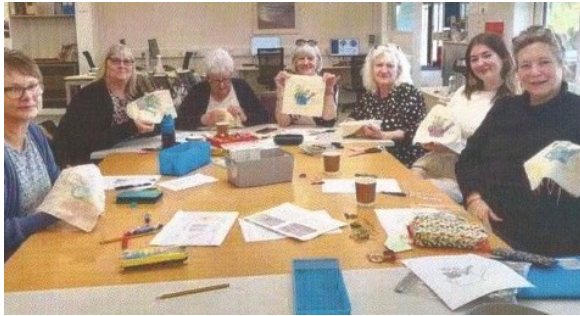


# Saltcoats Mindful Makers

Mindful Makers meeting at Saltcoats Library



Mindfully drawing in nature



Learning how to stitch



Learning how to crochet



Hand-dyed and embroidered fabric made into a note-book cover



Stitching with crayon shading



