



Conscious Crafts: Knitting

20 mindful makes to reconnect head, heart & hands

Sigmone Kludje, Vanessa Koranteng

Publication	15th March 2022
Price	£12.99
ISBN	9780711266049
Format	Hardback 189 x 151 mm
Extent	144 pages
Illustrations	Colour illustrations
Imprint	Leaping Hare Press
Publisher	Quarto
Classification	Knitted clothes & accessories
BIC CODE/S	WFBS
SALES REGIONS	Craft Trade Only



Key Selling Points

- Ideal price point and format appealing to first-time knitters inspired to cast onto this iconic calming craft
- Reflects the ever-growing crafting renaissance extolled on *Radio 4* and popular television series *Kirstie: Keep Crafting and Carry On*
- A contemporary approach to knitting techniques and projects that places well-being at the heart of making.

Description

In *Conscious Crafts: Knitting*, co-founders of the Black Girl Knit Club unpick the meditative nature of the knitting process and its empowering skill set for creating, well-being and mindfulness. Making is mindfulness made practical, and knitting is an iconic craft proven to have a therapeutic impact on well-being. Sigmone Kludje and Vanessa Koranteng, have curated 20 modern makes, ranging from plant pot cosies to throws and snoods, to introduce the basics of knitting. Covering fundamental stitches and techniques including casting on, knit, pearl and moss stitch, Sigmone and Vanessa show how these can be adapted for different projects as well as re-purposing used textiles into your own upcycled yarn, all whilst embracing the restorative benefits of craft.

About the Author

Sigmone Kludje and Vanessa Koranteng are the co-founders of the Black Girl Knit Club, a knitwear collective based in East London, UK. They teach workshops, give talks and have been featured in the international press for their call for more diversity within the craft community. Their website is blackgirlknitclub.com, and their Instagram is [@blackgirlknitclub](https://www.instagram.com/blackgirlknitclub)