

# Sew & Sew Retreats

and creative textile workshops

Fiber Art Class:  
Coiled Fabric Bowl or Heart-Shaped  
Half Day



LINDA SWECK

Linda Sweck Designs – Owner / Fabric & Mixed Media Artist

Sew and Sew Retreats – Host & Instructor

[lsweek@lindasweekdesigns.com](mailto:lsweek@lindasweekdesigns.com)

# Introduction

Making coiled fabric bowls is a textile project I love. Additionally, people are really enthusiastic about the bowls – something different, artsy and fun.

The intent of this class is to give an introduction and teach participants how to create their own coiled fabric bowl.

## Summary of Class

This hands-on class will teach participants how to make coiled fabric bowls.

In a few hours, make a wonderful bowl from 1" wide strips of fabric. Our bowls will use two coordinating fabrics that will be secured around cording and then hand-stitched.

The class will make a small bowl similar to the photo above that is approximately 5" by 5" and 2" deep.

Note: Participants would need more fabric strips if they want to make a large bowl. It is unlikely to finish a larger project in this class time.

If additional time permits, a short scrap fabric twine will be demonstrated. Participants can create their own twine from leftover 1" strips of fabric.

Once the technique is learned, participants can really put their own mark on their work.

## Class Outline

- Introduction
- Cut fabric strips
- Wrap cording with cut fabric strips
- Beginning and ending technique
- Learn variation of blanket stitch and create bowl
- Embellish with button – will discuss other embellishing options
- Final questions and discussion

## Class Goals

- 1) To introduce class participants to hand stitched fabric bowls vs. machine made
- 2) To work with strips of fabric to coil cording
- 3) To learn a variation of the blanket stitch to stitch cording into the shape of a bowl
- 4) To create a small finished coiled fabric bowl

## Class Size & Space

- 1) A class size of 30 participants is manageable.
- 2) No previous experience is needed. Some embroidery background might be helpful.
- 3) An area with a flat working surface of 24"x24" for each class participant is best.

# Time

3.5 Hours (Half-Day Workshop) – Allows time for introduction, cutting fabric, coiling cording, hand-stitching into finished bowl, any clean-up and final questions and discussion.

# COST

## OPTION #1

### Costs for Kits

- Cording
- Instructions
- **\$5** per participant

## Materials Students Need to Supply

- Needle threader: a 3-in-1 or 2-in-1 with medium threader option (see photo)
- 2 Fat Quarters in 100% cotton that coordinate or compliment
- Tapestry needle – size 18 (blunt end)
- 2 DMC Cotton Perle in coordinating color with chosen Fat Quarters
- Fabric Glue Stick
- 1 Button to compliment Fat Quarters – size 1½" to 2"



## OPTION #2

### Costs and Contents for Kit Per Person

Total kit cost per participant is **\$25.00**. Kit will include:

- Cording
- Instructions
- Needle threader: a 3-in-1 or 2-in-1 with medium threader
- Tapestry needle – size 18 (blunt end)
- Fabric Glue Stick
- 2 Fat Quarters in 100% cotton that coordinate or compliment
- 2 DMC Perle Cotton thread in coordinating color with chosen Fat Quarters
- 1 Button to compliment Fat Quarters – size 1½" to 2"

## Teaching Fee

I'm happy to offer Full Day or Half-day Workshops for Guilds, Symposiums, Retreats, etc.

- \$275 for full-day workshops
- \$130 for half-day workshops



## Coiled Fabric Bowl Photos



# Endorsements

**Roxanne Terranova**

**Executive Assistant – South Milwaukee School District**

"I have had the opportunity to take lessons from Linda Sweek recently in fabric baskets and embroidery. Her instructions are clear, easy to understand, and complete. Within 15 minutes I was making my fabric bowl! She was extremely patient teaching me how to embroider, providing not only written instructions, but hands on instruction, watching my technique and providing immediate feedback so I was able to achieve beautiful results.

I have purchased several pieces from Linda Sweek Designs. Each is a one-of-a-kind art treasure. From the pillows, to purses, to wall art, everything has been crafted as if a part of Linda was going with them. The craftsmanship is stellar and the designs are truly spectacular. When I am looking for the perfect gift or a special treat for myself, I shop at Linda Sweek Designs!"

**Debbie Lemke**

**Enterprise Solutions Collaboration & Learning Manager – Northwestern Mutual**

"Linda's art always has that little bit of extra – usually a bit of whimsy – that catches me/you by surprise. Sometimes it's in an extra attachment (a charm or ribbon or button) and sometimes it's an artfully-placed stitching detail that captures your attention and makes you want to emulate it in your own designs. I'd love to take a class from her to tap into that creative eye, to gain an understanding of how to look at something ordinary – a tea towel, a scrap of fabric, a pile of bric-a-brac – and learn how to turn it into something captivating and extraordinary."

**Lynne Stern**

**Marketing Communications Manager – Bradley Corporation**

"Linda is a talented, insightful individual with many strengths ... she has a warm, out-going personality and she is an excellent relationship-builder. Linda always maintains a professional attitude and inspires others to succeed. Working with her was a very positive experience."

# Bio

## Linda Sweek

**Fabric & Mixed Media Artist**

**Owner of Linda Sweek Designs & Sew and Sew Retreats**

**Workshop Instructor**

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**Linda  
Sweek**  
Designs

**Sew & Sew Retreats**  
and creative textile workshops

After a successful 25-year career in marketing, public relations and communications leadership roles, Linda Sweek has had the good fortune of pursuing her passion of fabric and mixed media art for the past five years and starting her own business – **Linda Sweek Designs**. Besides fabric and mixed media artistry, Sweek does custom sewing, teaches workshops and is the founder and host of **Sew and Sew Retreats**.

Sweek started to embroider at the age of eight – to her it was like painting a canvas. Additionally, her grandmother, who was an artist, took her to art museums and galleries for instruction, and welcomed Sweek into her studio to work with clay, pastels, and acrylic paints. Applying this knowledge of studio art, Sweek's preferred medium became textiles.

She has been privileged to exhibit her work in several juried art shows including the "Second Fiber Arts Biennale: Wisconsin State of the Art" 2015 at the Wisconsin Museum of Quilts and Fiber Arts, Grace Fine Arts Festival and Milwaukee Third Ward Gallery Night's. Her work is sold in numerous gallery's and gift shops. Awards received include Martha Stewart American Made 2014 Award Nominee, Best of Houzz - 2014 Badge Award Winner, and multiple Wisconsin State Fair first, second, third place ribbons in textile categories.

Sweek has a bachelor's degree in professional communications with honors and a minor in liberal arts from Alverno College, Milwaukee, Wisconsin. She also studied textile and folk art in the U.S., Mexico and Europe, and has explored art at 22 museums from Paris to Florence, Vienna to London, Chicago to Honolulu, New York to Mexico City and beyond.