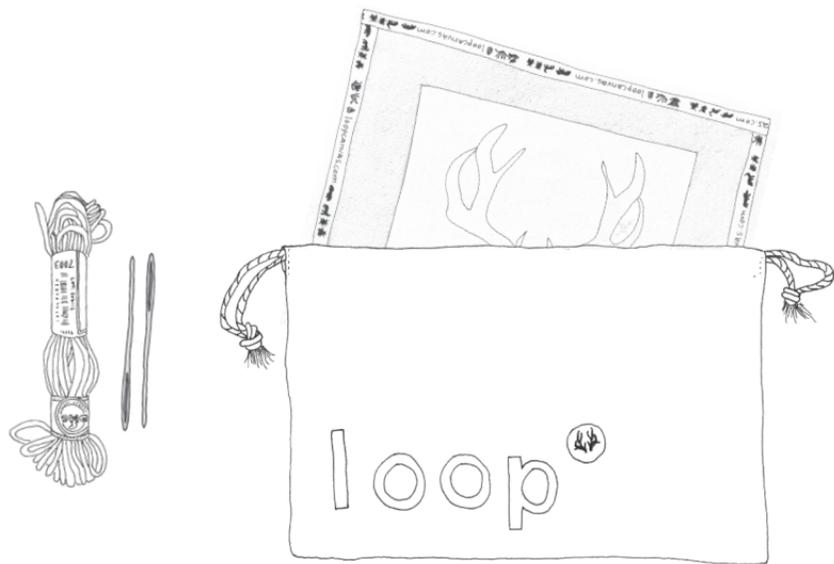


how to
loop

start, stitch & finish your project



Your needlepoint kit includes

2 needles | yarn | canvas | instructions

You will need a pair of scissors. A ruler or measuring tape is also helpful.

HOW TO LOOP

If you're right-handed, stitch from right to left. If you're left-handed, you may want to mirror these instructions, start on the left, and stitch from left to right.

GETTING STARTED

- I. You can start anywhere on the canvas. You may want to start with a big block of color, or in the top right corner.
- II. Take the corresponding yarn color and cut a piece of yarn about 18" long. Thread your needle and leave a tail.
- III. Start your canvas using The Waste Knot and A Single Stitch techniques. Continue to stitch using The Continental and/or The Basketweave techniques.

TIP! *If this is your first needlepoint, use a small area of unprinted canvas to practice stitching.*

CASTING OFF

- I. When you finish either a color or your piece of yarn, complete one last stitch so that your needle is pushed to the back of your canvas.
- II. Weave your needle through an inch of finished stitches on the back side of your canvas to keep the tail in place.
- III. Cut the remaining loose length of yarn.

STARTING A NEW PIECE OF YARN

- I. Cut a piece of yarn 18" long and thread your needle.
- II. Run your yarn through stitches on the back of your canvas, with the needle going in the direction of where you want to start stitching. If your yarn pulls through, try again.
- III. Once you stitch your first stitch, the yarn will stay in place.



A SINGLE STITCH

A Single Stitch

Your canvas is a grid of colors. Notice the color printed on one perpendicular point, or intersection. This is the color yarn to use for this stitch.

- I. Pull your needle from the back of the canvas up through to the front, at the bottom left square **[1]** and pull through..
- II. Push your needle through the top right square **[2]** and pull yarn through to the back. You've made a single stitch!

TIP! Make sure the yarn is snug enough to fully cover the painted canvas, and not so tight that the canvas starts to pull and warp.

