



Kantha Lavender Bag

Date 14 Oct 2022
10am – 4 pm

Cost - £70 includes some great tuition, a stunning venue and a tasty 2 course lunch with home baked bread and cake. Tea and coffee throughout the day.

Additional material fee: £25 for everything you need to create a fabric gift box

If you have any special access/food allergies or disability requirements, please contact us by email: info@cowshedcreative.co.uk

Course Description:

Kantha is a meditative rhythmic technique enabling the mind to rest whilst using simple stitches on linen. During this relaxing wellness session you can choose to stitch either a Hare or Tree of Life design and create a beautiful lavender bag. At the end of the session, you will be familiar with basic Kantha techniques and stitches and leave rested with a hand-stitched design for a lavender bag.

All levels of stitchers are welcome, and the kit comes with everything you need to finish this lavender bag

Sara Dennis gained a First-class degree in Art History and Museum Studies from Lancaster University. She graduated from the Royal School of Needlework Future Tutor Programme in 2017 winning the Outstanding Achievement Award. Now settling in Lancaster, she remains drawn towards the ethnic and eclectic. As well as teaching day classes, Certificate and Diploma, the Summer Intensive Certificate and Degree modules at Hampton Court Palace and Williamsburg and VA for the Royal School of Needlework, Sara has also taught at the Victoria & Albert Museum, the British Library and the Royal Free Hospital. She is the textile expert on the Repair Shop (BBC1). Sara enjoys curating exhibitions and volunteers at Lancaster Priory. She is a director of Farfield Mill, Sedbergh. She has a studio in Lancaster Castle.

What to bring:

Glasses if you need them
Cash to pay tutor for material pack