

Fall 2026 Retreat Materials and Homework

Kate Atherley

Math for Knitters – Level 1: Solving Knitters' Number Puzzles

Description:

Everything you need to know to figure out all those tricky numbers puzzles you encounter in your knitting. We'll focus on how math fits into pattern reading – all the aspects of counting and working and keeping track of instructions. We'll cover things like "Decrease every 8 rows 10 times", and "Increase 12 sts evenly distributed across the row". We'll talk about calculating yardage in partial balls of yarn, and how to ensure you'll have enough to complete your project. We'll also have a discussion of gauge and what it really means – and how to deal with it if you can't match. Suitable for newer knitters, and those who wish to get more comfortable reading patterns - it's all about conquering your fear of the numbers and making you a more powerful knitter!

Skill level: Beginners, suitable for knitters who are confident with the mechanics of knitting, and are starting to work from patterns. This is NOT a garment alterations class, or for experienced knitters, or those with an interest in design.

Homework: None

Required Materials: Students are encouraged to have on hand patterns they have questions about

The Pick Up Artist

Description:

"Pick up and knit" is an instruction that often causes a lot of stress and worry. This session is all about how to pick up stitches, easily and neatly, to ensure that you have the right number of stitches and the result looks great. We'll cover garment necklines and buttonbands, sock gussets, and mitten thumbs; we'll also talk about special situations like Entrelac and pick-up-and-purl.

Skill level: Advanced Beginner

Homework: With light-colored medium-weight scrap yarn, work the following small piece of knitting: cast on 20 stitches. Work 3 inches as follows – RS rows: Knit; WS rows: K5, p15. Bind off.

Required Materials: 4-5mm/US #6-8 needles and scrap medium-weight yarn

Size & Fit: Why the "Medium" Never Fits Quite Right

Description: The biggest challenge for many knitters when starting a garment project is knowing which size to make. This class will show you how to decide - and set you well on the

way to a successful and flattering sweater. We'll explain how to read measurement tables and schematics to understand how a garment is sized. We'll show you how to measure yourself properly to make the right choice. And most importantly, we'll explain garment fit, including demystifying terms like "negative ease"- and show you how to choose the right pattern from the start.

Skill level: all levels, ideal for knitters just starting with garment knitting, or for knitters who haven't had a lot of success with garments

Homework: None

Required Materials: Students are welcome to have on hand patterns they have questions about.

The "Holey Grail" - Avoiding Gaps and Holes

Description:

This class focuses on tips and techniques for dealing with common holes and gaps in your knitting: why they're there, how to avoid making them, and how to deal with them up if they do happen. We'll talk about mitten thumbs, underarms in seamless garments, sock gusset pickups, necklines, starts and ends of rounds, and more! Bring your questions and holes!

Skill level: Advanced Beginner - knitter should be confident with knit and purl

Homework: [Click here for PDF](#)

Required Materials:

4-5mm/US #6-8 needles, and scrap medium-weight yarn; there is homework for this class, details will be provided

Ana Campos

Portuguese Knitting: From Basics to Colorwork

Description:

Learn how to knit Portuguese style! Portuguese knitting is more efficient and easier on your joints, so it can help reduce strain and fatigue. In this style of knitting, the yarn is tensioned either around the neck or using a knitting pin. This unique method of tensioning the yarn allows both knit and purl stitches to be created with a simple flick of the thumb! In this workshop, you'll start knitting a cowl that starts with basic techniques (Portuguese knit and purl), and then move to stranded colorwork. Portuguese Knitting makes it easier to control the tension of your floats, making for easy stranded knitting!

Skill level: Advanced Beginner and Beyond

Homework: Using Main Color, cast on 72 stitches. Join in the round, being careful not to twist, and place a marker for the beginning of the round.

Required Materials:

- Set of 2 Portuguese Knitting pins (available online through instructor's website - <https://www.circleofstitches.com/>)
- 100 yards each of two contrasting colors of bulky weight yarn (example: Malabrigo Chunky) Note: Please be sure to get bulky, not super bulky!
- US10 (6.00 mm) 16" (40 cm) circular needles or size needed to obtain gauge.
- You may want to also bring US 9 (5.50 mm) and US 10.5 (6.50 mm) 16" (40 cm) circular needles, as you may find your gauge is different when knitting in this new style)
- Stitch marker for beginning of round, extra markers to keep track of pattern repeats

Finish like a Pro: Beautiful Seams and Joins

Description:

Level up your knitting! The finishing process is an important element that is often overlooked. It can make the difference between knits that look okay (or a little wonky) and knits that look truly polished. Take your knitting to the next level and learn how to expertly weave in ends, invisibly seam your knits along vertical and horizontal edges, and properly pick up stitches along finished edges.

