

**Celebrate with us at the 20<sup>th</sup> Annual Okanagan Knitting Retreat**  
Sorrento Centre, Sorrento, BC, Canada

Friday Workshops May 25, 2018  
20<sup>th</sup> Annual Okanagan Knitting Weekend Retreat May 25-27, 2018  
Yoga and Knitting Retreat May 28-30, 2018

Since 1999, the Okanagan Knitting Retreat has attracted knitters of all levels, from those who have only recently mastered the art of knitting and purling to those who are designing their own patterns. The purpose of the retreat is to develop independence and a deeper appreciation for the knitting process.

You may choose to arrive Thursday night and participate in one of the **optional** Friday workshops (register for a full day or half day workshop). The **20<sup>th</sup> Annual Retreat** begins Friday evening and wraps up at noon on Sunday, May 27, 2018. For the complete experience, stay for the second annual **Yoga and Knitting Retreat** which follows the weekend retreat, starting at 11 AM on Monday May 28 and running until 10 AM Wednesday May 30.

The Weekend Retreat program, as in previous years, has been designed to appeal to a wide range of interests and skill levels. You will choose between the following four workshops:

1. **Double Trouble—The magic of Double-Knitting** –Janet Armstrong
2. **The Shape of Things to Come (Shawls)**—Kathy Chapman and Myriam Dostert
3. **Invisible Knitting**—Anne Hearnden
4. **Introduction to Brioche**—Rebecca Henry and Marsha Ibuki

**For the Weekend Retreat, check-in** as early as 1 PM Friday, May 25, 2018. The program begins Friday at 7:30 P.M. in the Caritas meeting room with a celebratory Yarn Tasting event in honour of this 20<sup>th</sup> anniversary. The four concurrent workshops will run on Saturday 9 AM – 4 PM. Mini-workshops are planned for Sunday morning—you will be able to sign up for these when you check in. The retreat wraps up after lunch Sunday, May 27.

For those staying over for the Yoga and Knitting Retreat, your time is your own until Monday at 11 AM. Accommodation is available Sunday night should you choose to stay over.

Meals will be available from Thursday dinner to Wednesday breakfast, either as packages or individual meals.

**Registration opens at 9 AM Monday January 29, 2018 via the Sorrento Centre website at [www.sorrento-centre.bc.ca](http://www.sorrento-centre.bc.ca)** (Click on ONLINE RESERVATION SYSTEM.) You will be able to pay by Visa or Mastercard. You will receive immediate confirmation of your registration. You may also register by toll-free phone 1-866-694-2409 on this day and pay by credit card, e-transfer, cheque or money order. Registering by Canada Post or in person is also an option. For more information about the centre, please see [www.sorrento-centre.bc.ca](http://www.sorrento-centre.bc.ca) Sorrento Centre welcomes well-behaved pets in the cabanas, apartments, and campground. A “pet fee” applies.

Contact Janet with any questions at [jarmstrongnow@shaw.ca](mailto:jarmstrongnow@shaw.ca)

## Optional Friday all-day workshop, 9 AM – 4 PM

Fee: \$90

### 1. What the Patterns Don't Tell You – Anne Hearnden

Start with the gauge. Do you check your gauge before you start? Why does it matter? Then there's the cast on—which cast on should you use?

The instructions state: “Dec 1 st each end”. What kind of decrease and where should these be placed?

You will learn the answers to these questions and how to make minor changes to any knitting pattern to improve the finished look including sewing invisible seams.

Registration is limited to 8 to ensure everyone receives the attention they need.

Change your seams from this...



This workshop is for knitters of all experience levels. You just need to know how to knit and purl.

Using “mattress stitch” to sew an invisible seam...



...to this!



## Optional Friday all-day workshop, 9 AM – 4 PM

Fee: \$90

### 2. Knitting with Charts -- Rebecca Henry

Show me don't tell me!

Have you ever wanted to try a pattern but found the charts overwhelming? Do you already like using charts but shy away from patterns that don't include them?

