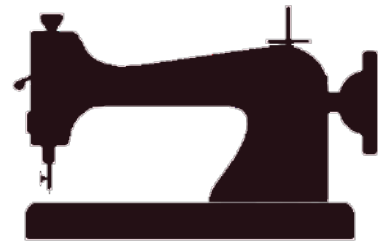

**INSIDE OUT
SEWING AND CRAFT
WORKSHOPS**



954-756-3001

www.insideoutworkshops.com

Major Credit Cards Accepted

A LITTLE ABOUT THE WORKSHOPS

Hello,

My company is called Inside Out Workshops, also known as IOW. My name is Harriet or you can call me Mrs. H and I am the Owner and CEO of the company. My daughter Yeamah often works with me.

My company runs Do It Yourself ("DIY") workshops which involve craft and sewing projects mostly from scratch. In my sewing workshop participants measure themselves and create their own clothing patterns from those measurements, then sew their own garment. In my techniques workshop participants practice doing various projects, such as, how to make darts or how to apply a pocket to a garment. The techniques are helpful when applying them to a real project at a future date.

In my craft workshops participants create crafts from scratch which they can then color or paint. Young participants come away from my workshops with a sense of accomplishment.

I like to say I am the "Build A Bear" of sewing and crafts.

IOW will provide all supplies needed for the workshop. However, IOW does not provide any food or decorations for any party or gathering at any time. You may pick the color on some select items. Otherwise, IOW will arbitrarily select a color for you. A permission slip must be signed, and full payment is due before starting a project.

I gained my experience while being a Girl Scout Leader for 10 years in Troop 10832 and assisting as a Class Mom during my daughter's elementary years in school. I consulted with a well-known fashion designer in New York named Nicole Benefield with regard to which fabrics work well with each project. I do not require every circle or square to be perfect and I use mostly stretch or knit fabrics, I find them to be user friendly. I am not a professional sewer, but I will teach you whatever I have learned over the years. I like to call this method "Garage Style Sewing and Crafts". This makes the experience fun and "STRESS FREE" for all - including me (LOL).

DIY has become a growing industry with millions of "YouTube Videos" and hundreds of thousands of Websites.

We will bring the DIY to you with all the supplies you need to create an interactive setting that is fun and creative. I believe these workshops are good for almost anyone.

This creative experience will give children and adults a sense of achievement while building their self-esteem.

DIY'ers follow picture directions, limiting the need for instructor supervision and adult participation making for a truly unique creative experience.

So, don't miss out, book your creative experience today!!

Thank you and I look forward to doing business with you.

**WE ALSO DO SMALL PARTIES
CALL FOR MORE INFO
954-756-3001**



MANNEQUIN EXTRAVAGANZA PARTY
Ages 11 to 16 (min 4)



POCKETBOOK PILLOW
Ages 6 to 10



PENCIL HOLDERS
All Ages



**T-SHIRT CAPES – HEADBANDS - GLASS PAINTING
AND TISSUE PAPER FRAMES ARE FUN THINGS TO
DO AT A PARTY FOR ALL AGES**



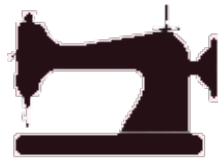
Put party picture here!

IT'S SOMETHING DIFFERENT TO DO!!

SEWING PROJECTS (Approx. 1½ to 2hrs.)

Sewing Basics - All Ages

Learn About Sewing Machines
\$50.00 Per Person



Little Tips – Ages 10 to Adults

Learn a Little about Patterns and Fabric - \$50.00 each

Patterns



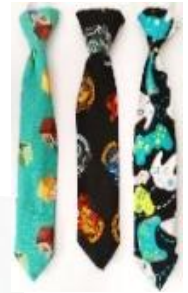
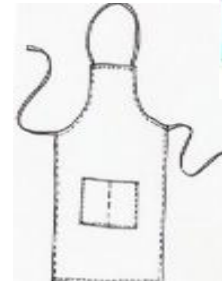
Fabrics



SEWING PROJECTS (Approx 1½ to 2hrs.)

One Size Fits All Garments

Scarves, Apron & Neckties
Ages 8 & Up \$30.00 each



Pajama Bottoms or Leggings

Measure yourself; make your pattern;
cut & sew your creation.

Ages 6 to 7 \$50.00
Ages 8 – Adults \$60.00



Circle Skirts

Round & round & round you go a circle skirt has a wonderful flow.
Measure yourself; cut your pattern;
sew your creation.

Ages 6 to 7 \$50.00
Ages 8 – Adults \$60.00



Hand Sewn Guitar Pillow \$40.00 Ages 10 & Up

No Sew tutu \$20.00 Ages 6 & Up
(Younger children may need parents help)



T-Shirt Pocketbook or T-Shirt Backpack

This is such a fun project to do why not try it - I'm sure you'll agree.

Ages 6 & Up Only \$30.00 each



Stuffed Sea Creatures - Oh my!!

Why not do all three
Ages 8 & Up - Only \$30.00 each

OCTOPUS

TURTLES

DOLPHINS



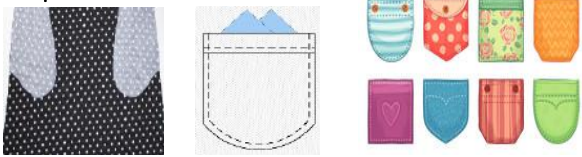
TECHNIQUES ONLY

Prerequisite to Sewing Basic and
At Least 1 Workshop of Equal Value First

Ages 10 & Up - Each Technique could Take Approx.
1½ to 2 hrs. - maybe even 2½ hrs.

Learn to apply pockets, sleeves pleats & so much more.
\$50.00 Per Project

Simple Pockets



Sleeves and Cuffs



Pleats, Ruffles and Basing



Darts, Curves and Squares



Zippers and Buttonholes



CRAFTS

Ages 6 & up

Except Sailboat & Shadow in a bottle – Age 8 & up

Sailboat - \$30.00 ea. (Ages 8 & up)

Shadow In a Bottle ea. - \$30.00 (Ages 8 & up)

Pocketbook Pillow - \$30.00 ea.

Gnomes - \$25.00 ea.

Owl - \$25.00 ea.

T-Shirt Cape - \$20.00 ea.

Pencil Holders - \$20.00 ea.

Glass Painting - \$20.00 ea.