Skill level: Advanced beginners and beyond

Homework: Knit 3 stockinette squares in smooth, worsted weight wool (such as [Berroco Ultra Wool](#)) as follows:

Cast on 25 stitches.

Row 1: Knit all. NOTE: Do not add slipped stitches or a garter border to your square.

Row 2: Purl all.

Repeat Rows 1 and 2 until you have a square. Bind off.

Required Materials:

- Completed homework swatches
- Scrap amounts of worsted weight yarn in a contrast color, for sewing seams
- US 8 knitting needles
- Tapestry Needle
- Scissors

Fiona Ellis

Tints, Tones & Knitting Two Colors Together

Description:

Many knitters find it difficult to choose colours. This class will show you how to put color theory into practice, so that those scary sounding terms make sense. You will look at color temperature, tonal value, complimentary and analogous color schemes along with many other terms. But once you get playing with colour you will see how the theory can be a helpful underpinning. In combination with the colour exercises, instruction will be given on the techniques used for working with multi colors; Stripes, Fair Isle, Instarsia, Slip Stitch etc.

Skill level: All Welcome

Homework: None

Required Materials:

Part balls (a few yards each) of medium weight yarns, bring whatever you have on hand in your stash in a variety of colours, pair of yarn appropriate needles, squared paper, coloured pencils (optional).

Knitting as Meditation

Description:

We've heard the phrase "Knitting is the New Yoga". Fiona loves both yoga and knitting. Join her as she brings awareness to what is taking place during our knitting practice. She will lead some knitting exercises that will begin to teach many of the things she has learned from yoga. You can expect to come away with something new and useful; that may be a nifty new knitting trick or, you may learn something about yourself and how knitting can be used as meditation.

Skill level: All Welcome

Homework: None

Required Materials:

2 part balls of differently coloured medium weight yarn, yarn appropriate needles, cable needle.

Barry Klein

New Ways to Do Just About Everything!

Description:

Cast on, bind off, pick up dropped stitches, full fashion inc, full fashion decrease, assembling pieces and more. Let's take the basics that we already now and move them up to the next levels. There will be a few surprises in this class that will help you enjoy your yarns even more.

Skill level: Full understanding of basic knit and purl.

Homework: Please have two 4x4 swatches we can use for assembly. One is pure Stock St. Second is 1/2 stock and 1/2 garter.

Required Materials: Have an assortment of yarns about the same gauge and matching needles for these yarns. Classic yarns work better than textured yarns for this class.

Tunisian Crochet

Description:

Let's start with the basics and move on. In this class we will learn the classic Tunisian Stitch, from the initial chain to picking up stitches and then the return. We won't spend a lot of time here as we assume you have an understanding of basic crochet. We will continue with this idea through working multiple yarns, changing shapes, working zig zag, Miters and creating patterns based on the ideas we've done with our swatches. One basic technique turned in every direction.

Skill level: Full understanding of basic crochet.

Homework: None

Required Materials: As many diverse yarns/thicknesses, textures, colors, solids and fibers as possible. Tunisian Crochet hooks F,G,H,I, or have an interchangeable set that changes easily.

Magical Miters in New Directions

Description:

Not diamonds or triangles but boxes that layer and lean into each other and more. Play with color, textures, and learn how to use up your stash. (We have the assumption that you have a stash....oooh yes you do !!! All of the ideas are fun to do and really quick and they will allow you to become your own designer in the easiest way.

Skill level: Basic knit and purl.

Homework: None

Required Materials: Please have an assortment of yarns in a diverse range of textures, colors, solids, thickness and thin companion fibers. Knitting needles #8, 9, 10, 10.5. open edge stitch markers for easy removal.

New Yarns and How to Make the Most of Them

Description:

Textured, ruffled, open edges, plied, lashed and more. In this class, you will receive a few yarns of a group of new yarns and we will go about creating samples with them to detail them, add edges, use for embellishment stripes on top, create layers and more. All of the ideas are fun to do and really quick so you can finish a complete project quickly as we head towards the Holiday season.

