

Knitting programs



Business.



Brooknit Bonneterie offers classes, workshops, and coaching in professional settings.

- **Corporate special day: launch, anniversary, fundraiser.**
- **Team building, onsite / offsite break-out sessions during seminars**
- **Employee benefits, wellness, awareness day,**
- **Co-working, community spaces events**



Why knitting?

'Knitting is good for you, your loved ones, and the planet'.

True story! Here is why!

Crafting and DIY activities, in general, offer numerous benefits to both mental and physical health.

As you knit, you

- Improve your fine motor skills: dexterity, eye-hand coordination...
- which enhances your cognitive functions: focus, patience, memory...
- which upgrades your executive functions: problem solving, analyzing, planning, and creativity...

Leading to a Happier Life:

Reduced stress and anxiety, boosted self-confidence and sense of accomplishment, Independence and control.

And you make something useful!

Who are we?

Julie Lagauzere
Brooknit Bonneterie LLC Founder & Principal
Knitting coach & designer.



Brooknit Bonneterie® 's mission:

 **Let's knit a better world** 

Move the needles, one stitch at a time!

Follow



Julie Lagauzère
Brooknit Bonneterie LLC



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Questions?

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Programs descriptions

Special Day.

Multiple workshops running through the day

Perfect for special event, a launch, anniversary, mindfulness day, awareness day, fundraiser event...

Format:

In person (NY / NJ*)
6 -7 sessions | 45 min each |
up to 10 participants

Objective: bonding, discovering, sense of belonging, collaborating, sense of accomplishments.

Included:

- Classes (up to 7 / day): starter demo and practice
- Discovery kit: needles and yarn, to keep practicing and learning after the class.
- 1 free pattern voucher to download (**)

Results:

- 🏆 A new and creative tool in the wellness toolbox.
- 🍒 On the cake: stylish handmade scarves in the office!

Options: The sky is the limit!

- Remote sessions
- Kit upgrade
- Special request: let's talk!

💰 Package starting at \$2,200

Experience.

One-time event to discover the craft

Best for introducing knitting as a craft that can be used as a coping mechanism, fine motor skill development help.

Format:

In person (NY / NJ*)
1 session | up to 2 hrs |
up to 12 participants for beginners

Objective: bonding, discovering, sense of belonging, collaborating, sense of accomplishments, entertaining

Included:

- 1 Class (90 - 120 min)
- Discovery kit: needles and yarn, to keep practicing and learning after the class.
- 1 free pattern voucher to download (**)

Results:

- 🏆 A new and creative tool in the wellness toolbox.
- 🍒 On the cake: stylish handmade scarves in the office!

Options: The sky is the limit!

- Remote sessions
- Kit upgrade
- Special request: let's talk!

💰 From \$80 / participants

Series.

Recurring series - projects and circles

Best for patients groups: long hours treatment, group therapy, pre-natal / post-partum classes,...

Format:

In person (NY / NJ*)
6-8 sessions | 1 hr | weekly / bi-weekly
up to 15 participants

Objective: practicing, bonding, mindfulness, being creative and inspired.

Included:

- All levels welcome
- Starter, Support, and guidance
- Material to borrow for practice

Results:

- 🏆 A new and creative tool in the wellness toolbox.
- 🍒 A restorative break in the day, a pause from the screen, a change of scenery for improved company culture.

Options: The sky is the limit!

- Remote sessions
- BYOK (Bring Your Own Knit) or add a kit (personal or group choice)
- Special request: let's talk!

💰 From \$150 / participants

(*) for any interests in person, outside of NY / NJ area, contact us to evaluate

(**) available at brooknit-bonneterie.com only

Booking starts here



www.brooknit-bonneterie.com



I regret learning how to knit

said: nobody, nowhere, never...