

## 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, now reimagined 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. Including hand stitching in your redesign of clothes and textiles can add both a useful and artistic element. Students will learn how to use pattern, texture, and line to add visual rhythm to fabric, and how to make worn areas stronger and stabilized. 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. By the end of the workshop, 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 worn 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 create surface design. How to make things balanced, move, and interesting to look at, using the placement, spacing, and repetition of stitches.

### **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 other 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.



## More pix of Sandra's Work



## Pre-Workshop Homework

None

## Supplies Participants Should Bring

*NO SEWING MACHINE IS REQUIRED FOR THIS CLASS.*

In addition to basic sewing supplies, bring the following:

- One pair of jeans, pants, or other garment for visible mending (preferably loved but not worn through), or a base fabric for your visible mending project
- Small scraps of denim, cotton, or patterned fabric to incorporate as panels, patches, applique, etc.
- Light quilt batting and lining fabric(s)

## 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 and beyond
- Fabric bag to apply stitches to