

Knit Away Stress

with

Andrea Berman Price



A Glimpse in Knitting: Many people think that knitting requires patience. It is true that some people choose intricate patterns and such tiny thread that, indeed, it requires tons of patience. But for the rest of us, knitting is a great way to relax and get centered. In fact, knitting can be a great hobby for busy people who like to stay busy - during down time, metro time, TV time. A few minutes of knitting can ease the transition from Doing to Being.

This brief workshop will give you the basic element of knitting: The knit stitch. Participants will receive a handout with resources for self-study, practice yarn and needles. If you are a knitter, bring along a project and/or a finished object to show us!

Instructor: Andrea Price was taught to knit by her grandmother, Sophie when she was six. She is the author of *Knitspeak: An A-Z Guide to the Language of Knitting Patterns*. She knits to get centered and likes to teach people how to knit. More information about Andrea and about the book is available at www.knitspeak.com. A lifelong knitter, she also teaches knitting workshops in the D.C. area. She holds a BA in anthropology from the University of Massachusetts and an EdM from Harvard Graduate School of Education.

When: 12-1PM: Thursday, April 10, 2008

Where: McShain Lounge - Small (McCarthy Hall)

The presentation is free and requires no reservation. All GU Faculty, Staff and Students are welcome. If you have any other questions or concerns, please contact Sandy 7-2409 or send an email to sw287@georgetown.edu.

Wellness Programs 2008
Faculty and Staff Assistance Program, Department of Human Resources