

Teacher Contact Info

Sandra Lee Chandler

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Sandra Lee Design



Online Info

<https://www.sandraleedesign.com/>

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Bio

Sandra Lee Chandler is a fiber artist, educator, and storyteller whose work transforms repurposed textiles into quilts, garments, and wearable art. With a B.S. in Fashion Design and Textiles from Arizona State University, she has taught quilting, sewing, and DIY for more than 37 years across the U.S., Canada, and Europe, including through community colleges, international quilt guilds, and online platforms. Sandra's workshops and lectures have been featured at QuiltCon, Road to California, Craft Napa, the International Quilt Festival in Houston, and the Festival of Quilts in England. Her art has appeared in curated exhibitions such as Freedom Summer 55, Visioning Human Rights in the New Millennium, and multiple African American Fiber Art Exhibits. Featured on The Quilt Show, Quilting Arts TV, and in publications including Simply Moderne and Haute Handbags, Sandra continues her mission through Sandra Lee Design: empowering makers to embrace sustainability, creativity, and cultural storytelling — one stitch at a time. 🧵

Workshop Details

Title: From Repair to Redesign: Slow Stitching, Sashiko & Visible Mending on Denim

Description:

In this hands-on workshop, people will learn about the history and purpose of slow stitching, sashiko, and visible mending. These are all techniques that have been reimaged for modern making. These stitching traditions started out as a way to make clothes stronger and last longer, but they have since become powerful ways to tell stories, design surfaces, and express yourself. Students will learn how to use pattern, texture, and line to add visual rhythm to fabric, make worn areas stronger, and stabilize them.

Participants will use clothes or fabric pieces they bring from home to practice a variety of

sashiko-inspired stitches and visible mending techniques. They will learn how each stitch can be both useful and artistic. The workshop stresses the importance of being patient, aware, and confident in one's creativity. It encourages students to take their time and connect more deeply with their materials. By the end of the session, everyone will have learned useful sewing skills, gained a deeper understanding of the cultural and historical roots of these methods, and come to appreciate repair in a new way—not just as a way to fix something, but as a chance to redesign and tell a story. Everyone is welcome, no matter what their skill level is.

Skills Taught during the Workshop

Participants will discover how to: Learn about the past and present uses of visible mending, sashiko, and slow stitching. Choose the right fabrics, threads, needles, and tools for hand sewing on old or layered fabrics. Get the fabric ready for handwork, including strengthening weak or damaged areas. Do basic sashiko stitch patterns and rhythmic running stitches. Use visible mending techniques that make the fabric stronger and the surface design better. To make things balanced, move, and interesting to look at, use the placement, spacing, and repetition of stitches. Include hand stitching in your redesign of clothes and textiles as both a useful and artistic element. Learn to be confident in using hand-stitching techniques slowly and on purpose.

End Workshop Project

Participants will leave the workshop with a visibly mended garment or textile item of their choice, using slow stitching and sashiko techniques learned during the session. In addition, each participant will complete a hand-stitched fabric practice bag provided in class, allowing them to explore stitch patterns, thread choices, and needle techniques in a guided, low-pressure format. Together, these projects give participants both a finished piece and a reusable reference for future stitching—reinforcing skills while building confidence in applying slow stitching, sashiko, and visible mending to their own garments and textiles.



Pre-Workshop Homework

None

Supplies Participants Should Bring

In addition to basic sewing supplies, bring the following supplies:

- One pair of jeans or pants (preferably loved but not worn)
- Small scraps of denim, cotton, or patterned fabric to insert as panels or flares
- Batting and lining for panels (pants insert as panels)

Kit Fee and Contents

\$25 kit includes:

- Sashiko needles
- Pearl cotton thread in assorted colors
- Sashiko pattern stick and peel
- Sashiko templates used during class time