

Slow Stitch Mindful And Contemplative Textile Art

Yvonne Fuchs

Slow Stitch Mindful And Contemplative Textile Art:

Slow Stitch Claire Wellesley-Smith, 2015-09-17 The pleasures to be had from slowing down can be many with connections to sustainability simplicity reflection and tuning into traditional and other multicultural textile traditions Slow Stitch is a much needed guide to adopting a less is more approach valuing guality over guantity and bringing a meaningful and thoughtful approach to textile practice Claire Wellesley Smith introduces a range of ways in which you can slow your textile work down including Using simple techniques inspired by traditional practice including hand stitch rhythms Reusing and re inventing materials reuse even old textile projects Limiting your equipment Mending revisited practical and decorative techniques Project ideas and resources that help towards making a more sustainable textile practice Richly illustrated throughout and showcasing work from the best textile artists who work in this way this is a truly inspirational book for those looking to reconnect with their craft and to find a new way of working Resilient Stitch Claire Wellesley-Smith, 2021-04-15 Following on from her textile hit Slow Stitch author Claire Wellesley Smith considers the importance of connection and ideas around wellbeing when using textiles Claire explores textiles in the context of individuals and communities as well as practical ideas around thinking through making using resonant materials and extending the life of pieces using traditional and non traditional methods Contemporary textile artists using these themes in their work feature alongside personal work from Claire and examples from community based textile projects. The book features some of the very best textile artists around esteemed American fiber artists and the doyenne of textiles Alice Kettle Resilient fabrics that can be manipulated stressed withstand tension and be made anew are recommended throughout the book as well as techniques such as layering patching reinforcing re stitching and mending plus ideas for the inclusion of everyday materials in your work There s an exploration of ways to link your emotional health with your textile practice and Community suggests ways to make connections with others in your regular textile work Landscape has a range of suggestions and examples of immersing your work in the local landscape a terrific way to find meaning in your work and a sense of place Finally there is a moving account of one textile community s creative response to the 2020 coronavirus pandemic The connection between wellbeing and the creation of textiles has never been stronger and as a leading exponent of this campaign Claire is the perfect author to help you find more than just a finished textile at the end of a project International Advances in Art Therapy Research and *Practice* Val Huet, Lynn Kapitan, 2021-05-06 Art therapists work with diverse people experiencing life changing distress that cannot be expressed verbally From its early beginnings in the UK and USA art therapy is now attracting international interest and recognition To meet ever changing needs in uncertain times art therapists worldwide are currently advancing socially just and culturally relevant practice and research This book presents original contributions highlighting innovative research and culturally diverse practices that are transforming art therapy with new insights and knowledge It captures an internationally vibrant and truly client centred profession and will be of interest to arts therapists artists in healthcare

psychotherapists counsellors and professionals who use art therapeutically in their practice Marking Time with Fabric and Thread Tommye McClure Scanlin, 2024-10-28 Unlock daily creativity with this guide for recording time by using fiber craft from renowned weaver and educator Tommye McClure Scanlin Foreword by weaver and artist Sarah C Swett Using weaving stitching quilting or other fiber arts every day to better notice the passing of time offers you more than an arresting artwork In fact a creative daily practice transforms your making and is likely to become one of your favorite parts of the day But time is complicated so how to begin Renowned tapestry weaver Tommye McClure Scanlin answers that question for all makers who love working with fabric fibers and textiles Well known for her tapestry diaries she explores with you how to capture your own time in your artwork Enables fiber crafters of any kind to start and successfully benefit from a personal daily practice Packed with practical ideas in text and photos for making a personal fiber art calendar journal or diary Dozens of prompts to ward off the largest challenge feeling creatively stuck Stories from more than 25 makers explain the benefits of daily practice sharing inspiring photos of their finished time capsule pieces Fascinating facts and history including why we humans have the urge to mark time visually Foreword by weaver and beloved blogger Sarah C Swett reminds us of the mix of adrenaline and power that s available to fiber crafters who truly realize that everything they make is an attempt to capture time Praise for Marking Time with Fabric and Thread Incredibly inspiriting The art practices and sentiments shared by the artists are heartfelt and will convince anyone who reads them to consider launching a personal daily practice and the value of a regular contemplative practice can t be underestimated Jane Dunnewold author artist and founder of the Creative Strength Training community This book emphasizes to readers that threads can function as text The artists featured here demonstrate how their unique visions and memories unite with their mastery of complex structures and processes Virginia Gardner Troy PhD Professor of Art History Berry College SLOW Stitch and The Art of Knowing Yourself Yvonne Fuchs, 2020-06-24 A Mindful Journey of Self Discovery Through Stitch Fibershed Rebecca Burgess, Courtney White, 2019-11-19 The Cost of Our Clothes The Fibershed Movement Soil to Soil Clothing and the Carbon Cycle The False Solution of Synthetic Biology Implementing the Vision with Plant Based Fibers Implementing the Vision with Animal Fibers and Mills Expanding the Identity Landscapes Ellyn Lyle, 2020-03-09 Beginning from the notion that self Fibershed Model A Future Based in Truth is constructed contributors in Identity Landscapes Contemplating Place and the Construction of Self are particularly interested in how relationships with place inform identity development Locating identity inquiry in methodologies that encourage an explicit examination of self e g autoethnography self study autobiographical inquiry a r tography and reflexive inquiry authors situate themselves epistemologically and geographically as they explore where place and identity converge Through critical qualitative creative and arts integrated approaches this collection aims to advance thought regarding the myriad ways that place informs identity development The Point of the Needle Barbara Burman, 2023-08-25 From the pleasures of mending to the problems of fast fashion an intimate look at the creativity community and deep meaning sewed

