



# ANXIETY-FREE Color Theory

FOR QUILTERS

**Are you struggling with color choices for your quilting projects?**

Attend this class to develop a deeper understanding of color theory and build true color confidence.



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## Why should we care?

Color theory is an essential aspect of quilting—by the end of this class you'll understand not only why it matters, but how to use your knowledge to design stunning projects.



## Our colorful neighborhood

As quilters, we inhabit a neighborhood of color. Using plain language terms, learn how different colors interact with each other and how to choose combinations.



## Skill-building apps

Discover various applications—many of them free—that can help you with your color choices and organization.

**Plus, learn cost-effective techniques for organizing your fabric for color success.**

I'll show you some practical techniques for organizing your fabric stash to make color choices easier and more effective the next time you're getting ready to start a project.

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**Request a workshop today!**  
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## You might be...

- excited by techniques but not confident
- aware that your stash is perpetually growing
- uncomfortable shopping from your own project leftovers and instead going to the store for a kit or fabric collection curious to learn something new



## What if you could...

- create projects that fit your unique personality?
- come up with color schemes to fit the reason for making a quilt?
- choose fabrics for your next project with more confidence,
- combine from leftovers AND fill in with new only when necessary (saving money and using up stash?)

## Ditch the anxiety and bring your projects to life.

Are you struggling with color choices for your quilting projects? Attend this class to develop a deeper understanding of color theory and build true color confidence.

In this class, we'll move from theory into practical, hands-on experience with color. Every step of the way, you will get a chance to practice what you've learned in exercises designed to expand your color confidence.



### About Theresa

Theresa Benson skillfully blends her education as an engineer with her passion for quilting and community education. Her approach is friendly and welcoming, making her workshops a joyful experience where attendees can explore the fun of playing with colors and learn about the role of technology in revolutionizing the craft.

# WORKSHOP OPTIONS

## Half Day

- **Anxiety-Free Color Theory for Quilters**
- **Power Point Presentation**

Benefits of understanding color theory Importance of and different kinds of contrast "Welcome to the neighborhood" — an approachable way to understand color No-fail color relationships that work every time.

## Full Day

Six hands-on exercises, including working with built in features available on most smart phones and creating a color wheel using print fabrics that students will take home.

## Playing with Color

In the first half of the day, we'll turn the presentation material offered in the half-day workshop into interactive exercises designed to drive color concepts home. After a brief introduction, we'll immediately get hands-on with color, mixing them to better understand relationships and how it can be used to a quilter's advantage. Twelve hands-on exercises in total.

## Multiple Days

### Playing with Color+

The multi-day version of this workshop can become a quilt community-building experience, spanning a guild's weekend retreat, or several half-day sessions over multiple weekends (local venues only). We will expand the work done in the hands-on exercises, digging deeper into color relationships, and adding three exercises. For in-store classes, we will have an in-shop "field trip" to shop color harmonies and challenge attendees' beliefs about their own color confidence. Students will also create simple but beautiful quilt blocks to share with one another as part of their final project.

**BOOK A  
WORKSHOP**

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