

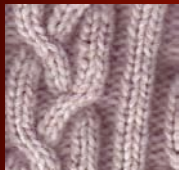
## FIONA 'S LECTURES AND WORKSHOPS

### HANDS ON WORKSHOPS

Fiona's lively and interactive workshops have been developed to stimulate each participant's unique creativity. You can expect to come away from her classes with enhanced technical skills, but you may also discover something more.

#### MORPHING CABLES

Intermediate – advanced level, 3 or 2 hour workshop, 25 students max



Fiona is famous for her morphing cables...cables that change and become other patterns. In this workshop she will show you the basic principles of how to get started designing your own cables. Even if you are not an advanced cable knitter, give it a try. Simple patterns can morph and create unique ideas. If you love cables but find working vertical patterns too repetitive and want to heighten the challenge, this workshop is a must!

**Materials:** ball of light coloured medium weight yarn, yarn appropriate needles, cable needle, squared paper.

**Homework:** none. For shorter class there is a homework handout.

#### KNITTING AS MEDITATION

All levels (newer knitters need to be able to knit, purl, cast on & cast off), 3 hour workshop, 25 students max



We've heard the phrase "Knitting is the New Yoga". Fiona loves both yoga and knitting. Join her as she brings awareness to what is taking place during our knitting practice. She will lead some knitting exercises that will begin to teach many of the things she has learned from yoga. You can expect to come away with something new and useful; that may be a nifty new knitting trick or, you may learn something about yourself and how knitting can be used as meditation.

**Materials:** 2 part balls of differently coloured medium weight yarn, yarn appropriate needles, cable needle.

**Homework:** none.

#### TRIMS AND EDGES

All levels, 3 hour workshop, 25 students max



Ever run out of yarn and wondered how to make the added contrast not look like an afterthought? In this workshop Fiona will show you how to add zing to any project by adding knitted edgings, playing with I-cord, simple crochet stitches and generally making your edges the focus rather than looking like an afterthought...or like you ran out of the main yarn.

**Materials:** 2-3 part balls of medium weight, yarn appropriate needles, crochet hook, pair of dpn's (if you have them), blunt ended sewing needle,  
**Homework:** 1 small piece of stockinette fabric (approx 6 in x 6 in).

## HAND EMBELLISHMENTS

All levels, 3 hour workshop, 25 students max



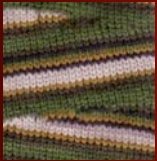
Here is a way to look at making a simple knit garment very special and totally unique. Fiona will demonstrate several methods of embellishing your projects, some technical, some whimsical. During the class participants will work on their own individual samples exploring the endless possibilities this approach has to offer.

**Materials:** blunt ended sewing needle, a few lengths of smooth medium weight yarns, and beads, fancy buttons, small scraps on non fraying fabric that you may have.

**Homework:** small piece of knitted fabric (6 in x 6 in approx).

## FUN WITH ENTRELAC & DIRECTIONAL KNITTING

Intermediate level, 3 hour workshop, 25 students max



Entrelac looks complicated but isn't really once you know the tricks. This workshop will teach you the basic method and give you a chance to begin to play with the technique, to see what different directions you can take your knitting.

**Materials:** 2 part balls of different colour medium weigh yarn, yarn appropriate needles.

**Homework:** none.

## KNITTER'S SAMPLER

Advanced beginner – intermediate, all day (6 hour) workshop, 25 students max



Other needlework disciplines work a sampler to learn techniques, so here's one for knitters. Based on the quilt block idea you will work on valuable reference samples or create the beginnings of an heirloom blanket. Explore techniques for two-colour knitting, lace knitting, cables and other textured stitches.

**Materials:** 2 balls of differently coloured medium weight yarn, yarn appropriate needles, cable needle, yarn bobbins (if you already have them).

