

## Option 1 - Heart without appliqué



### Free Motion Quilting class for beginners

Duration : about 6 hours

Starts at 9:30 am and end around 15:00.

Lunch : about 1 hour

#### **Materials and equipments require for the class :**

- A quilting foot. Preferably an "Open toe foot" or a transparent FMQ foot
- Threads (cotton or polyester) that contrast with the chosen background fabric. Same colored thread for the top and bobbin.
- At least, three bobbins of thread must be spooled ahead of the class.
- A universal needle, size 14, is good for quilting this type of project.
- Quilting gloves. Gardening gloves are an excellent substitute

#### **1st part of the class - Practicing Free Motion Quilting**

- Duration: maximum of 60 minutes
- You will need four sandwiches of 12 sq. in.

To start the day, you will be practicing three different types of Free Motion Quilting design on sandwiches of 12 sq. in. with gradual increase in difficulty.

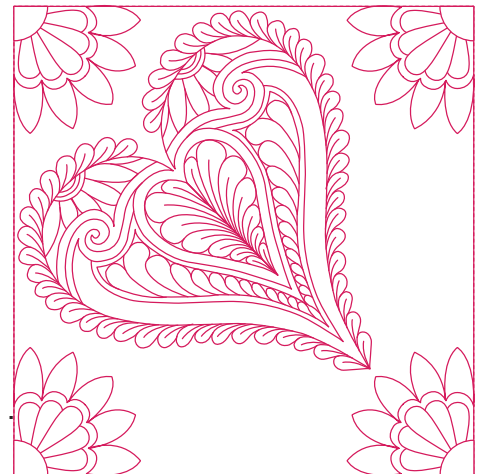
- 20 minutes practice on doing meandering
- 20 minutes practice on doing vines
- 20 minutes practice on doing pebbles

#### **2nd part of the class - Quilting the Heart**

Duration: maximum of 3 hours

You will need to prepare the following ahead of the class:

- Traced Heart block on the background fabric. Size 10" x 10".
- Cotton batting 14 sq. in.
- Two pieces of light colored fabric of 12 sq. in. (one for the background and the other for the backing).
- Threads (cotton or polyester) that contrast with the chosen background fabric. Same colored thread for the top and bobbin.
- The sandwich must be assembled ahead of the class.



Gently, we increase the degree of difficulty of the FMQ design to develop confidence by quilting the Heart.

During the class, I will share with the group all my tips and tricks as well as my knowledge of fabric, technique, type of threads for this kind of project, etc.

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**Textile art and Quilt Designer**  
**Teacher**