into every stitch Tens of millions of people sew for necessity or pleasure every day yet the craft is surprisingly under appreciated The Point of the Needle redresses the balance this is a book that argues for sewing s place in our lives It celebrates not only sewing s recent resurgence but sewists creativity well being and community Barbara Burman chronicles new voices of people who sew today by hand or machine to explore what they sew what motivates them what they value and why they mend things revealing insights into sewing s more intimate stories In our age of superfast fashion with its environmental and social injustices this eloquent book makes a passionate case for identity diversity resilience and memory what people create for themselves as they stitch and make Wild Textiles Alice Fox, 2022-09-01 A guide to harnessing the world of nature to create sustainable textile art Textile artist Alice Fox shows how to work with found foraged gathered and grown materials to create fabulous textile pieces that are inspired by and made from nature She encourages crafters to be open minded and experimental using local and sometimes unconventional materials working with the seasons and learning what materials are available at different times of year to ground artists in natural cycles and integrate creative activity with a strong sense of place and character Alongside advice on growing your own plants such as flax or nettles for creative work the book is packed with practical ideas for foraging from weeds dandelions and other plants useful for making cordage or leaves that can be stitched guilted and shaped into vessels to grass wool plastics and mud that can be gathered and delightfully repurposed by the textile artist Other ideas for found materials include stones shells and wood that can be wrapped or woven into as well as a multitude of urban treasures that find a new life in creative hands The Making Academic Narelle Lemon, Sharon McDonough, Mark Selkrig, 2025-10-17 By showcasing the experiences of making academics this book advocates for higher education professionals to integrate creative practices into their lives recognising the potential to facilitate personal growth self discovery and alternative ways of knowing Higher education contexts can be demanding challenging and rewarding and this book shares the practices of scholars who intertwine their intellectual pursuits with hands on creative activities to support both their scholarly work and their wellbeing Presenting visual narratives and describing their experiences the authors inspire readers to consider how creative expression can support fulfilment meaning purpose and wellbeing in academic work and life The chapters focus on the arts making creating and creativity highlighting the crucial role these making practices play in the embodiment of knowing and exploring the self Ultimately this book contributes to a broader conversation about the importance of valuing and nurturing various forms of creativity within the higher education sector as a means of promoting wellbeing self care and a more holistic approach to scholarship This is an essential read for individuals working in higher education at various career stages as well as higher degree research students Immerse yourself in the artistry of words with Experience Art with is expressive creation, Immerse Yourself in **Slow Stitch Mindful And Contemplative Textile Art**. This ebook, presented in a PDF format (*), is a masterpiece that goes beyond conventional storytelling. Indulge your senses in prose, poetry, and knowledge. Download now to let the beauty of literature and artistry envelop your mind in a unique and expressive way.

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