



# Norbulingka

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## Norbulingka Institute Art Workshop Curriculum

For guests and visitors wishing to try their hand at Tibetan arts, Norbulingka offers customized workshops for visiting individuals and groups. At the end of each workshop, guests will have a beautiful product to take home with them, which they themselves created, as well as a certificate recognizing their study at Norbulingka.

There is no application process for the workshops, guests are welcome to join at any time and stay as long as their schedule allows. The structure of the workshop is not a formal class, but more of an immersion experience. Under the supervision of a master artist, participants will be aided in their learning based on the traditional curriculum any beginning apprentice would follow. Longer staying visitors love the environment of the Norbulingka studios and easily become part of our community!

**Appliqué** is a special type of embroidery which makes use of many individual pieces to form an intricate patchwork design. Used mostly in Tibet for creating silk thangkas, we have adapted the appliqué technique to create beautiful home furnishings such as cushions, bedcovers, and wall hangings. Instead of the figures of deities, traditional Tibetan motifs such as flowers, animals, and auspicious symbols are created using the highest quality silks and cotton hand-woven at Norbulingka.

Appliqué is a teamwork process, with each tailor performing a different part of the work.



Below is the basic curriculum for students interested in participating in applique workshops.

1-2 days:

The students will choose a design from our collection - endless knot or conch and will learn to make the thread wrapped on fishing line to create the embroidery thread. For the one day, the student will stitch the outline of the design directly on the base fabric which is the foundation stitching technique to create any applique piece. If the student take the two days workshop, he/she can complete the applique piece applying three additional techniques to the design - cutting, shaping and stitching the piece onto a base fabric, thereby completing a whole process of creating an applique.





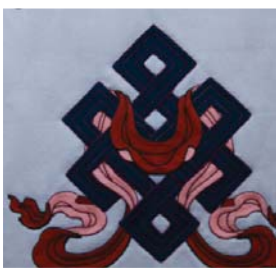
5 days:

For the 5 days program, the students will make a piece by carrying out all the stages of making an applique under the supervision of a master artist. They will begin with making a stencil of the design of their choice, transfer the design onto a fabric, draw the design using the transferred outline as the guide. They will also learn how to wrap the thread on a fishing line to create embroidery thread and start stitching! Once the design are stitched, each piece is cut and shaped to form individual pieces of a multi-piece applique. The artist will help with the cutting process so as not to damage the pattern you have stitched. The pieces will then to be assembled and stitched onto a base fabric. You have now made a multiple pieces applique artwork measuring 5x7inches with a beautiful design of your choice!



2 weeks:

The students will complete the 2 days program as a practice session and will get to work on the basic stitching technique. Once it is complete, the student will follow the same procedure as the 5-day program but will get more time to practise and perfect the techniques as much as possible and will also get to choose a more intricate and larger piece as their project. At the end of their program, they will assemble the pieces together and stitch onto a base fabric measuring 15x15inches.





4 weeks:

The student will complete the 2 weeks program and can work on additional designs to add on the completed piece, making it a detailed work of art! Alternatively, one can spend more time perfecting the techniques and start on another design and repeat the 2 weeks program.

Those staying for longer period will learn and make increasingly advanced designs.

