

Hi Moss Sewers!

I'm so looking forward to starting our moss workshop!

I wanted to share a note about sewing ergonomics. We will focus on this at the beginning of our workshop and I wanted to give you the reminder/opportunity to either order or find some supplies you may have around the house that you can bring with you.

When I embroider, I use this [lap stand](#). (If she is sold out it is called the Sonata Seat Frame) I like this one because it allows me to use two hands on my sewing, it allows me to flip my project to access the back easily, and sew comfortably anywhere. If you are an embroiderer, you will not regret this purchase! I get a lot of feedback from students that it is a game changer in their sewing. I can't sew without it.

If you are someone who likes to sew at a table this type of [embroidery clamp](#) is helpful. There is no need to purchase anything before class, if you have two small-ish [ratchet clamps](#) or spring clamps those will do the job. I encourage you to bring some clamps with you that we can experiment with mounting our embroidery hoop to the table. I will also have some clamps with me.

You might be saying, "I sew just fine holding my hoop and sewing with one hand, thank you very much." Or "I've never tried mounting my hoop." I hear ya, in this class I'm going to encourage you to try. Your sewing will be SO much faster and your back and hands will thank me.

I'll have sewing needles for you that I like but I encourage you to bring a sewing needle that you love a backup. And/or bring a needle threader if that would help your eyes thread the needle. I find providing a sewing needle is like providing people with a pair of shoes, there is no way to find a pair that fits everyone.

My last note is about bark. I'll be bringing a box of bark you're welcome to use. But if you have a favorite tree near you, you should bring some bark of your own. The best bark is no longer than a few inches and is flat on the back. Take a walk, see what is on the ground and bring that into class with you.

Also please bring small sharp scissors.

Ren