

Walk, Jog, Run A Free-Motion Quilting Workout

Muscle-memory-building exercises, projects & tips

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Description

Train your hands to free-motion quilt like a pro! Building your muscle memory, you'll learn quilting workouts to help you master creative stitch designs, with clear step-by-step instructions. Then practise your quilting with ten unique skill-building projects, plus seven bonus ideas, ranging from modern quilts to home décor. Whether you're a total beginner or coming in with a few 'races' under your belt, you can confidently walk, jog, or run the path to quilting success!

About the Author

Dara Tomasson is a school teacher turned professional quilter. When she isn't longarm quilting or cheering her kids at their basketball games, Dara loves to design patterns, make YouTube videos, and quilt for charity. She lives on Vancouver Island. For more information, visit www.daratomasson.com.

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