

Weaving into Wellness

The ancient art of weaving is able to launch individuals on their voyages of self-discovery and self-expression. While learning to weave, participants will explore color, texture, and pattern and discover how to use their own creative processes. With hands-on work and discussion, the workshop offers guidance to possibilities in dealing with physical pain, emotional struggles, and fears and obstacles to spiritual well-being.

The feel of the yarn as it passes through your fingers, appreciating the color and the look of the pattern as it develops, 'coming to life'. All these details stimulate your senses and bring you into the present moment, which reduces stress, and lights up different areas of your brain.

All materials and worksheets provided. Time required: at least one hour.

About the instructor:

Carolyn Carleton is the designer and creative mind behind Living Skies Fibre Studio.

Crocheting became a source of stress relief during a time of health issues several years ago and continues to be a passion of Carolyn's today. Carolyn's fiber arts began with knitting alongside her Grandmother in her late teens. The love of fiber has never left - she currently lives in the Land of Living Skies - Saskatchewan, Canada with her husband and two teen daughters - where she is inspired by the natural beauty which inspires her original crochet designs.

Within her first year her designs were nominated in three different categories for The Crochet Awards and was recognized in the top 20 crochet designers in the world.

Because of her love of the art of crochet she has been teaching the craft for several years at the local arts centre and in school classrooms. She has also travelled across Canada speaking in schools and teaching workshops on wellness.

In 2018, she expanded her fibre creativity and now hand-dyes her own collection of yarn.

Reviews:

- "Very interesting and organized
- "Very beneficial to have you come to our school!!! Thank you.
- "Great program!

Cost:

- ☞ Kits: \$5 each
- ☞ Instructor fee: \$250/day
- ☞ Travel

