



## Conscious Crafts: Pottery

20 mindful makes to reconnect head, heart & hands

**Lucy Davidson**

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### Description

In *Conscious Crafts: Pottery*, maker **Lucy Davidson** reveals the meditative nature of working with clay and its wellbeing benefits for slowing down, creativity and mindfulness.

Making is mindfulness made practical, and pottery is a popular meditative craft. Drawing on the traditions of hand making, Lucy has created 20 modern makes with air dry and polymer clay – all without the need for a wheel or kiln: imperfect pots; coasters; necklace beads; abstract earrings; terrazzo-style bracelets; bird brooches; pinch pot tea holders; light pull; incense holder; botanical and feather wall hangings; festive decorations; potted herb markers; clay 'leaf' bowls; plant hanger pots; indoor planters; miniature bunting; serving dishes and seaside vases. She shares the basic techniques to pottery and shows how these can be explored and personalized for different projects, as well as making your own clay and memories. Clean photography, contemporary illustration and heart-affirming text are beautifully mixed together to celebrate the art of making. Packed with inspiring ideas and practical guidance, *Conscious Crafts: Pottery* gives you the raw skills to get started with this fulfilling craft, and shows how the pottery experience and the satisfaction of creating your own unique makes can create happiness.

### About the Author

Lucy Davidson is a freelance graphic designer who teaches punch needle, weaving and macramé in workshops across the UK and in Europe. She also runs her own craft and lifestyle blog, Peas & Needles, which has led to her writing tutorials for numerous craft and interiors magazines – from *Mollie Makes* and *91 Magazine* to *Elle Decoration* and *KOEL*. Lucy was featured on *Kirstie's Handmade Christmas*, teaching Kirstie how to create natural dyes.

Lucy lives in West Sussex, UK with her husband and baby daughter.

Find her on Instagram (@peasandneedles) and Facebook (@peasandneedlesblog). For more of Lucy's work visit [www.peasandneedles.co.uk](http://www.peasandneedles.co.uk).