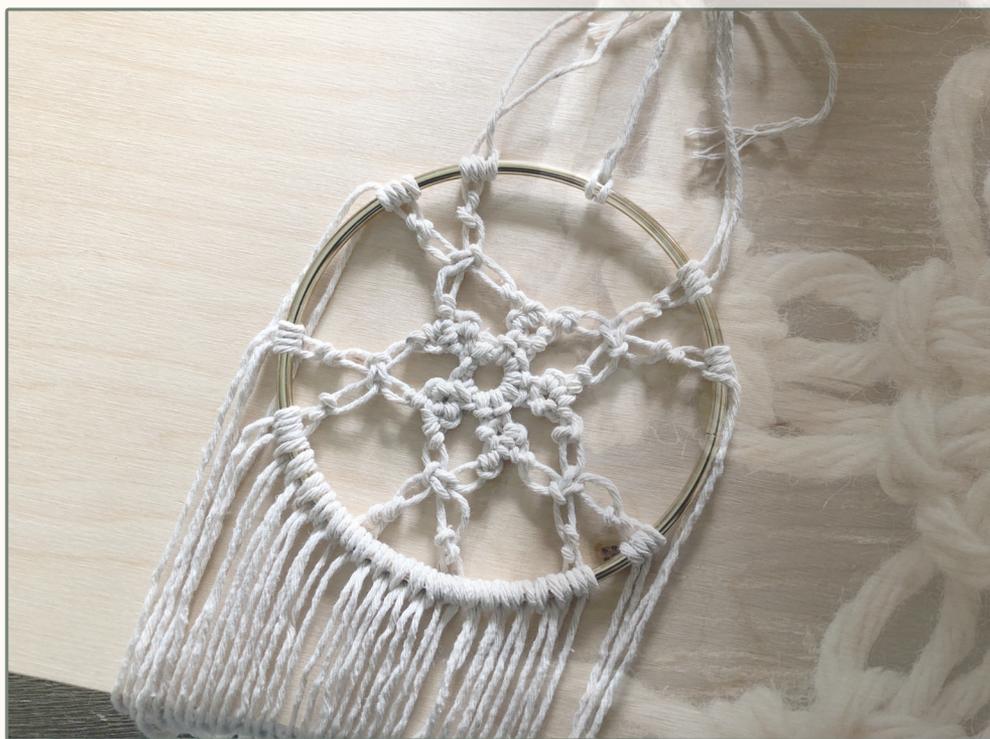


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art & craft to soothe your soul

Knots of Calm



Project Guide

by soulcraft

www.soulcraftcanada.ca

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Welcome to Knots of Calm!

I hope you enjoy making this project as much as I enjoyed designing it for you!

This PDF forms part of our knots of calm project guide. The video part of the guide can be reached by following this link;

[Video Guide to Knots of Calm](#)

Feel free to follow along with me or create your own design! Use whichever materials take your fancy. Enjoy! It's your time!

What's included in your project?

Materials & guide to the basics of macrame!

- 3mm cotton cord
- brass hoop
- detailing scissors
- measuring tape
- link to our video part of this project guide are contained in this PDF. If you need any assistance accessing them, please email us at soulcraftcanada@gmail.com

In addition, you might find it easier to use masking tape to secure your macrame to the table whilst you work.



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macrame techniques

Introduction

Macrame is a textile art where pieces are made using knotting instead of weaving or knitting techniques. The most common macrame knots are the square knot and half hitches.

Believed to date back to the 13th century where Arabic weavers used ornamental knots to complete the edges of woven textiles, macrame is a popular craft to learn and incredibly therapeutic, once you get into your flow!

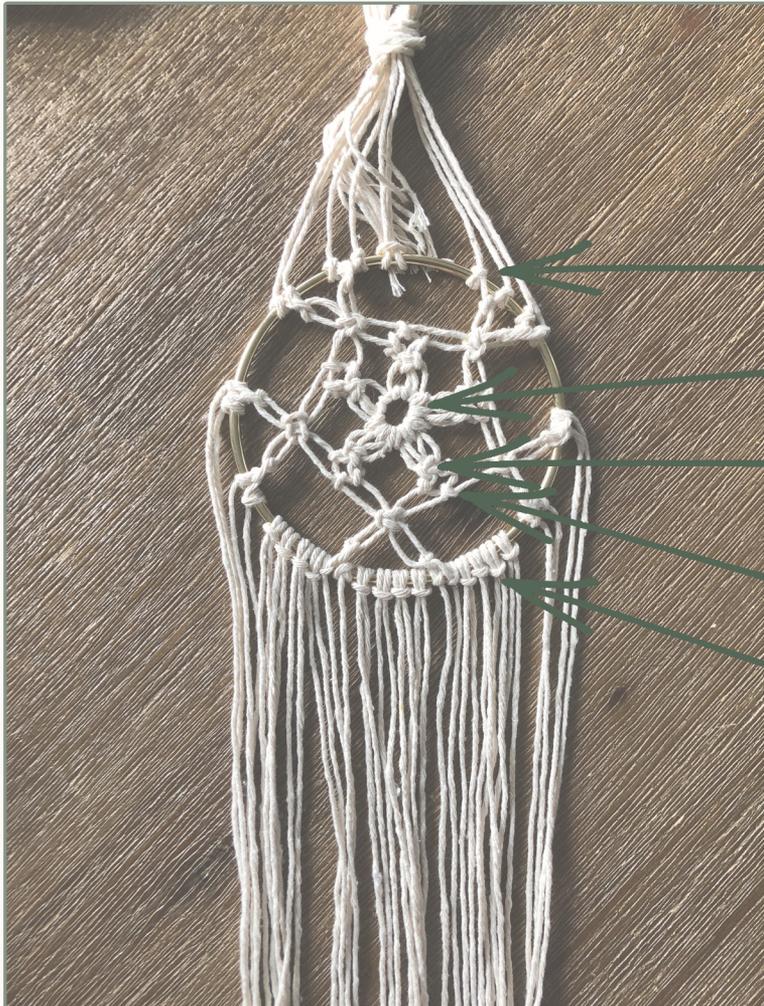


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macrame techniques

Circular Hanging

- Set out your cord, hoop and grab your measuring tape and scissors.
- For this piece you'll need to cut ten lengths of 100 cm for the centre, another twelve lengths of 70 cm for the fringe and one length of 70 cm for hanging (the cord in the centre at the top of the hoop).
- The knots in this piece are Larks Head Knots, Square Knots and Clove Hitch Knots. If you haven't already, head over to our video guide and follow along!



Larks Head Knots

Larks Head Knots

Square Knots

Clove Hitch Knots

Larks Head Knots

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Well done! You've completed your first macrame project! How do you feel? Will you keep it and use it for you or will you gift it to someone special?



Remember, it's not about producing a perfect piece, instead concentrate on the process, enjoy the experience, relax and allow your mind to rest.

See you on the next project,

happy *soulcraft*ing!

emmie clare xx

PS; Did you enjoy our Knots of Calm project? If you want to learn a different art or craft skill then check out our selection of DIY kits in our online store. Click here to visit;

<https://www.soulcraftcanada.ca/>



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