



## Yarn Mandalas For Beginners & Beyond

Woven wall hangings for mindful making

Inga Savage

Publication	9th August 2022
Price	£16.99
ISBN	9781446309100
Format	Paperback 280 x 216 mm
Extent	128 pages
Illustrations	Colour illustrations
Publisher	David & Charles
Classification	Weaving and spinning
BIC CODE/S	WFG
THEMA CODE/S	WFG
SALES REGIONS	Craft Trade Only

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### Key Selling Points

- Mandalas are incredibly popular and there is currently no other book on the subject of yarn mandalas
- Includes clear step-by-step instructions for 17 yarn mandalas, ranging in difficulty from simple to more complex designs
- Yarn mandalas are a wonderful way to create bright and beautiful woven wall art in a mindful, meditative way.

### Description

Discover how to make incredible woven yarn mandalas with this practical book, with an emphasis on how they can be a tool to aid wellbeing.

Author Inga Savage explains how to choose the right materials including dowels, yarn and other hardware, before moving on to 17 wonderfully colourful yarn mandalas, ranging from some very simple, basic versions using just two dowels, right up to more complicated 12-sided mandalas (using six dowels).

All of the key techniques are accompanied by step-by-step instructions and photography so you can see how to prepare the dowels and ensure that your mandalas have the correct tension to allow the pattern and colour to shine. Learn all the key patterns used in yarn mandalas including the daggers design, the square design, and how to add embroidery, tassels, and other elements into the mandalas as your skills develop.

The intricate layers and patterns of mandalas can help to reduce stress and aid wellbeing at the same time as developing your creativity. Inga highlights some 'Mindful Moments' throughout the book where she encourages you to get the most from the creative process, with the practice of intention, colour therapy and visualization. All you need to get started is yarn and some dowels and before you know it you will be creating beautiful mandalas to adorn your home.

### About the Author

Inga Savage is a mandala designer and maker. She is part of the Asheville Mandala Weavers collective, based in Asheville, North Carolina, USA. Inga sells her work on Etsy and runs regular workshops where she teaches the techniques. To see more of Inga's work, visit her Instagram @ojosdedios\_ashevillemandala