Skill level: Basic understanding of knit, purl and how to use a crochet hook.

Homework: None

Required Materials: You will receive the yarns we will use in this class. They will come as hanks. Please take them down to balls for easy use. Have an assortment of needles: #7,8,9,10 and crochet hooks F,G,H,I,J

Nina Machlin Dayton

Flawless Finishing

Description:

Many a beautifully knit sweater or accessory falls short in the finishing process. We will examine the best practices for the steps that make our projects more polished looking – picking up stitches for button bands, seaming (vertical to vertical, horizontal to horizontal, and vertical to horizontal for the dreaded set-in sleeve), blocking, and weaving in ends. Take your projects to the next level by learning the techniques and tricks that make them look impeccable!

Skill level: Intermediate

Homework:

Please make the following swatch 4 times and bring them with you to class:

Using worsted weight and size 7 needles cast on 21 stitches leaving a long tail (12 – 16 inches) for sewing

Rows 1 & 3 (RS): *Knit 1, Purl 1* Repeat from * to * to end of row, end Knit 1

Rows 2 & 4 (WS): *Purl 1, Knit 1* Repeat from * to * to end of row, end Purl 1

Then work in Stockinette Stitch (knit right side rows and purl wrong side rows) until swatch measures 4 inches long.

Bind off all stitches knit-wise.

Required Materials:

Tapestry needles - Bent tip ones are very helpful, but not necessary

Additional worsted weight yarn in case more is needed

Beaded Garter Stitch Cuffs

Description: Together we will learn the techniques to make these beaded garter stitch cuffs which are traditional in Lithuania and Latvia. Made with 6/0 seed beads and DK weight yarn they work up more quickly than the traditional cuffs they are inspired by, and teach a wonderful beading technique that you can use to embellish any number of different knitting projects that you want to add a bit of sparkle to!

Skill level: Intermediate

Homework: None

Required Materials:

Helena Cuffs Pattern by Nina Machlin Dayton (included) [Click here for PDF](#)

YARN: About 120 Yards DK weight yarn.

NEEDLES: US3/3.25mm needle

OTHER MATERIALS:

About 400 size 6/0 seed beads for both mitts. Each mitt uses 195 beads.

A Big Eye needle or other method for pre-stringing your beads onto the yarn, like

this: <https://www.amazon.com/Beadsmith-Beading-Needles-General-Embroidery/dp/B0163C2NLC/>

Your knitters toolkit with scissors, tapestry needle, and note taking materials

Xandy Peters

Introduction to Brioche

Description:

We will make a basic swatch and look at the unique terms and symbols used in brioche stitch patterns. The second half of the class is dedicated to examining and understanding our brioche swatches and troubleshooting common mistakes. This class focuses on 2-color brioche worked flat, but information will also be provided for 1-color (it's more advanced than with 2 colors!) and circular techniques.

Skill level: Advanced Beginner/Intermediate - Must know knit, purl, slip, yarn over, and experience reading written or charted patterns.

Homework: None

Required Materials:

Worsted-weight yarn in 2 colors, US 6 (4mm) circular or double-pointed needles, sharp scissors, notebook, pen or pencil with eraser, stitch markers, tapestry needles (large and small), tape measure, small calculator, needles and crochet hooks of various sizes.

Fixing Mistakes in Brioche

Description:

If you enjoy knitting brioche stitch but still feel lost if a mistake occurs, this class will get you back on track. Brioche mistakes, like the stitch itself, are unique from other knitting mistakes and often require a special set of skills. In this class, we will look at the structure of brioche fabric and learn when and how to rip back multiple rows, fix laddered stitches, and even correct a missed increase or decrease. We will also learn how to spot mismatched, dropped or twisted tuck stitches. Each student will cast on and begin a swatch of simple brioche stitch before class and are encouraged to follow along with demos of each fix. They will also have an opportunity to bring in their own brioche projects for help and advice.

Skill level: Intermediate: This class is best suited for students with a good understanding of basic 2-color brioche stitch who are ready to build their knowledge of brioche knitting.

Homework: There is a homework handout that will be sent with the class handouts, well before the classes.

