

# MANIFESTING BOWL WORKSHOP

## Manifest Your Intent!

This workshop is an intro to mindful knitting. It is widely held that what you think is what you project/manifest. This workshop begins by choosing your affirmation (financial abundance, health, loving wishes, peace, self-empowerment, etc.). *Nancy will open the session with a centering guided meditation* to assist us in crafting the perfect affirmation, which will then be written on parchment paper and be kept close at hand as we knit the simple bowl shape. Each stitch that is knit is an affirmation or focusing of your intent.



When the knitting is done, your own personal affirmation will again be written on special water soluble paper and woven thru the stitches of your bowl. As the bowl is felted, the paper disappears, but your words become one with the fiber.

Use the bowl any way you choose, but it will always be a reminder of your special intent for yourself or others.

**Skill Level:** Little or no skill required. This is an ideal way to learn to knit and engaging for the seasoned knitter.

**Materials:** Fiber will be Manos de Uruguay. Manos is the product of a woman's co-op in Uruguay whose profits are funneled back in to the community. Yarn yardage is enough to create 2 small bowls (rice bowl size) or a medium bowl (will hold up to ½ doz. eggs).

**Dates:** Sunday, January 8 and Sunday, January 15, 2012 - **1:00pm - 3:00pm**

**Location:** Awaken With Light Studio, 525 East Gay St., West Chester, PA

**Pricing:** \$85 must be pre-paid before session to secure your spot!

**All materials included:** A variety of jewel toned colors will be available for your selection! For more info on Manos go to [www.manos.com.uy](http://www.manos.com.uy)

**Donna Pelzar - THE NEW STREET KNITTER**

To learn more about me Donna, visit: [www.thenewstreetknitter.com](http://www.thenewstreetknitter.com)