

# KAWANDII QUILT CLASS

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Even if I say  
this is how it works  
Ultimately,  
you will find  
what works for you.

Be  
a little brave.

Write  
a story in stitches.

A little stitching;  
go on,  
trust.

Everything will go together Start  
with four solid pillars. Work  
your way to the belly.

A little stitching;  
go on,  
trust.

My body calms like  
the space between reality  
and dream

My breath, hands, and mind Find  
A rhythm

A little stitching;  
go on,  
trust.