



COLORADO SPRINGS

Fine Arts Center

at COLORADO COLLEGE

Mindful Mondays: Expressive Embroidery

Instructor Name: Turner Black

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These items can be found at Michael's, Joann's, online, or you can check the art supply thrift store Who Gives A Scrap for cool fabrics and possibly thread, needles, and hoops too!

Supplies

embroidery needle (minimum one metal needle with a decent sized hole put embroidery thread through)	\$2-\$4
Embroidery hoop (at least one ~6 in round or so, can bring more or other sizes too!)	\$3-\$5
Embroidery thread/floss - in your choice of color (we will go through a few of these, you can always purchase more if you'd like)	\$.50-\$1 per skein
Fabric to work on (You need at least two pieces that will fit your hoop! This is up to you but something not too thin/stretchy will work best, you can bring in scraps from home, get a small piece at Michael's, or the thrift store!)	\$3-\$7
Dritz Quilting Disappearing Ink Marking Pen - Purple!	\$8
Scissors	Free, if found at home

Total estimated cost \$25 or less!

Please email the instructor with any questions regarding supplies.

In case you are unable to attend class, consider purchasing supplies that are returnable.