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WALKING WORKOUT



Walking Workout Today Setup

Mark Fenton



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background the geometric patterns include straight or curved lines of stitching arranged in a repeating pattern the japanese
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geometric shapes amongst others sashiko embroidery is traditionally applied with the use of specialist needles and thread
though modern day sashiko may use modern embroidery threads and embroidery needles

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several regions in japan where the japanese had to experience the severe winter sashiko used to be a job for women to mend
men s garments over the winter both men and women worked as farmers over the summer

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needlework this style of embroidery and the sashiko stitch was used to reinforce or repair worn fabric or tears with patches making the darned piece ultimately stronger and warmer 01 of 08

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