

**Cindy Grisdela**  
**Contemporary Art Quilts**  
Reston, VA

[www.cindygrisdela.com](http://www.cindygrisdela.com)  
[cindy@cindygrisdela.com](mailto:cindy@cindygrisdela.com)

703-402-3116

**Focus on the Improv Block Supply List**

Make an Improv Block the center of your composition and add your own borders--maybe curved strips or asymmetrical open space--it's completely up to you to make your quilt your own. This process can be adapted to any size quilt. We will use my improv block technique using scraps and discuss border option designs.

Strips and scraps of cotton fabric – can be solids, batiks, tone on tone, small scale prints, or a combination. Avoid large scale prints. If you don't have strips and scraps handy, 8-12 fat quarters should provide a good variety.

1/2 yard neutral for background, or several fat quarters in several different tones or shades of the same color. Neutral doesn't have to be boring—it's simply a place for the eye to rest!

- Sewing machine in good working order with a 1/4" foot
- Rotary cutter and mat – I like the 60mm rotary cutter, but bring whatever size you like best, with a new blade
- Rulers—suggest 9" square and 6" x 12"
- Basic quilting supplies including straight pins, seam ripper, neutral thread, scissors and/or snips for cutting threads, measuring tape
- Batting or flannel to use as a "design wall"
- Notebook and pen or pencil to take notes
- Digital camera or phone to take photos of design options (optional)
- *Artful Improv* by Cindy Grisdela