

Sew & Sew Retreats

and creative textile workshops

Workshop: Sashiko

Half-day

Sashiko (刺し子, *lit.*, "little stabs") is a type of traditional Japanese embroidery or stitching used for the decorative and/or functional reinforcement of cloth and clothing. Owing to the relatively inexpensive nature of white cotton thread and the abundance of indigo-dyed blue cloth in historical Japan, *sashiko* has a distinctive appearance of white-on-blue embroidery, though some decorative pieces may also use red thread. Common sashiko motifs are waves, mountains, bamboo, arrow feathers, pampas grass and interlocking geometric shapes.

In this workshop we will explore the foundations of the sashiko technique. This includes creating patterns of common motifs, transferring patterns to fabric, preparing a few different sashiko samplers, and then stitching one of those samplers.



Sashiko Sampler Created by Linda Sweek

Supplies

List and sources for supplies students need to bring to workshop:

- Scissors (fabric cutting)
- Thimble (Optional, but I like to use two thimbles – one metal to fit middle finger and one rubber to fit thumb.)
- 12" ruler
- Sashiko needles with needle threader
 - <https://shiboridragon.com/collections/notions/products/notions-daruma-sashiko-needles-with-needle-threader> \$6.95
- Sashiko thread white

- <https://shiboridragon.com/collections/sashiko-thread-olympus-20m-solid-colors/products/sashiko-thread-olympus-20m-solid-color-1-white>
\$2.25
- Sashiko cotton/linen indigo fabric ½ yard
 - <https://shiboridragon.com/collections/sashiko-cotton-linen-fabric/products/sashiko-fabric-cotton-linen-dark-navy-indigo>
\$5.95/ half yard 44"x 18"
- White, one-sided tracing paper
- Marking tools
 - White, wash-out marking pen or pencil
 - Tracing wheel and/or double ended tracing stylus tools

Note: Amazon has a kit that includes tracing paper, one double ended tracing stylus dotting tool, and two wooden handle tracing wheels for \$10.99. [click here](#)

Cost

- \$50.00 per attendee paid to Linda Sweek.
- No kit fee for this workshop.
- Length of workshop: 4.5 hours
- Minimum is 4 and maximum is 20 student.
- All travel costs. Mileage is figured at \$0.58.



Linda Sweek

Fiber & Mixed Media Artist

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After a successful 25-year career in marketing, public relations and communications leadership roles, Linda Sweek has had the good fortune of pursuing her passion of fiber and mixed media art and starting her own business – **Linda Sweek Designs**. Besides fiber and mixed media artistry, Sweek teaches workshops and is the founder and host of **Sew & Sew Retreats**.

Sweek started to embroider at the age of eight – to her it was like painting a canvas. Additionally, her grandmother, who was an artist, took her to art museums and galleries for instruction, and welcomed Sweek into her studio to work with clay, pastels and paints. Applying this knowledge of studio art, Sweek’s **preferred medium became fiber**.

Sweek has **served on the Board of Directors at the Wisconsin Museum of Quilt & Fiber Arts (WMQFA)**; is a member of Midwest Fiber Arts Trail-Cedarburg Spur; the Milwaukee Art Quilters (MArQ); and Surface Design Association. She has been commissioned to create fiber art for various organizations. Sweek teaches fiber workshops at various venues including the WMQFA and her own retreats.

She has been privileged to **exhibit her work in several juried art shows** including the International Quilt Festival Houston 2021, the 2018 AQS Quilt Week® Contest in Grand Rapids, Michigan; 2019, 2017 and 2015 Alverno College Alumni Art Exhibit, Milwaukee; “Second Fiber Arts Biennale: Wisconsin State of the Art” 2015 at the Wisconsin Museum of Quilts and Fiber Arts (WMQFA); the Grace Fine Arts Festival, Milwaukee; and Milwaukee Third Ward Gallery Night’s. **Awards received** include 2018 AQS 1st Place for The Ultimate Guild Challenge - SUPPORTING WORDS, Milwaukee Art Quilters; Martha Stewart American Made 2014 Award Nominee; Best of Houzz - 2014 Badge Award Winner; and multiple Wisconsin State Fair first, second and third place ribbons in textile categories.

Sweek has a bachelor’s degree in professional communications with honors and a minor in liberal arts from Alverno College, Milwaukee, Wisconsin. She also **studied textile and folk art** in the U.S., Mexico and Europe, and has explored art at 24 museums from Paris to Florence, Vienna to London, Chicago to Honolulu, New York to Mexico City and beyond.