



OE24G31

Crafting a Culture of Care

ABOUT

Self taught crochet artist with more than 28 years of crocheting experience. I teach crochet with my courses classes and patterns as a tool for becoming mindful in every aspect of life.



Natasha Jonathan

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Graduate for the National Institute of Fashion technology with 11 years of professional experience of working with reputed retail brands.



Monika Tiwari

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KEYWORDS

Selfcare, Emotional balance, mindfulness, therapeutic, wellbeing.

OVERVIEW

This workshop explores the transformative power of crochet as a tool for emotional well-being. Participants will discover how crocheting can be a mindful practice that honors the full spectrum of emotions—happiness, anger, sadness, anxiety, and fear—as essential components of a balanced and fulfilling life. Through guided crochet sessions, attendees will learn to channel both positive and negative emotions into their craft, fostering emotional resilience and promoting self-care.

METHODOLOGY

This workshop focuses on achieving emotional balance by acknowledging the importance of all emotions, including anxiety and fear, as essential components of a fulfilled life. Participants will learn basic to intermediate crochet techniques while integrating mindfulness practices, using crochet as a medium to symbolize a range of emotions, both positive and negative. Throughout the workshop, students will create emotional impact through icons and imagery, culminating in a collective tapestry that reflects their experiences. This showcase will encourage participants to reflect on their emotional growth and the insights gained during the workshop, fostering a deeper understanding of themselves and their creative expressions.

LOCATION

Gandhinagar

MAXIMUM PARTICIPANTS

15