In this class we will explore and discuss the different uses for charts. We will learn to read charts and knit swatches to better understand how the chart translates to our knitted work. We'll examine different samples of charts to see how they differ and discuss how the chart can show us characteristics of the knitting project before we pick up the needles. Finally we will create our own charts from written instructions. If time allows we will step into designing and learning how a charted design can be the beginning of a finished project.

Skills needed to succeed in this workshop:

- Be able to knit and purl with confidence



## Optional Friday afternoon workshop, 1:30 PM – 4 PM

**Playing With Dyes and Yarn~** Hand painting yarn the fun way with easy to use acid dyes!

**Cost:** \$55.00 Includes dyes, equipment, and one skein of yarn.

Have you ever wondered how independent dyers get that variegated yarn that you love? In this workshop you will hand paint 1 skein of superwash merino/nylon blend sock yarn while learning how to apply dyes in a fun and safe environment. This is a great opportunity to try hand dyeing without going to the trouble of purchasing expensive dyes, yarn and supplies. There will be a variety of pre-mixed dyes to choose from to create your own one-of-a-kind yarn. And if you love the speckle yarns, dye powders will also be available to do a little sprinkling.

This workshop is suitable to beginners and is not an in depth class on colour theory.

**No experience is necessary.** Just wear old clothes and bring your imagination! The primary focus is fun for fibre's sake!

Maximum 12 participants



**The 20<sup>th</sup> Annual Retreat** begins at 7:30 PM Friday  
May 25, 2018. Fee: \$165.00

Choose one of the following four workshops:

**1. Double Trouble: the magic of Double-Knitting to create a reversible fabric – Janet Armstrong**

Learn how to work with two yarns at the same time so that the knit side faces out on each side. We will cover the tubular cast on, knitting and purling with a yarn in each hand, developing a positive/negative pattern (whether random dots or charted shapes), and the tubular cast off.

With these new skills, you will be able to design and create your own double-knit scarf.

**Skills needed to succeed in this workshop:**

- \*Knit and purl with confidence
- \*A provisional crochet chain cast on
- \*Be able to read your knitting, i.e. recognize knits and purls
- \*Recognize when the stitch mount needs to be reversed in order to ensure the resulting stitch (knit or purl) is not twisted

The two sides of a double-knit blanket created with many leftover bits of worsted weight wool.



“mug rug” or coaster



Starry Nights Double Knit Scarf: Side 1 is a hand painted yarn. Side 2 is a hand-spun dog/silk blend.



Double-Knit scarf created with odd balls of DK weight pink and purples.



## 2. The Shape of Things to Come with Kathy Chapman and Myriam Dostert

Join Kathy and Myriam in an exploration of shawl shapes and designs. We will cover a variety of possible shapes, share instructions for getting started with any one of them, and provide ideas for designs and ways to finish each style of shawl.

Participants will be given instructions for sample-sized shawls of various types and will have the opportunity to try them out.

Kathy will also provide full patterns for a couple of her own designs which participants could choose to start on while in the class. Come and play with us!



Faroese-style shawl

### Skills needed to succeed in this workshop:

\*Cast-on, knit, purl and bind-off with confidence



Crescent shawl



Seven shawls from the same pattern—seven different yarns

### 3. Invisible Knitting! With Anne Hearnden

Stretch your comfort zone with these Invisible Wristers or Fingerless Gloves.

You know how to knit and purl and are ready to expand your knitting knowledge. This workshop will introduce you to the **tubular cast on** (also known as an invisible cast on) and its mate, the **tubular bind-off**.

Complementing these two techniques is the **mattress stitch** used to create invisible seams.

Along the way you will learn to do **mirrored increases and decreases** and understand why they're important, and how to recognize and fix misbehaving stitches using a neat trick called a **lifeline**. A **provisional cast on** is also part of this workshop. Attention to these details will elevate your knitting from sloppy and obviously home-made, to handmade with care.

All of these techniques are included in the workshop project, a fingerless glove.



#### Skills needed to succeed in this workshop:

\*Be able to knit and purl with confidence

Tubular cast on



Mattress stitch creates this invisible seam.



Tubular Bind off



#### 4. Introduction to Brioche Knitting with Marsha Ibuki and Rebecca Henry

Are you curious to learn more about this fabulously cozy, soft, squishy stitch?

