

I am delighted you have registered for Quilt Yoga! Together we will dive into our best selves so that shines in our quilting. The following is a complete list of items needed for the class. Some require preparation prior to the class. Coming prepared is Quilt Yoga 101! I have some supplies available at my website [www.jitterywings.com](http://www.jitterywings.com). You can also subscribe there to receive new blog posts and pattern news.

✍ See you soon! Mitzie

- A **machine** that can **drop the feed dogs** that you know and are comfortable with already. CLEAN it before you come and oil it (if appropriate). Bring your **manual & tools** that came with it. Nothing is more frustrating and discouraging than getting to a class and have a machine that doesn't cooperate. Been there!
- Machine "**table**" if your machine has one. This will extend your quilting space.
- Quilting foot** or feet for the machine you are bringing to the class. Have your Quilting foot attached when you arrive.
- Drop cord(s)**
- Slip mat for your machine if you prefer it. Example: Supreme Slider
- Your favorite **needles** to quilt with on your domestic. If you "don't know what those are yet," I quilt with a Universal 75/11 basic needle and sometimes an 80/12. No judgements from anyone on what you use. Try out some needles doing a straight stitch with your regular foot on a quilt sandwich and see what you like best. In Sharpie, next to each line of stitching, write what needle you used and what stitch length, so you can repeat it. Bring the sample with you if you are just starting out quilting and want some advice.
- Quilting **gloves**
- Snips, safety pins, notebook, pen/pencil, highlighter
- Fabric Marker
- Sharpie** in a dark color like black
- 10 quilt sandwiches** that each measure 10" square (fabric/batting/fabric). Please use ALL white or very light colored SOLID fabrics (Art Gallery Solids, Konas or Bellas for example). Please have these ready when you arrive for class.
- A **pieced quilt top** or block that measures between 24" and 48" on all sides. Please make a quilt sandwich out of it and baste in your preferred method prior to class. We will use this to "practice" on during the second half of class. I believe in practicing with purpose. If you have something lying around that you want to try and finish, I encourage you to bring it. If you do not, and don't feel you have time to make something in advance, you may bring the appropriate size "whole cloth quilt" and either draw shapes on it to practice OR just free form the entire thing.
- Aurifil **Tread** in 50w that matches your sandwiches. If you have a favorite high-quality tread, you may substitute an equivalent weight.
- 3 pre-wound bobbins**
- Anything else** that makes you feel comfortable and "at home" while quilting.