**Homework:** none.

## DIVE INTO DESIGN

All levels, 3 hour or all day (6 hour) workshop, 25 students max



A single image can be a great springboard for generating many design ideas. In this workshop, Fiona will supply images and show you how to dive headlong into your interpretations. Part one will allow you to work on your own samples and share ideas with fellow participants. Part two will give you time to refine the ideas begun in part one or work on new ideas. **WARNING:** *This workshop may change the way you see the world!*

**Materials:** part balls (a few yards each) in medium weight yarns, bring as many colours as you can and are willing to share, pair of yarn appropriate needles, squared paper, coloured pencils (if you have them).

**Homework:** none.



## THE AMAZING SLIP STITCH ILLUSION

All levels, 3 hour workshop, 25 students max

Fiona's design in the Spring '02 issue of Family Circle Easy Knitting uses a slipstitch to give the illusion of a threaded cord. It is one of her favorite methods for adding a hit of colour and/or texture. You will learn this and a few more of the possibilities this technique can offer, and discuss how and where to use them effectively.

**Materials:** 2 or 3 balls of differently coloured yarn in a medium weight and a pair of yarn appropriate needles.

**Homework:** none.

## DESIGNER DETAILS

All levels, 3 hour workshop, 25 students max

Details can elevate a simple garment, setting it apart from the run of the mill, they can add fun and interest, and be a way of re-working a well-loved pattern to give it a different look. Fiona will lead a discussion on successful details and then demonstrate some of her favorites. You will then be able to try a few of them for yourself.

**Materials:** 2 or 3 balls of differently coloured yarn in a medium weight, pair of yarn appropriate needles, crochet hook, blunt ended sewing needle.

**Homework:** none.



## SHORT ROWS FOR SHAPING AND BEYOND

Intermediate – advanced level, 3 hour workshop, 25 students max

Want to knit 'round corners with confidence? In this workshop Fiona will show you how to work the short-row method for shoulder and bust dart shaping. She will show you how to use the technique as a tool for designing stunning patterns not just for shaping silhouettes.

**Materials:** 2-3 balls of yarn in a medium weight, pair of yarn appropriate needles.

**Homework:** none.



## EXPERIMENT WITH COLOUR AND FAIR ISLE

Advanced beginner – advanced level, 3 hour workshop, 25 students max

Working with colour can be so much fun! And dreaming up your own colour story is very rewarding. In this workshop we will look at colour theory and apply it to knitting. There will be time to experiment by yourself to see what happens when you introduce a new colour palette to a tried and tested pattern. For students who are unsure of how to work the Fair Isle method instruction will be given.

**Materials:** part balls (a few yards each) in medium weight yarns, bring as many colours as you can and are willing to share, pair of yarn appropriate needles, squared paper, coloured pencils (if you have them).

**Homework:** none.





## TWISTING WITH THE CABLE GIRL

Advance beginner – intermediate level, 3 hour workshop, 25 students max

Fiona would like to teach the whole world how to knit cables because she LOVES the technique! In this workshop she will show you how to twist in a number of different ways, how to read charts and how to add cables to simple projects for stunning details. This workshop is a must for newer knitter who love the look of texture, or knitters who need a refresher with a twist.

**Materials:** ball of light coloured medium weight yarn, yarn appropriate needles, cable needle.

**Homework:** none



## SCRAPBOOKING FOR KNITTERS

All levels, 3 hour workshop, 25 students max

Scrap booking is lots of fun and can also be functional. You can use it for recording your knitting projects or for organizing your thoughts and ideas for future sweaters. Fiona will share her love of design sketchbooks and mood /story boards and encourage you to take pleasure in the cross pollination that occurs when you marry two (or more) crafts.

**Materials:** 2 sheets of good quality 8.5 x 11in paper, 2-3 magazines, small swatches of yarn, old gauge swatches, glue, scissors, bits and bobs (such as buttons, beads, other trims), coloured pens & pencils, photographs or greetings cards. Just bring what you have, don't go to special effort if you don't have any of these items.