In this class we'll cover the basics of the brioche stitch. Students will benefit from the instruction of both a Continental knitter and an English style knitter in this very hands-on class. We will start with swatches to gain a solid grounding in the knit and purl stitches, increases, and decreases. The class will then move on to start their own simple brioche project. We'll discuss tips and tricks for successful brioche, applications of brioche knitting and also tackle correcting common brioche mistakes.



**Skills needed to succeed in this workshop:**  
\*Be able to knit and purl with confidence





## Yoga and Knitting Retreat at Sorrento Centre

An invitation to contemplative practice with **Janet Armstrong and Sue Cairns**  
Monday, May 28, 11 AM to Wednesday, May 30, 2018, 10 AM.

Knitting and yoga...two mindful activities in one retreat. Ease into retreat mode with a gentle yoga practise late Monday morning. Over the next two days, flow between contemplative knitting and yoga sessions that are designed to help you unwind and reconnect with your calm centre. The lace knitting project will introduce participants to the practice of contemplative knitting which is knitting with intention, imbuing each stitch with good wishes and affection for a recipient. Lace knitting, once the pattern is established, is wonderfully rhythmic and meditative. The yoga sessions will be suitable for all levels of experience. Knitters should be able to knit and purl with confidence.



The emphasis in this retreat is more on the restorative aspects of a retreat rather than on the intellectual stimulation of a workshop. Participation in all the activities is optional. You may choose to bring your own knitting project(s) rather than working on the one suggested. Both Sue and Janet will be available for individual consultations, whether for a particularly challenging yoga posture or a tricky knitting pattern.

**Fee:** \$165 includes yoga and knitting coaching, workshop handouts and materials, and morning coffee breaks. A materials list and further information about Sorrento Centre will be sent in April.



## About the Instructors

**Janet Armstrong** is the coordinator of the Okanagan Knitting Retreat. The first retreat was held at Vernon's Camp Hurlburt in 1999, and in 2005 was moved to Sorrento Centre to accommodate the larger enrolment.

Janet is a self-proclaimed knitting evangelist, and feels strongly that knitting is always mindful, never mindless. She has several projects in varying stages of complexity and process, from socks and shawls to sweaters and knitted knockers. Double-knit lace using fine cotton and bamboo is a current obsession. Find this double-knit project and others on Ravelry (as *JanetArmstrong*).



**Sue Cairns** is a YAA certified yoga instructor of 7 years, though has practised for over 20. As an avid sportswoman and busy person she loves coming to the mat to find balance of body, mind, and spirit. Influenced by the Hatha tradition, her style is well rounded and brings strength, flexibility, and peacefulness. With mindfulness training and a keen interest in the role of how breath weaves together spirit and body, she continues to be drawn to the inner yogas. The magic of yoga, she believes, comes from within. To connect with Sue, or find out where she's teaching, search for her Facebook page *Sue Cairns, Yoga Instructor*.

**Susan Chamberlain** has been playing with fabric and fibre for years and is the Chief Enabling Officer of Riverstone Yarns. She believes that everyone has a seed of creativity inside them and feels that it is her job to encourage people to grow through the mutual love of wool. See [www.riverstoneyarns.com](http://www.riverstoneyarns.com) for more info. Find Susan on Ravelry as *RiverstoneYarns*.



**Kathy Chapman** has been knitting off and on since the Year Dot but took it on as a lifestyle in the early 80's when Fair Isle dropped into her life. Currently, she enables knitting in Nelson and celebrates the moment when a knitter "gets it!" Kathy has also attended every Okanagan Knitting retreat. Kathy's Ravelry handle is *tuesdayknitter*.



**Myriam Dostert** has been knitting since she was nine years old, when her grandmother in Luxembourg taught her. She loves to teach people of all ages to learn to knit or to improve their skills, and enjoys working her ‘knitting fairy’ magic for her husband and friends. Myriam is currently having fun volunteering with a lunch hour program teaching grade 3 students to knit in Vernon elementary schools. She especially loves that moment when all of a sudden the knit stitch becomes automatic and a new knitter is born! You can find Myriam on Ravelry as *Myknits*.

