

# SIT

# KNIT

# HEAL

## AN OPPORTUNITY TO USE KNITTING AS A WAY TO MEDITATE AND HEAL

KNITTERS OF ALL LEVELS ARE WELCOME

ONGOING SESSIONS BEGIN MONDAY - JANUARY 18th - 2010

### ■ DAYS AND TIMES OF SESSIONS:

MONDAY - 11:30 am to 12:30 pm

MONDAY - 1:30 pm to 2:30 pm

TUESDAY - 7 pm to 8 pm

### ■ COST OF SESSIONS:

The cost of each 1-hour session is \$7.00

or a pre-paid series of 5 sessions for \$25.00

### ■ SUPPLIES FOR SESSIONS:

Please bring US #11 or #15 needles and 2-3 skeins (approximately 200 yards) of chunky weight yarn with a gauge of 8-14 stitches = 4 inches, or if you would like, a kit of yarn and needles is available for \$20.00

### ■ LOCATION OF SESSIONS:

ROSESPRINGS CENTER FOR THE HEALING ARTS      Phone: 535-693-9101

[www.rosespringscenter.com](http://www.rosespringscenter.com)

5315 NE Elam Young Parkway West - Suite A      Hillsboro, OR 97124

### ■ FOR MORE INFORMATION AND TO REGISTER:

Contact Joyce Yakas, Knitter and Guide, at [joyce.yakas@gmail.com](mailto:joyce.yakas@gmail.com)

### ■ IF YOU ARE CURRENTLY A NON-KNITTER:

A **LEARN TO KNIT** class for non-knitters is available by reservation. The class is held one hour before each **SIT KNIT HEAL** session and will provide basic skills needed for **SIT KNIT HEAL** sessions. The cost for the **LEARN TO KNIT** class is included in the above fee. Please schedule with Joyce at least one day in advance.



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