

# Mindful Knitting: Inviting Contemplative Practice To The Craft By Tara Jon Manning

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In flat knitting, generally stockinette stitch, the hand-knitter knits from right-to-left on one side of the fabric, turns the work (over), and then purls Manning, Tara Jon (2004). Mindful Knitting: Inviting Contemplative Practice to the Craft.

## **Prayer a reading list for quakers - woodbrooke**

Promoting Christian. Knowledge, 2004. 0281055998. Manning, Tara Jon. Mindful knitting : inviting contemplative practice to the craft. Boston: Tuttle Pub.,. 2004.

## **The knitting sutra: craft as a spiritual practice**

knitter Susan Lydon explores in lyrical prose the links between handcraft and spiritual practice. Mindful Knitting: Inviting Contemplative Practice to the

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Contemplative Practice, Madry Mindful Knitting, Foster, S. Sex,

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