**Anne Hearnden** learned to knit in 1990. In 1991 she purchased Kelowna Yarn & Needlecrafts and after 25 years has semi-retired and passed the store to a new owner. Over the years Anne has helped countless number of knitters with a myriad of different problems and helped them improve their techniques to produce well finished hand-made projects. Anne’s Ravelry name is *annehknits*.



**Rebecca Henry** started knitting at a very young age when her Nana first put knitting needles in her hands while visiting from England. She learned the basics but didn't start in earnest until her move to the Okanagan while attending university. Rebecca unpacked a box of her Nana's needles and yarn and thought to herself "I wonder". She now enjoys designing and publishing her own patterns (find her on Ravelry as *Beckabee*) and also teaching at Kelowna Yarn and Needlecrafts. When she's not knitting Rebecca is also an avid photographer and can often be found with camera in hand. Purses have grown to accommodate both knitting and camera.

**Marsha Ibuki** was taught to knit by her mother at a young age, but forsook her knitting needles for a crochet hook until 2011 when she saw a pair of self-striping socks in a yarn store and wanted to know how that was done. She learned to knit “English style” but thought there must be a way to knit faster and that is when she found “Continental” style. She knit hat after hat until she obtained an even gauge and quickly learned colour-work while knitting her first sweater, and socks came swiftly on its heels. Marsha has now been knitting for seven years and has knit 35 pairs of socks in 31 days and a sweater in 24 hours. She looks at each technique as an adventure where everything is an experience. She has taught many people to knit and is a designer (Find her on Ravelry as *FairyLittle*) She has a passion for knitting and sharing the craft through her YouTube channel knitting podcast called *Fairy Little*.



**Program Fees:**           **Optional Friday workshop**     \$90.00 full day; \$55.00 half day

**20<sup>th</sup> Annual Okanagan Weekend Retreat** \$165.00

**Yoga and Knitting Retreat** \$165.00

**Cancellation Policy:**

On or before March 31, 2018, the fee minus a \$100 administration fee will be refunded. After April 1, the fee will be refunded (minus \$100) only if we are able to replace you, i.e. from a waiting list. You may choose to send someone in your place.

**Supplies:** A materials list, homework instructions (if any) and further information about Sorrento Centre will be sent in April.

**REGISTRATION OPENS MONDAY, JANUARY 29, 2018 AT 9 AM online or by phone.**

**REGISTER DIRECTLY WITH SORRENTO CENTRE.**

(1) Online at <https://res.shsdemo.com/Sorrento/> In the “Purpose of Stay” section, click the down arrow and then click on “Okanagan Knitters”.

(2) By phone to Sorrento Centre, toll free 1-866-694-2409

**ACCOMMODATION:** The descriptions for the various options, from apartments and suites with kitchens and kitchenettes to camping are on the Centre’s website at <http://www.sorrento-centre.bc.ca/facilities-accommodations.html> Some accommodations (single rooms in particular) are limited.

**Alternate accommodation:** Staying off site is also an option, however you do miss out on the late evening and early morning knitting and socializing in one of the lounges. See the options at <http://www.sorrento-shuswap.ca/accommodations.php>

**MEALS:** Meals will be available as packages and as individual meals, from Thursday dinner to Wednesday breakfast.

Thursday Dinner to Friday Lunch \$40 + GST = \$42.00

Friday Dinner to Sunday Lunch \$80 + GST = \$84.00

Monday Lunch to Wednesday Breakfast \$80 + GST = \$84.00

Thursday Dinner to Wednesday Breakfast \$228 + GST = \$239.40

If you want to order only certain meals, this can be done by phoning the Centre. All variations are possible—it’s just not possible to list them all on the online registration form!

**NOTE:** If you have any questions when registering on line, please phone Sorrento Centre for assistance. Toll free 1-866-694-2409

**Non-knitting guests:** If you wish to bring a non-knitter, the cost is \$50 per guest, and he/she must share your accommodation. Registration for non-knitters is not an option online; however you may book your guest by phone to Sorrento 1-866-694-2409 after you (the knitter) has registered. Non-knitters are welcome to attend the Saturday night Show ‘n’ Tell.