

# The Natural Way to Quilt

## Workshop with “Joe the Quilter” Cunningham

March 10-14, 2009

In this 5-day class I will teach an entire hand quilting course, from how to make a frame for basting to the hand quilting stitch, from how to design feathers and cables to how to quilt them freehand. I will teach how to hand quilt so that you avoid injury, what needles, thread and batting to use, how to quilt without knots, how to quilt in all directions.

The class will have a large piece in a frame upon which all can practice their skills. Also, each person will have an individual quilt, a whole cloth crib quilt which should be mostly complete by the end of the week. Designed for beginners to intermediate hand quilters, this class will give any quilter the skills she needs to become a master quilter. The entire workshop will be illustrated with my own quilts, demonstrating how to put the concepts into practice.

### Supply List for Quilting:

1 yard plain muslin or other solid color cotton fabric  
1 yard polyester, cotton or wool batting made for hand quilting  
1 yard fabric for backing.  
1 quilting hoop,  
Needles for hand quilting, (My favorite is Roxanne #11 quilting needle)  
100% cotton hand quilting thread  
Scissors to snip thread  
1 marking pencil  
Thimble, I prefer a plain metal thimble, but any thimble with a closed end that fits your middle finger is OK

### Supply List for Marking:

Unmarked quilt tops, old or new, for advice on marking  
Cardboard or plastic template material  
1 sheet tracing paper  
20 sheets typing paper  
Quilters Ruler  
Paper scissors  
Notepaper  
Pencils  
Eraser  
Fine point felt tip marker, black  
Drafting compass

### Supplies for the class:

1 pad newsprint, 18 x 24  
easel