



Northern Fibers Retreat: February 14 -17

RESERVATION FORM

Lunch & Learn and Mini-Workshops

LUNCH & LEARN: Reservations Required

Enjoy the cuisine of Grand Marais with your fellow fiber enthusiasts. All North House and Art Colony courses will provide a lunch break at noon so that students can attend.

Friday February 15 | 12:15 pm | \$12/person

LUNCH at the Art Colony catered by The Pie Place

LEARN “Painting with Thread: Free Motion Embroidery” with Kim Knutson

Embroidery by machine isn't a new concept. However, most people think of machine embroidery as computerized machines sewing digitized designs. But what happens when you take away the computer and add an artist's hands? Within that simple sewing machine exists the ability to paint with thread. The stitching can be dense with many layers or light as a cobweb. Join us for a short, tasty chat and demonstration on free-motion embroidery. Pre-registration is required for lunch, drop-in with a bag lunch for FREE.

Saturday February 16 | 12:15 pm | \$12/person

LUNCH hosted at The Harbor Light in uptown Grand Marais:

Cup of Creamy Potato Soup, choice of Chicken Salad Croissant or Roasted Vegetable Sandwich, served on Whole Wheat Bread. Beverage included.

LEARN “Exploring *Swedish Handknits*” with author Janine Kosel

Author and teacher Janine Kosel knows that knitting is about more than having the right needles and reading a pattern: there is a whole cultural tradition woven into any knitted good. In her most recent book, *Swedish Handknits: A Collection of Heirloom Designs*, Janine includes not only patterns and knitting techniques from a variety of Swedish textile traditions, but also embeds personal histories, traditions and bits of Swedish folklore and culture. Janine will give a presentation on her work as part of the 3rd annual Northern Fiber Retreat, including discussion of her research, samples of her work, exploration of specific designs and answers to your questions

MINI-WORKSHOPS: Reservations requested, no charge for NHFS/GMAC students

New for 2013! Free opportunities for students to enhance your learning while at the Retreat! How much learning can one person achieve in a day? It's up to you!

Yoga for Fiber Folk

Friday, February 15, 5:15pm- 6:15 pm

Sitting and crafting all day is good for the spirit but can be hard on the body! Join certified Iyengar yoga instructor Kathy Horak to learn how yoga can help prevent and relieve the aches and pains that cramp your creative self. Kathy will focus on simple stretches for the back, shoulders, wrists and hands that you can easily replicate at home: no special equipment (or spandex!) is required, just a willingness to learn. A free benefit for NHFS/GMAC students; \$10 for others. Pre-registration is required as space is limited. Held at the Grand Marais Art Colony

Fibers for the Classroom: Mini-Workshop for Elementary School Teachers

Saturday, February 16, Noon-1pm (a crash course!)

You're never too young to learn a love for craft. Northwoods Fiber Guild members and teachers have developed a number of simple projects using inexpensive materials that can be integrated into a classroom or group setting. Join them for a crash course in fibers for kids and leave with ideas and samples of things you can share with the kids in your life. Bring a lunch you can eat while you learn. Held at NHFS.



**RESERVATION FORM
NORTHERN FIBERS RETREAT
FEBRUARY 14-17, 2013**

NAME: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

EVENT	COST	ATTENDEES	Veggie Option?	SUBTOTAL
LUNCH Friday @ GMAC	\$12			
LUNCH Saturday @ Harbor Light	\$12			
YOGA Friday @ GMAC	Free/ \$10		N/A	
MINI-WORKSHOP Saturday @ NHFS	Free		N/A	

TOTAL \$ DUE: _____

Reservations available by phone (218.387.9762) or mail. Please enclose check to NHFS or credit card information (see below). Return to NHFS, PO Box 759 Grand Marais, MN 55604.

Check Enclosed: _____

or

Credit Card Type: Visa, Mastercard, Discover, AmEx

Credit Card Number: _____

Exp Date: _____

Name: _____

V-code (3 digits on the back of the card): _____

****Reservations are required for those purchasing lunch. Tickets will not be available at the door. Students are welcome to bring a brown bag lunch to the Friday session, no reservation required.****

Internal Use: CR_____