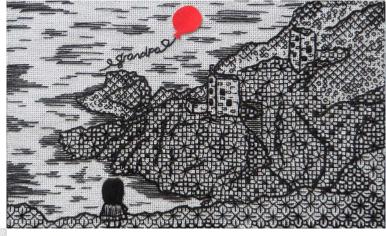


Sip & Stitch





















Mindfulness

Both needlework and socialising with others have been recognised as effective ways to reduce stress and can help improve wellness, and RSN Sip & Stitch combines both! Whether you host a party at home, in your local hall or online.

Here are some tips for creating a calming, relaxing event:

- Choose to stitch one of our beautiful templates of a flower, heart or butterfly.
- 2. Use tranquil coloured threads, such as hues of blue and green.
- 3. Why not try Kantha Embroidery which uses a repetitive and soothing **Running Stitch** that can be meditative. It also allows freedom for creativity and personal expression.
- **4.** Play some serene background music to create a relaxing atmosphere.
- 5. Serve your guests a selection of delicious herbal and fruit teas.