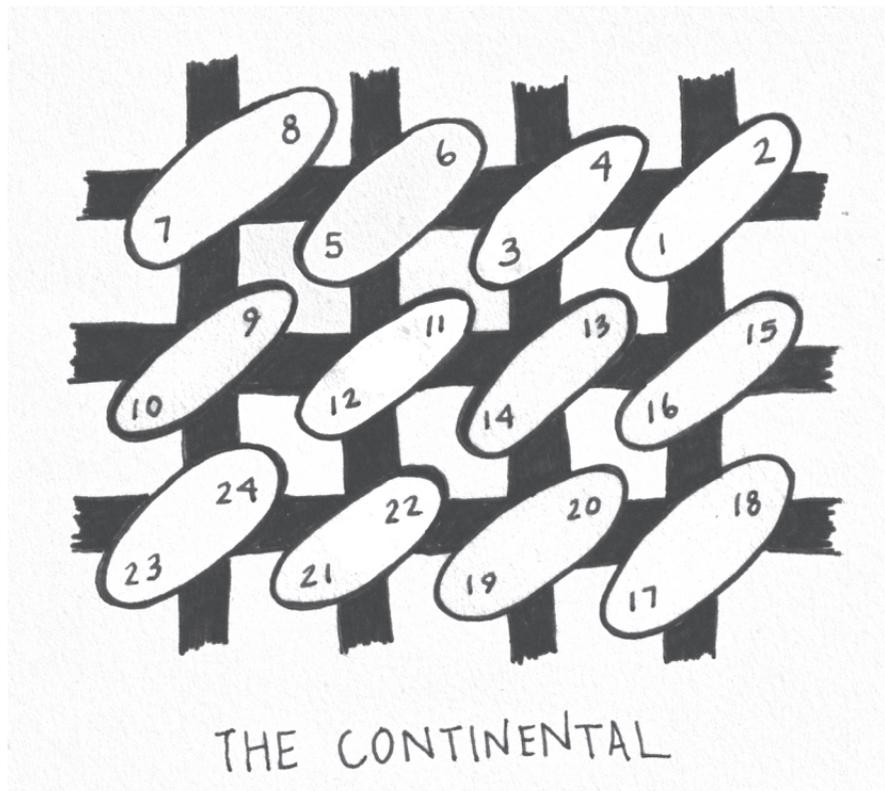


THE WASTE KNOT

The Waste Knot

A technique to make sure your stitches stay in place when you first start stitching your canvas.

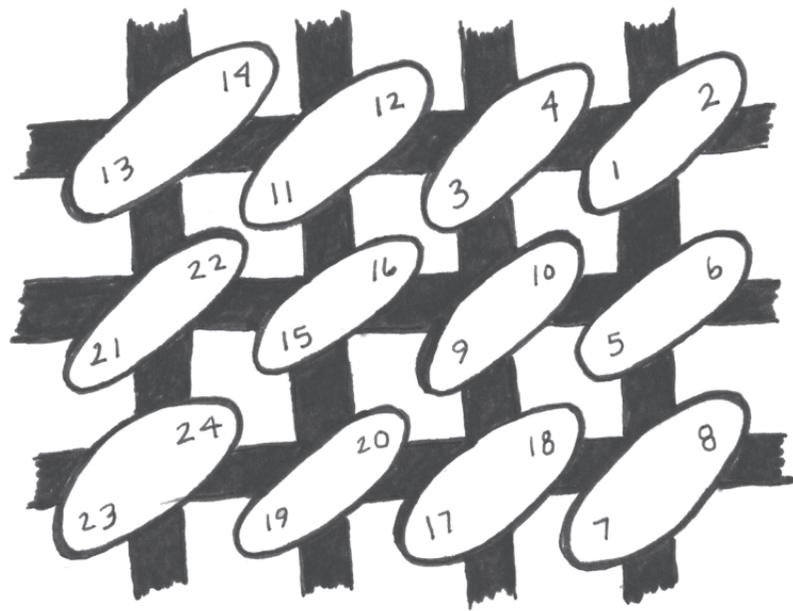
- I. Thread your strand of yarn and make a knot on the other end.
- II. Count about eight stitches to the left of where you want to start your first stitch. Keep the knot on top of the canvas and push your needle through to the back.
- III. Pull the yarn along the back side of the canvas until you get to where you want to put your first stitch.
- IV. Using the technique for A Single Stitch, begin your needlepoint.
- V. Cut the knot when you are done stitching.



The Continental

With this stitching technique, you stitch in horizontal rows, with your first row going from right to left.

- I. Start your row by bringing your needle up from the back to the front of the canvas at [1]. Push your needle down and through to the back of the canvas at [2], and pull your yarn through. Continue to come up at the odd numbers and go down at the even numbers.
- II. When you finish your first row, rotate the canvas 180 degrees (the image is now upside down), and begin working again from right to left.



THE BASKETWEAVE

The Basketweave

Work in diagonal rows of stitches with this technique instead of horizontal rows, like The Continental.

- I. Start at the top right corner of the color area you are stitching. Bring your needle up to the front of the canvas on the odd numbers, and go down through to the back on the even numbers.
- II. Continue stitching each row for as many stitches as it takes to get to the edge of the color you are stitching. As you use this technique, you will stitch down into holes that are occupied and come up through open holes.

FINISH YOUR LOOP

Congrats, you're done! It's time to turn your canvas into a beautiful pillow, bag or piece of framed art.

STOCKINGS & PILLOWS

Aristeia

Los Angeles, CA
aristeianeedlepoint.com
310-260-6330

Rittenhouse Needlepoint

Philadelphia, PA
myneedlepoint.com
215-563-4566

The Needlepoint Clubhouse

St. Louis, MO
needlepointclubhouse.com
314-432-2555

Knot the Point

Tampa, FL
knotthepoint.com
813-467-8935

FRAMING

We buy frames from West Elm, Michaels and Etsy, and frame them ourselves. Your local framing shop is also a great option, as well as framebridge.com.

THANKS FOR GETTING LOOPY WITH US.

We have been dreaming up loop for more than a decade, and we are so excited that these kits are out in the world and in your hands! We think our needlepoint kits are meditative, fun and rewarding – and we hope you do too. Visit us at loopcanvas.com for more kits, instructional videos and finishing inspiration, and share your loop projects with us on Instagram at [@loopcanvas](https://www.instagram.com/loopcanvas).

xoxo,

Sarah and Amy Blessing

loopcanvas.com