



ART AT HOME TUTORIALS

THE CHAOS OF PERFECTION

(Create a running stitch journal!)



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As an art educator living in the Midwest, I'm passionate about sustainability and urban gardening, committed to maintaining a public garden space in the downtown area where I reside with my family. I spent my formative years living in Cuba, where I was born, and migrated to the United States as a teen, settling in NYC in the '90s.

My professional background is in the banking industry. I switched careers over five years ago and now lead workshops in a variety of mediums such as textiles and paints, while working full time.

In all workshops, I encourage sustainability as a way to build confidence and community, with a back-to-basics approach and consciousness about resource use/waste. I've led workshops in Wisconsin and Minnesota on a variety of subjects, including an Accuquilt club at Nancy's Notions for two years ending in 2017 and have been an ongoing instructor at Blue Bar Quilts in Middleton, WI, since May 2017.

I focus on the perfectly imperfect aspects of discovery by exploring new tools and techniques to expand on experimentation as a means to living a satisfying, creative life. I'm a firm believer that creating with purpose and intention and cultivating creativity and whimsy in others can be the beginning of a transformative and healing future.



I approach stitching as an imperfect art and welcome the twists and turns that a project takes organically while encouraging others to do something similar. After all, there are only so many times that one can try to “mold” fabric to do our bidding; the fibers have a mind of their own. I began sewing by teaching myself the art of collaging and it’s a technique I return to often.

The project shown here took over 2 years to complete but you could begin the process at home. I hope that everyone will give this technique a try using the video provided for inspiration and guidance. During the workshop, we will combine Sashiko, Boro, collaging and more as you continue your wabi sabi journey.

A sewing machine can never replace speed, but the right amount of hand-stitching invigorates a project in a manner that a sewing machine simply can not. It is also satisfying to take a low tech approach in our creativity in a portable manner and with low impact on our environment.

Join us in this textural excursion, leave behind ideas of how things should look and create a stitching journal unique to you and your aspirations as a creative. I will provide all the tools necessary to get you started on this wabi sabi journey.

[\[view a short video of the process\]](#)

Sashiko Stitching | Sustainable Textile Design
on YouTube

