

# Zen Path

Supply list (2 pages)

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In Japanese Gardens, the stonework plays a substantial role in the design. This small quilt is a celebration of stone; the emphasis is on the path, not the garden that surrounds it. In this class, you will create your own unique Zen Path or work from a pattern designed by the instructor. The quilts are small – around 6"-8" wide and about 17"-25" long - reminiscent of a Japanese scroll in shape and form. They need not be symmetrical. The stones will be appliquéd by hand, machine, or fused as per your preference, and some stones can be created in dimensional appliqué if you wish. If the idea of natural stone colors does not appeal to you, the stepping stones can be rendered in surrealistic bright colors or floral-themed prints. The finished path can be embellished with a few 3-D blossoms or leaves that have drifted onto it, or find a print with a lizard or butterfly to place on your path. Methods for creating 3-D botanical features will be demonstrated in class.

**Please be courteous to others by arriving for class with the correct supplies. Contact me at 503-888-9784 or [helene.m.knott@gmail.com](mailto:helene.m.knott@gmail.com) if you have any questions.**

## Tools/Materials:

- **Fabrics:** As the size of the quilt you are making will vary, it is difficult to predict how much yardage and how many fabrics will be necessary until after you draft your design or pick one of the patterns but ½ yard should be adequate for a small to medium sized pathway; look for fabrics with a ‘sandy’, ‘gravelly’ or ‘mossy’ texture for this base. Bring more than one choice if you can, it’s better to have more choices than you need as you compose your colors and textures. You will also need fabrics selected for the stepping stones and the cobblestones (if you want to add those). You can choose just one fabric print for all of the stones or use a variety for more interest, even leftover scraps from other projects will do. Look for fabrics with a rough stone like texture – batiks, hand dyes and/or Northcott’s Stonehenge line are perfect choices. Alternatively, you can use fabrics with an Asian or botanical theme. You can add 3-D blossoms or leaves to embellish your quilt; however, it may be easier to pick colors/textures for these after your path is finished, batiks in flower or leaf colors would be suitable. One option you might choose is to find a large scale botanical print and fussy-cut flowers or leaves from it. In class you will learn a few different ways you might embellish your pathway with botanical elements. Pre-wash all fabrics if you are planning on a fusible technique.
- **Freezer paper:** Bring a roll of paper not individual sheets as you will be designing your entire path on it and using it for templates
- **Pencil and a good eraser:** I prefer the white rectangular erasers made by Pentel.
- **Black ‘Sharpie’ brand pen**
- **Thin batting and backing:** pieces slightly larger than your base fabric; the fabrics will be layered with batting then sewn and turned ‘envelope’ style before applying the stones. If you want to add a bit of dimensional padding to your stones, you can face them with very thin batting or flannel as well in which case bring additional thin batting and flannel. NOTE: the flannel is to cover the backside of any stones that might extend beyond the edges of your path, choose a medium to dark neutral c

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- **Sewing machine:** With a standard piecing foot and a free-motion foot for free form stitching.
- **Thread:** 100% cotton in colors similar to your fabrics or a medium neutral color, a nice touch can be to do some micro stippling on the stones in a color to look like moss or lichen Note: if you wish to embellish with a 3-D leaf/flower, decorative rayon thread to match your leaf/flower fabric may be used.
- **Medium-lightweight stabilizer or interfacing (optional):** this will be used for making a 3-D leaf and/or facing the stones.
- **Peltex Stabilizer:** This is a very heavy stabilizer almost as thick as cardboard. It will be used only for making the 3-D cobblestones on some of the patterns so you will need it only if you are planning to add those to your pathway.
- **Hand sewing needle:** Also only needed for the 3-D cobblestones.
- **Rotary cutter, mat and a 6"x 24" ruler:** to cut excess fabric or freezer paper to a manageable size and help draft your path should you wish to design your own.
- **Scissors:** A pair of craft scissors **and** a pair of fine-jawed embroidery scissors (for the dimensional leaves). You may want to bring paper scissors in addition to your fabric scissors to cut freezer paper templates.
- **Sewing pins**
- **Bamboo stalk or piece of straight driftwood(optional):** You could hang your pathway using a traditional sleeve sewn to the back but a length of bamboo or weathered piece of driftwood makes a charming hanger for your quilt, Choose one that is somewhat sturdy and rather straight around 7" – 10" long.
- **Ephemera (optional):** Beads, charms, talismans, nature objects... These can be used to embellish your final hanging or suspend it from a piece of wood or bamboo.
- **Pattern:** I will have a choice of patterns in various degrees of methods and skill levels. Students will get the pattern of their choice free in the class.
- **Design resources:** if you should wish to design your own path of stones, there are some wonderful examples of Japanese Garden paths on Pinterest and Google images, a good one is listed below.

<https://www.pinterest.com/pin/347903139947708541/?lp=true>

