

## Joyful Free Motion!



If you are new to free motion quilting, make sure that your current set-up works well and that you know the right settings on your machine to free motion quilt. To test, layer up a small quilt sandwich (top, batting, backing) and free motion quilt a bit. You must have the right foot and your machine must free motion quilt well. *You* don't have to quilt well yet, but your machine needs to be capable of it.

Please write me if you have any questions: [jenny@aqlyon.com](mailto:jenny@aqlyon.com)

### SUPPLY LIST

- A playful and open attitude and a desire to lose all fear of free motion quilting!
- Your best machine for free-motion quilting. If you have a full-sized machine and a smaller, class-sized machine, please bring the larger of the two.
- Machine in excellent working order, cleaned, and oiled
- Slide-on table, if your machine has one.
- Manual for your machine.
- Ruler foot and rulers if you intend to use them (optional). If you have a newer Bernina®, I can lend my ruler foot to play with. I will bring rulers that can be borrowed.
- Piecing foot and any other feet your project requires – couching, edge stitch, zigzag, walking, etc. Aw heck, bring any foot that you might possibly need.

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- Free motion feet – all that you have. Make sure the feet you have work with your machine. We will be mostly free motion quilting; the wrong foot would be crippling.
- Straight stitch plate if you have one.
- Zig-zag stitch plate.
- 9 quilt practice sandwiches: about 14" square (you'll be able to get 3 cuts across the width of quilting cotton). Please use quality, 100% cotton, solid colored fabric and quality batting. Baste using your preferred method (spary, pin, etc.) Please do not bring odd-sized scraps or sandwiches from printed fabric.
  - Choose colors that you enjoy, maybe even different colors front and back.
  - 2½ yds each of 2 fabrics will yield 9 sandwiches.
- Additionally, you may want to bring a panel to play upon with the designs you learn. You might consider it a "sacrificial panel". Since you will be learning new motifs, they may be a bit rickety at first.
- A variety of quality threads – different weights, colors, and fibers. In general, thread available at your local quilt shop is high quality; what you find at your big box store, not so much.
- A few empty bobbins.
- Needles appropriate for your project and any thread you intend to use. Most threads need 70, 80 or 90 sized needles. For most free motion quilting, I recommend a coated topstitch needle. If you prefer another type, please bring that. I will bring coated needles in a variety of sizes for my store.
- Wash-out marker of choice.
- 18" ruler.
- Free-motion quilting supplies that you typically use at home. This varies person-to-person.
- Personal small trash can for thread ends.
- If you have a project of choice, bring it along. Also bring all the threads, needles, pins, batting and chocolate required for that project.
  - No worries If you don't have a project. I will have lots of great suggestions.
- Basic sewing supplies: scissors, seam ripper, tweezers, etc. No cutting supplies needed unless your project requires them.
- 18 sheets of full-sized plain paper towels (no print), or 36 if they are the half-sized ones. I'll explain!
- Note-taking supplies – pencil, paper.
- Also, blank paper to sketch on, at least letter sized. Bigger is better; I'll bring some packing paper. Lined paper is difficult to freely sketch on, please bring unlined.
- Something to cover your work at night – small part of an old sheet, etc.
- Personal lighting for your sewing area.
- Multi-plug, surge-protected extension cord. You'll be happy you brought this!

OPTIONAL:

- BERNINA people only – BSR if you use one.
- Not required: copy of my book: *Free Motion Quilting, Ordinary to Extraordinary*, C&T Publishing

**I will bring my own curated selection of supplies and tools that I love to work with.**

**I will also bring a selection of panels that are great to free-motion quilt upon as well as copies of my book.**

Jenny K. Lyon

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**SESSION 1**

Sunday to Friday, March 2–7, 2025

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