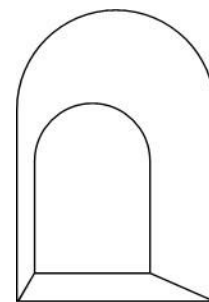


# In Practice: Mapping a Nature Walk in Stitch

Ekta Kaul

Tuesday 30 November 2021

14.00 – 15.30



V&A ACADEMY

In this workshop, textile artist Ekta Kaul invites you to tune into nature, using stitch to connect to foliage found on a savored walk. Before the workshop, we encourage you to forage for foliage or alternatively take photographs on your favourite walk. Please bring at least one example or image of foliage to class e.g. a leaf, a flower, an acorn or a twig, paying close attention to what you feel drawn to for its pleasing form, colour or texture. Using these examples as inspiration, we will map the connection between stitch, nature and well-being. Please note: Materials are not included, please find a list of recommended materials below.

**Ekta Kaul** is an award-winning textile artist known for her narrative maps that explore place, history and belonging through stitch. Her work is held in several private & public collections including Crafts Council, Liberty's London & Gunnersbury Museum. She is the recipient of the Cockpit Arts Textile 2021. [www.ektakaul.com](http://www.ektakaul.com)

## MATERIALS & TOOLS

- A piece of medium weight cotton or linen in white or cream. You can also reuse discarded fabric - like an old pillow or apron (25x25cm or 10"x10")
- A needle
- Threads- any threads that you have to hand. Cotton floss, perle or sewing thread is fine.
- A pair of sharp scissors
- Hoop
- A pencil or erasable pen to draw
- A needle threader (optional)
- Some paper

## FOR INSPIRATION

- Bring 1 or more examples or images of foliage you have gathered on a recent walk. (eg a leaf, a flower, an acorn or a twig that caught your attention)