

Fiber Art Class Proposal

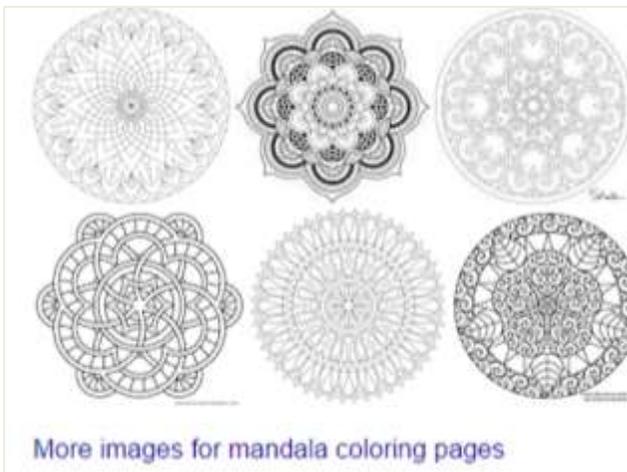
Mindfulness and the Art of Embroidery

By Linda Sweek



Fiber Art Class: Mindfulness and the Art of Embroidery A Workshop for Adults

We are all familiar with the current adult **coloring book craze**. These coloring books are not just for fun. They are **designed to give stressed-out grown-ups a mini-meditative experience**. The coloring books offer users a state of “**Mindfulness**” where one becomes so immersed in the coloring experience that time, space and self no longer disrupt the adult. One of the **most popular coloring designs is the mandala***, which is used as a tool to facilitate Mindfulness.



Embroidery is a charming overlay embellishment that, similar to the coloring book, can also be a wonderful **Mindfulness** experience. **In this workshop we will combine embroidery with relaxation and Mindfulness**, including a short time of silence. I will discuss mandalas, we will practice a Mindfulness exercise, and then the focus is on the act of making. The group will embroider a **hand-stamped mandala on fabric in a circular motion to create a lovely embroidered piece**. We will finish our mandala embroidered fabric into a **sachet filled with lavender** – a natural stress reliever.

Embroidery Stitches will include:

- Back Stitch
- Back Stitched Chain Stitch
- Blanket Stitch
- Eskimo Lace Edging
- French Knot
- Lazy Daisy
- Running Stitch

Bring 1) small scissors and 2) small (a 4” is best) embroidery hoop. All other materials supplied in kit.
No sewing experience required.

\$50 class + \$9 kit cost = **\$59.00**

Sharing class cost with host store* by 60/40%.

\$30 Linda Sweek / per student

\$20 Host Store/ per student

\$9 Kit cost to Linda Sweek / per student

Kit includes: fabric, 3 colors of embroidery floss skeins, needle, needle threader, lavender, embroidery glossary

* If Host Store has another suggestion, please let me know.

Time: Stitching time is 5 hours so allowing for discussion etc., 6 hours total.

Choose:

- 2 sessions of 3 hours
- 1 session of 6 hours (this usually needs a break too, so 6.5 – 7 hours total)

Class Minimum/Maximum: 3/14

***Mandalas** are found among the most ancient art forms created by human beings. Rock carvings found all over the world incorporate the circular form and its concentric circles. It is thought that they express nature's cycles. The alternation of day and night, the ever-changing moon, and the rhythms of the seasons are aptly expressed by circular designs. These natural occurrences became the foundation for a worldview based on circles.

One of the most ancient forms of prayer is the mandala and it's used across many different religions. The word mandala means "container of sacred essence" in Sanskrit. It originated as a spiritual practice in the 6th century BC out of the Hindu and Buddhist religions, but is now used by many others, including Christians.

Some of the more familiar forms of mandalas are the elaborate powdered designs painted by Tibetan monks, the sand paintings made by the Navajo Indians, the Celtic knot, and the rose windows featured in many churches.

LINDA SWECK

Linda Sweek Designs

Fiber & Mixed Media Artist

**Sew and Sew Retreats With
Creative Workshops**

Instructor

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LINDA SWECK BIO:

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 fabric and mixed media artistry, Sweek does custom sewing, **teaches workshops** and is the founder and host of **Sew and 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 acrylic paints. Applying this knowledge of studio art, Sweek's **preferred medium became fiber**.

She has been privileged to exhibit her work in several **juried art shows** including the "Second Fiber Arts Biennale: Wisconsin State of the Art" 2015 at the Wisconsin Museum of Quilts and Fiber Arts, Grace Fine Arts Festival, Fiber Innovations II, Alverno College Juried Art Show, and Milwaukee Third Ward Gallery Night's. Her work is sold in **numerous gallery's and gift shops**. Awards received include Martha Stewart American Made 2014 Award Nominee, Best of Houzz - 2014 Badge Award Winner, and multiple Wisconsin State Fair first, second, 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 22 museums from Paris to Florence, Vienna to London, Chicago to Honolulu, New York to Mexico City and beyond.



ENDORSEMENTS

Roxanne Terranova

Executive Assistant – South Milwaukee School District

"I have had the opportunity to take lessons from Linda Sweek recently in fabric baskets and embroidery. Her instructions are clear, easy to understand, and complete. Within 15 minutes I was making my fabric bowl! She was extremely patient teaching me how to embroider, providing not only written instructions, but hands on instruction, watching my technique and providing immediate feedback so I was able to achieve beautiful results."

Debbie Lemke

Enterprise Solutions Collaboration & Learning Manager – Northwestern Mutual

"Linda's art always has that little bit of extra – usually a bit of whimsy – that catches me/you by surprise. Sometimes it's in an extra attachment (a charm or ribbon or button) and sometimes it's an artfully-placed stitching detail that captures your attention and makes you want to emulate it in your own designs. I love taking classes from her to tap into that creative eye, to gain an understanding of how to look at something ordinary – a tea towel, a scrap of fabric, a pile of ribbon – and learn how to turn it into something captivating and extraordinary."

Wisconsin Museum of Quilts & Fiber Arts Linda Sweek Class Survey Responses

"Loved it! Will be back. This class was great."

"Great teacher. She is very patient."

"She's got a gift for teaching."