## DOVER COLLEGE #ONLINE

## #SEWING #EMBROIDERY

Sewing and embroidery are traditional art forms that not only beneficial aesthetically, but even emotionally and physiologically. In fact, more studies have proven how these two can benefit one's health and improve skills.

Make your clothes unique! A custom embroidered design is always down to you, you as the customer have full control over the design you want and embroidery is very versatile, it can be done on all your clothing, caps, trousers etc.

There are many self-tutorials you can visit online, but how about this very popular one to get you started...

https://www.youtube.com/watch?v=NxeyBX\_sWBk