



Sew Simply Stitched

QUILTING & SEWING RETREAT

MARCH 25–28, 2026

UINTAH CONFERENCE CENTER VERNAL, UT

www.sewsimplystitched.com

Class:	<i>Everything Binding</i>	
Date/Time:	Wednesday, March 25, 2026	3:45 pm to 6:45 pm
	Friday, March 27, 2026	8:00 am to 11:00 am
Instructor:	Heather Conover, heatherconover@yahoo.com	
Class Tuition:	\$40	
Class Kit:	A class kit will be offered through American Quilting's website. https://www.american-quilting.com/ Price tbd	
Skill Level:	All Skills Welcome	



Class Description:

Whether you need to bind your first quilt or have been binding for years and are stuck in a rut, this hands on class will cover everything from the basics how to cut bias binding to binding curves, adding trim to your binding and cute decorative stitch binding both by hand and machine. We will practice each technique on the 6 placemats or small projects that need to be quilted before class.

6 placemats or similar size small projects, quilted, to bind. Kit can be purchased from American Quilting.

1 Yard pre-quilted fabric and cut into 6– 11 3/4" x 18" place mats (and optional 6– 5" x 5" mug rugs)

1 Yard fabric for binding (choose fabric that is not a bold pattern so you can see stitches)

Supplies Needed:

- Sewing machine with quilting foot and open foot
- Scissors
- Rotary cutter, ruler, and mat
- Binding clips or pins
- Small Pressing Station and Iron
- Pearl Cotton (size 5, 8 or 12 depending on how chunky you want stitches)
- Embroidery Needle
- Thimble and finger grips