Required Materials:

Worsted-weight yarn in 2 colors, US 6 (4mm) circular or double-pointed needles, sharp scissors, notebook, pen or pencil with eraser, stitch markers, tapestry needles (large and small), tape measure, small calculator, needles and crochet hooks of various sizes

Stitch by Color

Description:

Have you ever struggled to find project ideas for multicolored yarn? In this class we will create colorwork, texture, or lace using variegated yarn as our guide. In plain stockinette or garter stitch, multicolor yarns create linear patterns. You can completely change the way a multicolor yarn looks by isolating or manipulating the colors with your stitches. Students will learn 15+ stitches that can be used in assigned pooling and knit by color patterns and have a chance to experiment with different stitches. At the end of class, everyone will share their results and discuss how each rule affected the outcome of their stitch pattern.

Skill level: Advanced Beginner/Intermediate: Students should be familiar with ONE of these techniques: beginner lace, slipped stitches, bobbles. These techniques and others will be demonstrated in class.

Homework: None

Required Materials:

A few different multicolor yarns, needles appropriate to your chosen yarn, notebook, pen or pencil with eraser, stitch markers, and a crochet hook.

Color Theory for Fiber Artists

Description:

Learn strategies to help you quickly and efficiently try out exciting yarns and colors in your knitting. First, we will use coloring pages to explore our innate color sense. The fundamental concepts of color interaction and theory will be introduced in a lecture format. During the presentation, students will learn about the color wheel, historical points of interest, and will see examples of quick and dirty color-ups from a fashion industry perspective, focusing on methods of exploring color combinations without the expense of yarn and the time intensive process of swatching. Students are encouraged to bring in “difficult” yarns, spinning fiber, and color inspiration. Coloring and knitting swatches during the lecture time is encouraged.

In the second half of the class, we discuss everyone’s coloring pages and yarn comparisons. This is an interactive and conversational class, designed to show range of palettes and color perspectives and how a pattern is changed by color.

Skill level: Open to all levels and crafts.

Homework: There is a homework handout that will be sent with the class handouts, well before the classes.

Required Materials: Have coloring supplies of your choice available during the class.

Natalie Warner

Introduction to Dart Manipulation

Description:

Master the essential skill of dart manipulation in this hands-on class. Perfect for anyone interested in garment construction and fit, this class is suitable for all ability levels. You will learn to pivot and transfer darts to create a wide variety of new silhouettes and designs. We'll provide you with a digital half-scale bodice block to work with, allowing you to practice and continue your learning independently. This is a chance to move beyond basic patterns and understand the fundamentals of shaping garments, giving you the power to put your own creative spin on any design.

Half-scale bodice blocks will be supplied digitally for learners to practice and continue learning independently of the class or lecture.

Skill level: All levels welcome

Homework: Please print out the blocks, cut out and stick onto cardstock so that you have longer lasting card templates. We will be tracing, pivoting and cutting for this class.

Required Materials:

- ✓ A printed copy of their half-scale block, stuck onto and cut out in card
- ✓ A4 or A3 paper (this does not have to be particularly thick or good quality; you can use large sheets of dressmaker's pattern paper or any light paper less than 70gsm in weight)
- ✓ Pattern master, set square, or ruler with gridlines marked for 90-degree angles
- ✓ Mechanical pencil in the 2H to 4H range (a regular pencil is fine, but it may need to be sharpened often)
- ✓ (Optional) Selection of coloured fineliner pens

Surface Pattern Design for Knits - Stranded Colourwork

Description:

Discover the world of surface pattern design for knitwear. This class is for knitters of all skill levels, from beginners to more advanced designers. We'll explore how to transform simple shapes into beautiful and complex tessellations. Learn to design repeating patterns using stranded colourwork. You'll be guided through the process of developing your own ideas and creating a bank of unique designs. Give yourself credit for being a designer, not just a knitter—it's time to expand your creative horizons and put your own stamp on your work!

Skill level: All are welcome

Homework: None

Required Materials:

- ✓ Squared paper
- ✓ Basic stationery kit, including HB, B, or 2B pencils
- ✓ (Optional) An inspirational image or source from which to design their tessellation

Harry Wells

Colorwork the Easy Way

Description:

Slip-stitch patterns can boast amazing colorwork without the hassle of stranding or working with multiple colors in a row! Stunning results such as intricate mosaic designs, textural colorwork like houndstooth, and more are in your future. Along with the basic mosaic knitting technique for garter and stockinette, learn to predict when combinations of variegated and solid color yarn work together and when they will not, and how charts are written and read differently for mosaic knitting. Practical tips about navigating the technique and advice regarding the best uses for mosaic knitting are included. Also covered are examples of adding slip stitch to basic garter and progressively adding one, two, and three colors to achieve stunning colorwork results with so little effort!

