



How Do I Quilt It?



Christa Watson

Email questions to Christa at christa@christaquilts.com.

In this hands-on workshop, students will get an in-depth experience quilting an entire quilt from start to finish on their domestic machine. We will start with a series of practice exercises using both walking foot and freemotion techniques. After getting comfortable with the process, students will create a custom quilting plan for their quilt. Finally, they will have a chance to quilt a small quilt that they bring to class. Christa will offer plenty of support before, during, and after class so students can rest assured that they can, indeed, quilt their own quilts!

No Kit Available

Sew Machine – Required

You're welcome to bring your machine, or sewing machines are available for rent at \$99 for the week, including two empty bobbins to get you started. Please note that rented machines must stay in the classrooms, and friendly on-site support will be available to assist you. Be sure to reserve your machine when you register, and no later than 60 days before the event. If you did not reserve a machine during registration but wish to do so, please contact a Registration Coordinator at 270-898-7903 by July 31, 2026.

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Required Supplies

- **Basic Sewing Supplies**
- Required: How do I Quilt It? book by Christa Watson
 - Please purchase ahead of time at shop.ChristaQuilts.com
- Sewing machine in good working order with owner's manual and all attachments.
 - It should have zig-zag capabilities and at least a couple of decorative stitches.
 - Make sure the zig-zag stitch plate is attached. This is the regular one that comes with the machine and has a wider hole.
 - Don't forget to bring the entire base of your machine. In other words, don't leave the free arm exposed so you have enough work area.
- Open toe walking foot to fit your machine, or BERNINA dual feed with 20D foot
 - Arrive with it already attached.
- Free motion foot to fit your machine – please make sure it fits before class.
 - Christa prefers the Bernina open toe 24 or the BSR.
- Extra bobbins, thread snips.
- Thread to match your fabrics. Christa recommends 100% cotton, 50 weight Aurifil
- New machine needles (at least 4-5): Christa recommends size 80/12 sharp or topstitch
- Machine quilting gloves
- Fabric marking tool and small acrylic ruler (1-3" x 6-12"), or painters tape
 - See shop.ChristaQuilts.com for Christa's recommended crease marker
- Sketchbook and pen or pencil for note taking and design sketching
- (3 - 4) images of the quilt you plan to quilt – print each image in black and white on a regular sized sheet of paper
- (3 – 4) images of an individual quilt block in your quilt – print each on a separate paper
- Sharpie markers to draw on your individual quilt plans

Fabric Requirements

- 16 practice quilt sandwiches consisting of two large squares of solid or tonal colored fabric with batting in between; Christa recommends at least 10" for the top square, 11" for the batting, and 11" or more for the bottom square of each sandwich. Basting is not necessary for small samples.
- 1-2 Basted quilts, no larger than 45" x 45". For best results, Christa recommends using a natural fiber batting like Hobbs cotton, wool, or silk
 - We will only have time to quilt one quilt, but you may want options
 - You can baste with thread, pins, or basting spray and there are a variety of different methods. Below are links to some of my basting tutorials.

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- Spray basting using a design wall: [Click here](#)
- Spray basting using a table: [Click here](#)
- Bring your "can-do" attitude as this will be "sew" much fun!
- Bonus binding tutorial: [Click here](#)

No Pre-cutting is required.

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