: assorted sizes and types (be sure to include at least one 4-hole button)
- Size 6 and/or 8 seed beads
- Optional but suggested: Sequins and novelty/larger beads. At least an .8mm hole
- Shells/shell shards, sea glass or small flat stones
- Threads: Pearl cotton (Sizes 8 and 12), and/or embroidery floss. Your color choice.
- Optional but suggested: Metallic threads (Kreinik sizes 4 and 8) or Rayon with metallic: Wonderfil Glamore (Size 12)
- Circle templates: Sizes 1" to 5" diameters (bottle caps, container tops)
- Needles & Pins: Crewel Embroidery: #5, #3. Suggested: Sharp #5, Chenille #22
- Fabric scissors, embroidery scissors
- Clear gridded or other ruler
- Removable fabric marking pen/pencil