

Infuse your knitting practice with mindfulness. Sacred Knitting runs experiential workshops that helps us tune into the present moment, using our knitting as a tool to manage stress and regulate our nervous systems. A knitting ritual & moving meditation. Join us, then join us again.

INTRODUCTION TO

KNITTING

FOR

YOUR

NERVOUS

SYSTEM

BY SACRED KNITTING

- 75 minutes
- For knitters of all experience levels
- Bring a simple knitting project from home (garter, stockinette, etc.)
- Learn about stress, the nervous system & mindfulness
- A peaceful & inclusive experience with your fellow knitters

Created by: Kelsey Mott, ND, RN
Kelsey is a Naturopathic Doctor & Registered Nurse with a passion for stress management & knitting. You can find her knitting at the beach or swimming in the sea.

JOIN US AT YARN BASKET CC

January 8, 2026

4:00-5:15 PM

\$25

www.sacredknitting.com

instagram: @sacredknitting

***REGISTRATION IS LIMITED, CALL LIZ TO RESERVE YOUR SPOT AT**

508-477-0858*

**BRING A
SIMPLE & REPETITIVE
KNITTING PROJECT
FROM HOME**