Skill level: Beginner - Participants must be proficient at casting on (long tail cast-on preferred), knitting, purling, and basic increases and decreases (k2tog, ssk, etc.) Familiarity with reading basic knitting charts is helpful.

Homework: None

Required Materials:

Straight needles or 16" circular, Size 6 or 7, two to four small balls (25 grs each) of worsted weight wool yarn in contrasting colors for swatch practice in class, stitch markers. For scarf project to start in class (as time permits), worsted wt wool or wool blend yarn, 2 colors, highly contrasting (MC and CC), 100 grams each.

Flipside Awesomeness - Reversible Cables

Description:

Cables are lovely...until you flip them over. Now learn how to make them reversible! Learn what can and cannot be reversed, and two methods in developing reversible cable fabric. Many examples of cables—rope, lozenge, celtic braid, horn and more—are covered with step-by-step examination and in-class exercises to convert them to reversible. Participants will be given several reversible sample stitch patterns to knit up.

Skill level: Intermediate: Participants should be able to accomplish basic long tail cast-on, and basic stitches such as knit, purl, K2tog, SSK, yo, and know how to do a basic rope cable and be able to read charts with cable symbols.

Homework: None

Required Materials:

A cable needle, locking stitch markers, worsted weight wool or wool blend yarn in a light or medium color, US size 7 needles (or whatever you use for worsted weight).

I'll Put a Hex on You: Hexagon Stitch and Other K1 Below Textures

Description:

Knitting in the Stitch below is a stitch that creates a wide variety of textural interest. We will learn and practice the K1 Below technique on a one color Twisted Moss pattern practice on a two-color check pattern and other 1, 2, and 3 color textures, and then move on to the more complex Hexagon stitch, practicing it flat and in the round on a cowl project. Also, a complex 2 needle cast-on will be taught appropriate for the Hexagon Stitch and any other expansive knitted fabric.

Skill level: Intermediate: Participants should be able to accomplish the following without assistance: long tail cast on, basic sts (K, P, SSK, K2 tog)

Homework:

A pattern worksheet for a Hexagon St cowl will be part of the class packet. The pre-class homework is ribbing and a decrease round for the cowl.

Using US size 6 needle, 24" circular, and worsted weight yarn, CO 196 sts in Color A (see supply list for cowl). Join in the rd, being sure not to twist sts around cord, and place beg of rd marker. Work 4 rounds in (K2, P2) to end. Next Rd (Decrease) K2tog 4x, [(k2tog) 3x, k1, (k2tog) 5x, k1] 10x, k2tog 4x (108 sts). Next Rd: Purl. Leave Color A attached to needles and bring Color B to class.

Required Materials:

Several small balls (20 grs each) of worsted weight yarn in medium to light colors to work swatches in class, size 6 needles, stitch markers. Also, one needle, size 4 (straight or dpn).

Hexagon Cowl Supplies: 2 colors (Color A and Color B) worsted weight yarn, (60 gr each) and 24" Circular Needle, Size 6 and complete the homework, which is ribbing for the cowl.

Short Row Magic

Description:

Inserting short rows can create angles and curves, making amazing shaped knitted shawls, angles on garments, and additional shaped ease in areas like busts. In this class, you will learn and practice three methods of short rows: Wrap and Turn, Japanese, and German. As time permits, examples of applications with worksheets will be discussed, such as sloped shoulders, short row sleeve cap, and adding extra fabric for the bust area.

Skill level: Advanced Beginner - Participants should be able to accomplish basic long tail cast-on, and basic stitches such as knit, purl, K2tog, SSK, YO without assistance.

Homework:

1) Using worsted weight yarn, medium or light color, and US size 6 or 7 needles, CO 28 sts. Knit 4 rows (2 garter st ridges), then work 4 rows of stockinette. Leave stitches on needle with yarn attached and bring to class.

2) Using worsted weight yarn, medium or light color, and US size 6 or 7 double point needles, cast on 40 stitches, join in the round. Knit 2 rounds. Leave stitches on needles with yarn attached and bring to class.

Required Materials:

Worsted weight yarn, medium or light color. US size 6 or 7 needles, locking st markers or knitters' pins.