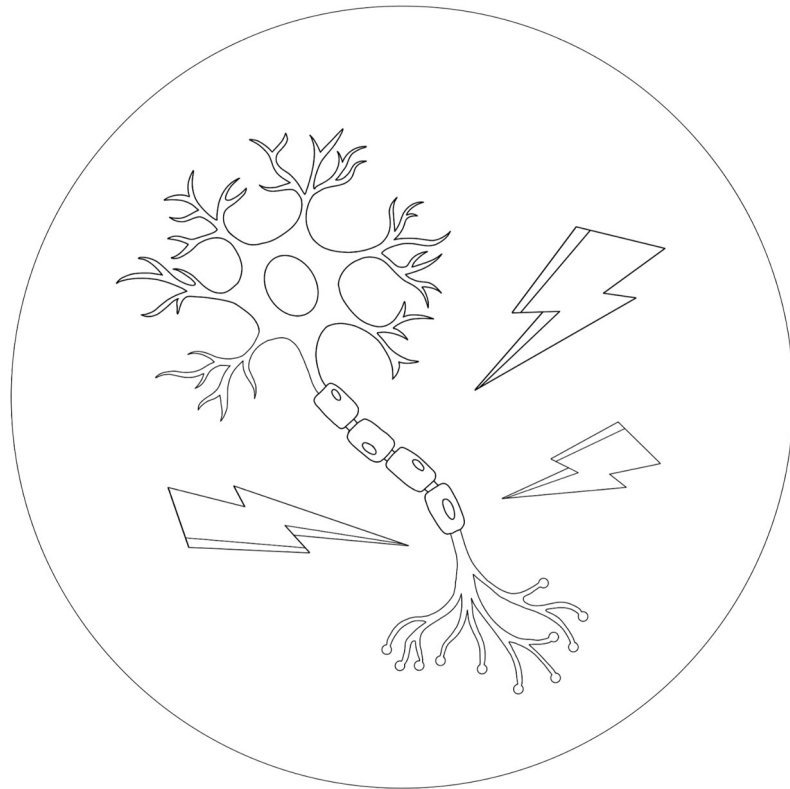


# NEURON EMBROIDERY



4"

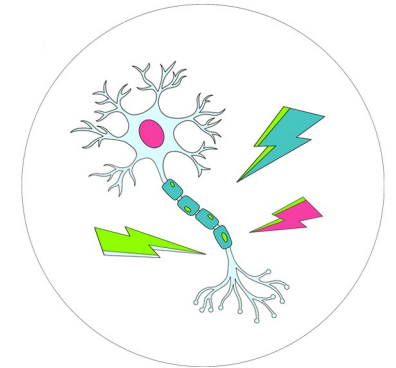
## WHAT YOU WILL NEED FOR THE SESSION

- Embroidery hoop
- Fabric discs x2
- Dressmakers tracing paper
- Embroidery needle
- Embroidery threads
- Pins

Plus pencil

A specially filmed video tutorial can be found using the link below.

<https://youtu.be/xz4tm42J2pE>



## PREPARING YOUR EMBROIDERY

### STEP 1

Loosen the screw on your embroidery hoop to separate the two hoops. Lay your fabric disc flat on top of the inner hoop, and gently press the outer hoop over the fabric and inner hoop. Make sure your fabric is taut but not stretched, and tighten the screw to secure.

P.T.O.

# NEURON EMBROIDERY

## PREPARING YOUR EMBROIDERY (continued)

### STEP 2

Using this as your practice sampler, test out the stitches shown to get used to the feel of the thread and fabric, using the video tutorial [link on reverse] if necessary.

### STEP 3

Once you feel more confident with your needle and thread, use a pencil and the dressmakers paper, trace the neuron design on the reverse of this sheet to create your embroidery template.

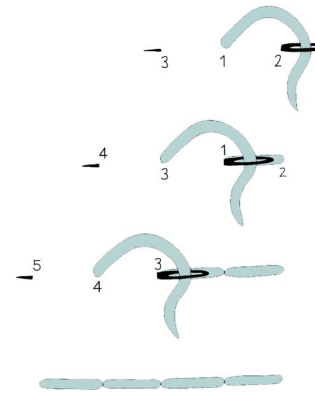
### STEP 4

Next, carefully lay flat over your fabric in the hoop, and use the pins to secure in place. You are now ready to embroider the neuron design! Simply tear away the paper once you are done.

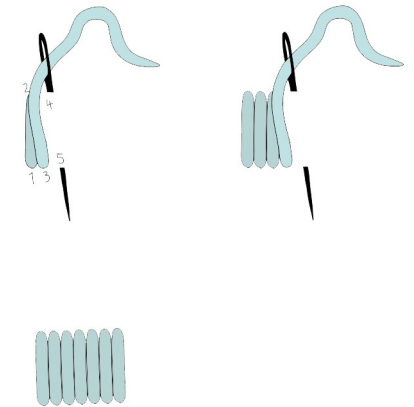
### STEP 5

If you would like to display your embroidery in the frame, simply sew around the outside edge of your fabric (that is loose from the hoop) with a simple running stitch and gently pull to gather the fabric together, before securing with a few knots.

## BACKSTITCH



## SATIN STITCH



## SEED STITCH

