



SANDHILLS QUILTERS GUILD

Saturday, May 14, 2022
Sandhills Quilters Guild Program
at Whispering Pines Community Building

Cindy Boals presents
"Stretch and Sew ... No Fabric Required"



Do you feel achy and stiff after spending time at your sewing machine?



Join Guild member, Cindy Boals, a certified yoga instructor, in a fun and informative program designed to help you incorporate simple stretching and movement routines into your sewing practice.

We will be reminding ourselves of some ergonomic ideas for our sewing spaces and participating in a fun and gentle chair yoga practice accessible to everyone!

and following Cindy's program ...

Sandhills Quilters Afternoon "Open Sew"
bring a bag lunch, any project to work on, and have fun!