



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:

1. 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.

We would love to see your finished designs. Upload them to social media, tag @royalneedlework and use the hashtag #SipandStitch, so we can share all the wonderful things you create.