



**Workshop Title:** *African Safari of Design* with Rachel Clark  
**Description:** Wearable Art Techniques for Clothing and Quilts  
**Level:** Beginning and Intermediate  
**Sewing Machine used:** Yes  
**Materials Fee:** \$10.00 for *African Safari of Design* booklet

Join Rachel on an African Safari! Students will begin this journey of design in Mauritania; then visit the Ndebele houses of South Africa with their intricate painting techniques. Next it is on to find the mud cloths of Mali, carved calabash designs on the Ivory Coast, and distinctive narrative appliqué in Dahomey. Be on the lookout for reverse (Nigerian) appliqué as we pass through Nigeria, and embroidered Kuba cloth in the heart of the Congo. Throughout the tour Rachel will share her techniques for adapting African design to create a unique garment or quilt. Rachel will have her patterns available or students may bring a pattern of their choice that fits or design their own quilt. For a \$10.00 fee, students may purchase a booklet full of design samples from various African countries.

Supplies you should bring to the Workshop:

- ✂ A coat or vest pattern if making a garment (Rachel's patterns will also be available for \$15)
- ✂ A variety of solid and print fabrics (fabrics need not be African) in 1/4 to 1 yard pieces.
- ✂ Additional fabric for the techniques exercises
- ✂ Batting if making a quilt
- ✂ 3 to 4 yards of muslin for foundation.
- ✂ Light to medium weight interfacing.
- ✂ Embellishments
- ✂ Basic sewing kit
- ✂ Ott or similar personal light
- ✂ Pencil, pen, notepad or writing paper
- ✂ Tracing or pattern paper (examination table paper)
- ✂ Rotary cutter and board
- ✂ Omnigrid ruler or quilter's rule
- ✂ Scotch tape (optional)
- ✂ Sense of adventure combined with a sense of humor!

✂ **Note: PRESHRINK YOUR FABRIC! (another way of saying pre-wash)**