**Homework:** none.



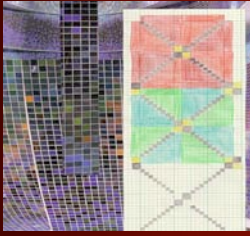
## FUNKY FAIR ISLES

Intermediate - advanced level, 3 hour class, 25 students max

Traditional Fair Isle patterns were designed in natural settings and drew their inspiration from that environment. Join Fiona to learn how to do this using our urban city landscape as inspiration. She will provide images to use as a springboard for ideas and show you how to use them to create modern graphic patterns suitable for knitting using the Fair Isle technique. You will also look at how to combine patterns and how to dream up funky non-traditional colour stories.

**Materials:** part balls (a few yards each) in medium weight yarns, bring as many colours as you can and are willing to share, pair of yarn appropriate needles, squared paper, coloured pencils (if you have them).

**Homework:** none.



## JUMP STARTING YOUR CREATIVITY

All levels, 3-hour class, 25 students max

Fiona is fascinated by the creative process, and has spent many hours studying how to jump-start her own. In this workshop she will share with you some of the methods she had found useful. She will also set an exercise, to be done during the workshop, and give you tips that she hopes you will find helpful on an on-going basis.

**Materials:** a few part balls of medium weight yarn, yarn appropriate needles, pencil & paper.

**Homework:** none.

## HAVE FUN WITH I-CORDS

Beginner – advanced level (newer knitters need to be able to knit & purl), 1 or 2-hour class, 25 students max



You may think of the I-cord as a humble piece of knitting, but there are many ways you can use it to add interesting edge details and finesse to your projects. In this workshop Fiona will show you how to make I-cord (for beginners), how to attach it to an edge as you knit, and show you several ways to use cords to add designer details.

**Materials:** part ball of medium weight yarn, pair of yarn appropriate needles, pair of double pointed needles (yarn appropriate).

**Homework:** small piece of stockinette fabric (approx 6 in x 6 in), 1-2 ft of I-cord if you already know how to make it (homework required only for the 2-hour class).

## FOCUS ON EMBROIDERY

Beginner – intermediate level, 2-hour class, 25 students max



Hand Embellishments are a fun way to make your knit projects totally unique. In this class Fiona will select 3-4 of her favourite embroidery stitches to demo. You will then have time to experiment, and discuss many of the placements and possible end uses for them.

**Materials:** blunt ended sewing needle, a few lengths of smooth medium weight yarns.

**Homework:** small piece of stockinette fabric (approx 6 in x 6 in).

## CELTIC CABLES

Intermediate to advanced, 3- hour workshop, 25 students max



When knitting cables based on Celtic patterns there are some techniques that you may not use in regular rope cables. While you knit a sample to try them out, Fiona will demo the techniques, show you how to read the charts- including looking at the symbols used, and for the more advanced cable knitter discuss how you might modify patterns to make them your own. With an understanding of what is taking place when cabling you will be better able to follow a pattern or fix any mistakes as they arise (which never happens right?)

**Materials:** a part ball of medium weight yarn, yarn appropriate needles, cable needle, pencil & paper.

**Homework:** none.

## INSPIRED CABLES

Intermediate to advanced- 3 hour class, 25 students max



Fiona will begin by reviewing cable techniques, including tips for understanding the terminology and reading charts, which can help even advanced knitters.

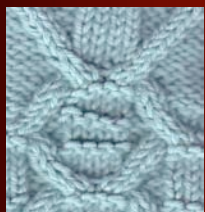
You will then try your hand at designing your own cable combinations, beginning from the sample, worked for homework. We will discuss which stitches work well together, and how to chart your own pattern selection. Novice cable knitters will work through a simple pattern.

**Materials:** one part ball of medium weight yarn and yarn appropriate needles, cable needle, any stitch directory books that you may already have containing cable patterns (books are optional), graph or squared paper.

