



## Creative Fibre Education

Tutor: Louise Cook

---

### Contact Details

Email [weaveyourself@gmail.com](mailto:weaveyourself@gmail.com)  
Mobile 0272707527  
Website [www.weaveyourself.nz](http://www.weaveyourself.nz)  
Instagram [instagram @weaveyourself](https://www.instagram.com/weaveyourself)



### Biography

My two great passions in life are teaching and fibre arts, specifically SAORI weaving. I first discovered SAORI weaving in 2011 when I attended a workshop with a visiting tutor from Canada, and a year later I travelled to Osaka in Japan, the source of this wonderful art. I stayed for two weeks, learned as much as possible, attained pass results in the three examinations the studio presented and at the conclusion of my stay, I was asked by the SAORI family if I would consider being their representative in New Zealand. I am very proud to say that I am the authorised global representative of SAORI free style weaving in New Zealand. I continue to travel to Japan regularly to keep up to date with the new techniques and information.

I love this style of weaving, the method of presentation, but most of all the philosophy of the founder. SAORI weaving is an activity of free-flowing, uninhibited hand weaving and the core philosophy that we are all born with unique sensibilities and the power to create. SAORI is not only a practice of connecting deeply with one's own creative and authentic self, but it is also a practice of connecting deeply with others. It is therapeutic, easy to learn, calming, and the weaver is in control of their own piece of cloth being created. The only limit to the outcome is the weaver's imagination. No rules, no mistakes!

My SAORI weaving workshops have proven popular throughout New Zealand and I am happy to teach locally or to travel.

### Workshops

Page	Title	Level	Duration	Available For
P2	Introducing Weaving SAORI style – SAORI For All	Any	6–12 hours	National; Area/local; Travelling Tutor
P4	Listening to the Cloth 1. A SAORI Pattern 2. Drape and Design	Any Intermediate/Advanced	6–12 hours	National; Area/local; Travelling Tutor
P6	Introducing SAORI Style Sewing Techniques for Plain Hand Woven Cloth	Any	6 hours	National; Area/local; Travelling Tutor



## Creative Fibre Workshop

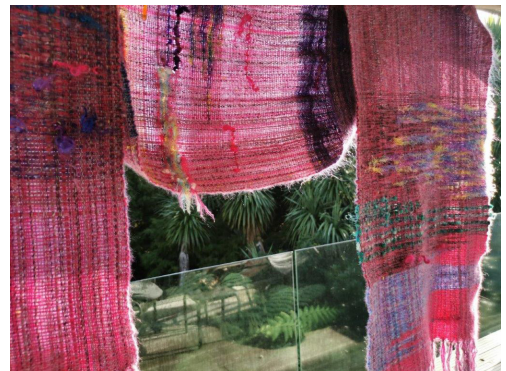
# Workshop: Introducing Weaving SAORI Style – SAORI For All (Page 1 of 2)

Tutor: Louise Cook

### Description

This workshop is to introduce the group to free-style SAORI weaving..

- Greet, introduce self, give information re Health and Safety.
- Establish hours eg morning and afternoon breaks, start and finish times on each day.
- Group introductions.
- Give a brief history of SAORI weaving and the philosophies.
- Instruct on bobbin winding, use of different shuttles, and loom operation for SAORI loom users.
- Start weaving to establish that all are comfortable with the operation of their loom.
- Each weaver is in control of their own creation of a unique piece of cloth, the choosing of weft threads, the techniques to use and colours and treasures to try.
- Throughout the day gradually introduce the SAORI techniques which will result in the weaver's cloth being unique with texture and colour.
- Reinforce often that SAORI weaving is freestyle, no rules, no mistakes.
- The edges of the cloth do not have to be even/straight.
- Encourage the sharing of ideas and methods any of the group have.
- Share from SAORI published information, selected passages to which the weavers may relate.
- Give positive reinforcement and encourage the weavers to weave for fun.
- Interact continually with all participants.
- At the conclusion of the workshop ask for suggestions as to the use of the weavers' creations if they have thought about this yet.



## Creative Fibre Workshop

Workshop: Introducing Weaving SAORI Style – SAORI For All (Page 2 of 2)

Available for:	National, local/area
Level	Any
Minimum No. of Participants	6
Maximum No. of Participants	10
Duration	6–12 hours, one or two days
Learning Outcomes	<p>Weaving is not difficult. It is the crossing of threads.</p> <p>Weave with no outcome in mind and weave in the moment for fun.</p> <p>It is easy to be creative with fibres by weaving and mixing colours and techniques.</p> <p>For a weaver to become confident about creating a unique piece of cloth. This creation often displays the maker’s personality and with a little more consideration can become a useful item in the home or a garment to wear.</p> <p>At the conclusion of the workshop, the participants would expect to take away a length of cloth cut off a borrowed loom or remaining on their own loom to complete. This is a unique piece of cloth and is similar to a sampler for future reference. It could become wall decoration, table runner, mending for a garment, a bag, a garment.</p>
Materials Required by Participants	Own warped up loom unless using a Saori loom, own weft threads, treasures, own loom/weaving tools
Materials Provided by Tutor	Workshop notes, looms if required, Shuttles, bobbins, threading hooks, spare warps, cones of threads of various types, colours and textures, treasure basket, Scissors. Examples of weaving.
Materials Fee	\$10–\$20
Advance Preparation	A warped loom or notice to organiser they wish to use a Saori loom.
Classroom Facilities	Chairs, tables suitable for placing looms on, space enough for ease of movement by the workshop participants.



