

**You'll bring** twigs for your Spirit Dolls from places are special to you. You may bring leaves, as well, and moss, feathers or any other natural materials that seem to attract you. For fabric, think like a quilter and bring scraps of old garments that have been worn and loved. Use old jewelry and ribbons that you've worn for adorning your Spirit Doll.

**Most importantly**, you will be setting an intention for your Spirit Doll – will it be a wish for wisdom? Creativity? Self-awareness? As you construct you spirit doll, you will make artistic and intuitive choices that result in a cherished possession – your deeply individual and intrinsically beautiful **Intuitive Spirit Doll**.

**Student list of materials to bring to the workshop (as many or few as you wish):**

- A small scrap of paper and a pen or pencil to write an intention
- Twigs of various weights and sizes, about 12" long
- Scissors
- Fabric Scraps of various sizes, colors, and textures
- Ribbon and trims, yarns
- Beads, buttons, wire
- Needle and thread (optional)
- Ephemera and found objects