

Spiral Mandala Workshop
with RaNae Merrill
Based on her book *Magnificent Spiral Mandala Quilts*
(F&W Publications, Fall 2010)

It is strongly recommended that you purchase and read the book before the workshop to familiarize yourself with the design approach and techniques that we will use in class. The book comes out in November 2010. You can pre-order it at www.ranaemerrillquilts.com (Click on STORE)

Tools for designing mandalas and preparing foundations:

Available at stationery or art stores:

Several sheets of white paper 8 1/2" x 11"

Thin 12" ruler that lays flat on the surface of the paper.

Mechanical pencil - *Recommended: Pentel P205*

Eraser - the retractable stick type is best

Fine-point black pen

Red pen

White-out pen

A plastic page protector for an 8 1/2" x 11" sheet of paper

Transparent tape - I prefer 3/4" Scotch brand (green box) as it doesn't melt when ironed

Double-sided tape - permanent, not removable

Scissors for paper

A wide variety of colored pencils or crayons

Available from a glass shop or home decor store, or pre-order from instructor via her website:

A pair of 10"-12" square mirrors hinged together with tape.

Please cover entire back of both mirrors with tape to prevent shattering in the event the mirrors break.

A digital camera and extra batteries

Multi-plug extension cord with surge protection

Table-top light

Sheet to cover your work at night

Translucent foundation material - vellum or non-woven sheets

(Preprinted foundations will be provided in class kit; however, you may want additional blank sheets.

Available in class)

Tools for Sewing Spirals (in addition to basic sewing tools):

A center-slot or open-toe sewing machine foot (it should give you a clear view of the lines on the foundation)

Neutral thread

Masking or Painter's Tape, 1" wide

Seam roller for pressing (available in class)

Two highlighter pens or light-colored fabric pens in different colors

Add-a-Quarter tool (Add-an-Eighth for small areas) and a card (available in class)
Rotary cutter, 24" ruler and large mat (we'll be cutting WOF strips)

Continued on Back

Fabric Requirements:

Since you will be designing your own spiral mandala quilt in class, it is impossible to give the exact colors and quantities of fabric that you will need. However, use these guidelines to select a range of fabrics that you can choose from as you develop your design. The finished size of the mandala will be 30" to 40" in diameter; depending on the size of the background and borders you add. The finished quilt can range from 36" to 54" square. A 40" square quilt will use a total of about 3 1/2 yards of fabric in the top; a 54" square quilt will use a total of about 6 yards of fabric. (These measurements include the fabric you see, the seam allowances, and the fabric trimmed away in the process of foundation piecing.)

Color Scheme: Select 3 or 4 colors that will be your main color scheme. An easy way to do this is to find a large-scale fabric with a color scheme you like, and select colors that coordinate with it. You may end up using this fabric for fussy-cutting repeated elements in the design (jewelry fabric), or for borders or background (see below); if so, you will want 1 1/2 to 2 yards.

Background: In addition to your color scheme fabrics, choose a fabric for your background. It can be a neutral such as cream, dark blue, grey, black, or any other fabric -- solid, textured or patterned -- that makes your other fabrics "pop". 1 1/2 to 2 yards.

Coordinate colors: These can be foundation fabrics (solids, textures, tone-on-tones) or energy fabrics (medium-size patterns in two or more colors). If these are used in solid flow forms, a *minimum* of 1/2 yard of each color; more will give you breathing room and insurance.

Gradations: Gradations introduce dimension into the design. Bring a 5- or 6-step (or more if you wish) gradation in each of the coordinate colors. The gradation can include solids (foundation fabrics) and/or patterns (energy fabrics). Depending on how you place the colors in the design, you may use just a few inches of the color or as much as 1/4 to 1/2 yard.

As you consider fabric choices, read through the sections of the book on choosing fabrics and look closely at the examples in it.

Note: This materials list was prepared 4-9-10. Check RaNae's website for updates closer to class time.

About Translucent Foundation Material:

Spirals are sewn using paper piecing, so they require a foundation material to which you sew the fabric. I insist on foundation material that is ***translucent***, which means you can see through it. Since you can see through it, you put fabric on the ***front*** and sew from the ***back***. This means that you don't have to think in mirror-image like you have to do on an opaque foundation. (Traditional paper-piecers take note!) Translucent foundation material costs a bit more than regular paper, but the time and frustration saved are more than worth it!

There are two types of translucent foundation material: paper (vellum) and non-woven fabric. Paper can be printed on any printer (inkjet or laser) or photocopier, and must be removed after sewing. Non-woven fabric can be printed on an inkjet printer and can be left in after sewing. Either will work for this project.

What not to use: Rinse-away foundations -- some people like them, but personally I don't, so I don't recommend them. ***DO NOT USE VELLUM FROM THE STATIONERY STORE.*** It becomes brittle and rolls when ironed. Art store tracing paper is too delicate to stand up to the wear of this project.

For this workshop, foundations will be provided for you, preprinted on translucent foundation material. If you wish to purchase more, most quilt shops have some version of it. You can purchase the following products in class or through my online store at www.ranaemerrillquilts.com:

Simply Amazing Translucent Foundation Paper – A translucent paper. Comes in 8 1/2" x 11" sheets. Can be printed on inkjet printers, laser printers or copy machines. Tear away after sewing.

EQ Printables Foundation Sheets – A non-woven fabric. Comes in 8 1/2" x 11" sheets. Can be printed on inkjet printers. Leave in or tear away after sewing.