## Creative Fibre Workshop

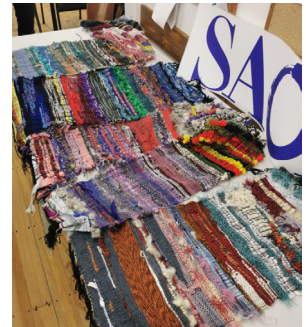
### Workshop: Listening to the Cloth (Page 1 of 2)

Tutor: Louise Cook

#### Description

Chose either:

1. **Creating a Garment** following a SAORI pattern (suitable for all levels)  
or
2. **Draping, Designing and Sewing a Garment SAORI Style** (suitable for intermediate and advanced)
  - Both workshops are intended for SAORI as well as other plain, hand woven cloth.
  - The cloth guides the maker so that the designer “listens to the cloth.”
  - The cloth has a shape.
  - Our eyes and hands need to feel and consider the cloth to obtain the best design possible for the cloth and the wearer. This is very important.
  - If draping for a garment, consider whether it will be on the bias or, straight.
  - The best seams to use.
  - The best use of raw edges, selvages, and fringes.
  - Nil or as little waste as possible for the project.



Available for:

National; Area/local; Travelling Tutor

Level

1. A Saori Pattern (all level sewers)
2. Drape and Design (intermediate and advanced sewers)

Minimum No. of Participants 4

Maximum No. of Participants 5

Duration 6–12 hours (one or two days)

Learning Outcomes

For both workshops the sewers will have given due consideration to what is the best possible design for their hand woven cloth. This can depend on the width and length of woven cloth.

The sewers will confidently cut the cloth if needed using the SAORI method.

The sewers will create and sew using the best seams for their project.

The creators of the garments will make the best use of raw edges and fringes.

Consideration of any waste or off-cuts. Can they be incorporated into the design?

At the conclusion of the workshop, the participants would expect to take away their own choice/design of a completed garment using their hand woven cloth with nil or as little waste as possible. If the garment is not quite completed, the sewer will have a clear plan of the necessary steps to complete their creation.

## Creative Fibre Workshop

### Workshop: Listening to the Cloth (Page 2 of 2)

#### Materials Required by Participants

- Several metres of washed, woven cloth. The amount will be finalised between tutor and sewer.
- Sewing machine.
- Sewing notions including sharp scissors.
- Sewing machine tools.

#### Materials Provided by Tutor

- One sewing machine as a back-up
- Sewing notions
- Mannequins
- Iron and Ironing board
- Extension power leads; multi plugs

#### Materials Fee

\$10–\$20

#### Advance Preparation

Washed woven cloth.

#### Classroom Facilities

Chairs, tables suitable for sewing machines.  
Suitable power outlets for the machines.  
Space for mannequins  
Space for laying out cloth and cutting.  
Space for ironing board.  
Space to move about.



## Creative Fibre Workshop

# Workshop: Introducing SAORI Style Sewing Techniques for Plain Hand Woven Cloth (Page 1 of 2)

Tutor: Louise Cook

---

### Description

- To introduce the group to the SAORI techniques of cutting and sewing free-style plain hand woven cloth. This does not have to be SAORI cloth but any hand woven cloth.
- We will begin with commercial woven cloth and follow on with plain hand woven cloth.
- Greet, introduce self, give information re Health and Safety.
- Establish hours, eg morning and afternoon breaks, start and finish time of the day.
- Group introductions.
- Give a brief history of SAORI weaving and the philosophies including the use of the cutting and seam techniques.

#### Introduce:

- How to cut hand woven cloth following the grain.
- How to cut hand woven cloth against the grain.
- How to cut hand woven cloth on the bias.
- Learn and practice the types of seams recommended by SAORI including intersecting seam.
- Welt seam.
- French seam.
- Flat felt seam.
- How to make the best use of selvages and raw, unravelled edges.



Available for:

Level

Minimum No. of Participants

Maximum No. of Participants

Duration

Learning Outcomes

National; Area/local; Travelling Tutor

Any

4/5

4/5

6 hours

Have knowledge of:

- How to cut hand woven cloth following the grain
- How to cut hand woven cloth against the grain
- How to cut hand woven cloth on the bias

### Learning Outcomes contd

- The types of seams recommended by SAORI including intersecting seam Welt seam
- French seam
- Flat felt seam
- Be confident in selecting and using the best type of seam for the purpose of their project
- Have a selection of different methods of the best use of selvages and raw, unravelled edges for their project

At the conclusion of the workshop, the participants would expect to take away: Samples of different types of Saori style seams for the sewing of a bag, a garment or other creation.

### Materials Required by Participants

- Own sewing machine
- Pieces of hand woven cloth
- Sewing threads
- Sewing machine tools

### Materials Provided by Tutor

- Workshop notes, sewing machine, threads, samples of hand woven cloth, sewing tools to share.
- Existing samples of the seams to be learned.

### Materials Fee

\$10–\$20

### Advance Preparation

Knowledge of machine sewing and how to operate their sewing machine.

A selection of machine woven cloth samples.

A selection of hand woven cloth samples.

### Classroom Facilities

Chairs, tables suitable for placing sewing machines on, space enough for ease of movement by the workshop participants.