

Mandalas to Embroider

by Carina Envoldsen-Harris

Slip into serenity through your stitches with this collection of 24 beautiful, meditative mandalas by Polka & Bloom's Carina Envoldsen-Harris.

In our hurried modern world, we rarely take a moment to rest and spend time with our thoughts. In this book, rekindle lost tranquillity and quickly discover a new obsession with these exquisite mandalas. By following the delicate and repetitive patterns in the motifs, you can finally soothe your mind, slow down and treat yourself to much-needed me-time and peacefulness.

The book offers 12 large and 12 smaller mandalas to embroider, which Carina explains how to make through simple, beautiful stitch diagrams and keys. Only 10 stitches have been used to create all the mandalas, and each one is explained and accompanied by clear step-by-step diagrams at the beginning of the book. In addition, there are notes on what you need in your basic embroidery kit from fabrics through to needles and thread which means those new to embroidery can start their journey to mindfulness right away.

With Carina's gentle guidance beginners can also learn how to display their creations in embroidery hoops, including the much-loved Dandelyne hoops which the 12 mini mandalas can fit inside perfectly. Any long-forgotten, tired pieces in your wardrobe and home? There is also advice and photos inside on how to use your stunning mandalas to embellish myriad accessories and items, from shoes to tote bags.

If readers are less confident about jumping straight into embroidery or are pressed for time 24 corresponding black and white motifs can be found on transfer sheets at the back of the book, which you can iron onto your chosen fabric multiple times. There is also a final, mystical mandala template included for you to transfer, allowing you to test your new embroidery skills and develop your new-found creativity.

So sit back, pick up your needles and lose yourself in the captivating, calming world of embroidery.

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