



Your Loops & Lessons Journey

Welcome to your 6-week journey into crochet and calm! This class is designed to be a peaceful and rewarding escape. Each week, we'll build on the last, adding new skills to your creative toolkit and new moments of mindfulness to your life. You don't need any experience—just a willingness to learn and a desire to create.

Week 1: Your First Loop

- **The Foundation:** We'll start with the very basics, learning how to hold the hook and yarn comfortably.
- **The Skills:** You'll create your first **slip knot** and a beautiful **foundation chain**.
- **The Mindful Lesson:** We'll practice focusing on the present moment. Discover how paying attention to the feel of the yarn can quiet a busy mind.

Week 2: Your First Lesson

- **The Foundation:** Now that you have your chain, we'll learn the most important stitch of all: the **single crochet (SC)**.
- **The Skills:** You'll start a small, flat piece of fabric and learn to observe your work without judgment.
- **The Mindful Lesson:** We'll talk about **patience**. You'll learn that "mistakes" are just part of the process and not something to worry about.

Week 3: Loops and Letting Go

- **The Foundation:** We'll add to your skills by learning the **half double crochet (HDC)**. You'll see how this stitch creates a slightly taller fabric.
- **The Skills:** We'll learn how to "frog" (unravel) your work and fix small errors.
- **The Mindful Lesson:** This week's lesson is about **letting go of perfection**. We'll embrace the perfectly imperfect nature of a handmade object, celebrating every unique "flaw."

Week 4: The Rhythmic Lesson

- **The Foundation:** This week, we'll learn the **double crochet (DC)**, a tall and quick stitch that will make your projects grow in a flash.
- **The Skills:** You'll learn to count your stitches to keep your edges straight.
- **The Mindful Lesson:** This week is all about finding a **meditative rhythm**. Once your hands get used to the motions, you'll feel your mind settle into a quiet, peaceful state.

Week 5: The Finishing Loop

- **The Foundation:** Our focus shifts from building up to shaping down. We'll learn how to **increase and decrease** your stitches to create different forms.
- **The Skills:** We'll also cover the final, satisfying steps of a project, like weaving in loose ends.
- **The Mindful Lesson:** This week's lesson is about **attention to detail**. We'll show care and respect for the work you've created.

Week 6: The Final Lesson

- **The Foundation:** You've made it! This week, we celebrate how far you've come. We'll put all your new skills together to start a final project.
- **The Skills:** I'll teach you how to read a simple pattern so you can continue to create on your own.
- **The Mindful Lesson:** Our final lesson is about the **joy of creation**. We'll reflect on our journey, share our finished pieces, and talk about how the peace we've found in crochet can extend to other parts of our lives. You are now a maker!

You did it! Over these past six weeks, you've not only learned a new skill but have also cultivated a powerful tool for calm and creativity. This is just the beginning of your journey as a maker. Remember to continue your practice, celebrate your progress, and find joy in every loop you create.

