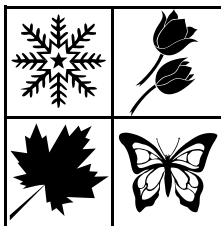


# Free Motion Machine Quilting Tips From The Quilting Season

- \* Set up your sewing area so that **the bed of the machine is level with your elbows**. You don't want to bend down toward the machine, and you don't want to your shoulders to rise. Check periodically to be sure that your shoulders stay as low as possible.
- \* Make sure that you have **enough light**. A small gooseneck lamp is helpful.
- \* Don't pull so hard that your needle bends or breaks. **Slow down**. Way down. If your machine has a speed control function, use it.
- \* Use your machine's **"needle down"** position, if it has one. Or else stop with your needle down whenever you need to adjust your project.
- \* **Take frequent breaks** when doing a lot of quilting. At least 10 minutes out of every hour should be devoted to stretching and moving around.
- \* **Pay attention to your breathing**. It is one of the best ways to stay relaxed.
- \* Do not stare at the needle itself. Instead, **look at the area 1~2" in front of the needle**.
- \* Fill a blank piece of paper with doodles - do not pick up your pen. This will help you learn to plan **continuous line** designs.
- \* If you ever get "trapped" in a corner, **echo** your way out again. Quilt concentric lines that follow the shape of your previous stitching, or the pieced design of the quilt.
- \* Practice, practice, practice!



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