

## Supply List Magical Mindful Stitching with Photographs

Hillary Johnson

- Variety of printed photographs on thick paper
- Threads in multiple colors and textures
- Embroidery needles and hoop (hoop optional)
- Scissors, adhesives, sketching pencils
- Mixed-media materials (optional)
- Personal photographs (optional)
- Comfortable clothing for meditation
- Notebook for journaling reflections