



**LOOKING BACK,
WITHIN AND AHEAD**
Celebrating Indigenous Wisdom

OE2311

SENSE OF BEING “SELF RELIANT”



INSTRUCTOR

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OVERVIEW

Some generations ago, the three basic needs of man were within his reach- food, clothing and shelter.

Today, we have come to a point where we have lost our ability to think clearly of what is good for humans, nature and earth. We can't decide when to not be a part of this ever-ending race. We aspire for things beyond our reach and end up being discontent. When was the last time, one man in a lifetime, could build his own house, grow his own food and weave his own cloth? Ever though how satisfying that could be?

METHODOLOGY

- The participants will be learning to spin cotton yarn first by hand, then using a spindle and ultimately a charkha.
- Introduction to different weaving techniques to use the kind of yarn that is spun.
- Selection of a weaving technique and weaving samples in small groups.

KEY WORDS

Spinning , cotton, Weaving, meditation, fun

AVAILABILITY

14 Seats