**Homework:** on separate sheet, novices have no homework.

## CSI : Cable Stitch Investigation

Intermediate – advanced level, 2 or 3 hour workshop, 25 students max



Ever put down your work and lost your place in a cable pattern? Fiona will show you how to analyze your evidence to enable you to make a prognosis.

Then for those times when we unearth a great cable pattern for which there are no instructions (a ready-to-wear or vintage piece) your investigation will continue by forensically evaluating samples and photos, leading you to uncover the mysterious these stitches hold.

**Materials:** ball of light coloured medium weight yarn, yarn appropriate needles, cable needle, squared paper.

**Homework:** none. If you have a cable you would like to make but don't know how bring a photo of it.

## FINISHING WITH FINESSE

Beginner – intermediate level, 3-hour class, 25 students max



Hands-up those of you who hate finishing! Now try thinking of it as a fun part of the project rather than a chore. In this workshop Fiona will demo, and then let you practice, several ways you can add some finesse to your project during the finishing process. These will include adding a knitted-on I-cord, 3 needle bind off for seaming and simple crochet edges. She will also cover a few of the basic techniques to allow you to become practice perfect, these will include, grafting stitches, mattress stitch and setting in a zipper.

**Materials:** 2 part balls (a few yards each) of medium weight yarns in different colours, 3 yarn appropriate needles (a pair plus 1), pair of double pointed needles (same size as the other pair), yarn appropriate crochet hook, blunt-ended sewing needle.

**Homework:** 2 small (4 in x 4 in) stockinette swatches, still on the needles (leave on stitch holders).

## LOOKING AT COLOR PLACEMENT IN FAIR ISLE

Intermediate – advanced level, 3-hour class, 25 students max



In this workshop Fiona will demonstrate using her samples how working a Fair Isle chart in different colour combinations can totally change the effect produced. She will discuss how to apply colour theory to aid in successful colour selections, and possible alternatives. You will have time to experiment by working swatches in different colour combinations.

**Materials:** several part balls (a few yards each) of medium weight yarns in a variety of colours that you are willing to share, yarn appropriate needles.

**Homework:** none.

## Lectures/Informal Presentations

Fiona's lectures and presentations offer a peek behind the scenes at the work of a leading knitwear designer. They are fun, educational and inspiring.

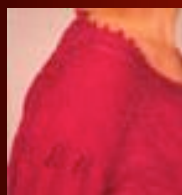


**THE KNITTER'S MUSE 1 hour presentation** The world is full of inspiration, from exotic travels to everyday scenes. Fiona will talk about what inspires her and how she uses this as a springboard for her knit designs. This presentation may even change the way you look at the world.

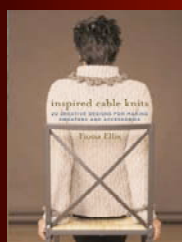


**FROM DESIGN CONCEPT TO MAGAZINE PAGE 1 hour presentation** In this presentation Fiona will show you the process involved in developing a finished pattern for an international magazine from the initial idea in the designer's imagination.

Note/ The Knitter's Muse & From Design Concept to Magazine Page, may be joined to produce a 1 ½ hour lecture, or run after each other with a small break between.



**HIGHLIGHT YOUR FACE NOT YOUR BUTT 1 hour presentation** Fiona considers the neckline of a sweater its focal point; an opportunity to highlight your face and knitting skills rather than a place that just needs neatening! In this presentation she will discuss the many possibilities that this thinking can give rise to, including simple pattern modifications.



**INSPIRED CABLES 1 hour presentation** In this presentation Fiona will delve deeper into the specific sources of inspiration behind the designs contained in her first book. Through visual references, garment show and tell and anecdotes she will take you along on her journey from initial spark through to finished patterns.



**KNITSPIRATION JOURNALING 1 hour presentation** Keeping a journal is a great way to jump-start your creativity. In this presentation Fiona will show you what she includes in her journals and sketch-books and share other methods she uses to fuel her creative process when designing sweaters.