

# KNITTING CLASS with Pui Gardiner

**Knitting** has proven mental and emotional benefits. Increased fine motor skills, creativity and physical dexterity can stimulate brain development, and knitting has been linked to improvements in math, reading and comprehension, problem-solving, critical thinking, and an overall desire to focus and learn.

**Knitting** is an excellent way to manage stress and enhance emotional wellbeing, and also functions as a detox from screens and technology.



**Pui Gardiner** has been knitting almost daily for over 10 years. She is the founder of 852 Fabric, a custom fabric design business with a focus on Hong Kong themed fabric. She has previously run a hand dyed yarn business, and has a passion for the fibre arts.

**Materials required:**

To start with, a pair of 5mm straight needles and 50g plus of suitable worsted weight yarn. Alternatively a set of needles and yarn is available at the class for \$40. Please inform the instructor if you have an allergies to wool or other fibres.

**CHILDREN'S CLASS \$300/class**

Age: 8 years and above

**Every Thursday**

4:00pm-5:30pm (1.5 hrs class)

Venue: The General's Lounge G/F

This class will teach kids the basic knitting stitches, how to cast on, and cast off. As their skills advance, they will learn to read patterns and other techniques.

*They will make simple projects such as scarves, a knitted bunny, pot holders, and pom poms.*

**ADULT'S CLASS \$380/class**

Age: 18 years and above

**Every Thursday**

6:00pm-8:00pm (2 hrs class)

Venue: The General's Lounge G/F

This class will teach the basic knitting stitches, how to cast on, and cast off, and how to read patterns. As students advance we can explore techniques such as lace, knitting in the round, and colourwork.

*Projects will include washcloths, scarves, cowls and hats, and also simple knitted sweater construction.*

