

Knitting programs



Healthcare.



Brooknit Bonneterie offers classes, workshops, and coaching in medical and wellness environments.

- **Health special day:** awareness, fundraiser, open door, program launch.
- **Patients occupational health,**
- **Allied therapies:** stress and anxiety management, coping mechanisms, therapeutic companions
- **Support recovery activities:** fine motor-skills, dexterity, coordination recovery



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 usefull!

Who are we?

Julie Lagauzère
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 sessions | 45 min each |
up to 10 participants

Objective: discovering the craft, highlighting the benefits, bonding and sharing with others.

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 (**)
- Option for healthcare provider participation: talk, benefits, sharing, information and awareness

Results:

🏆 A new and creative tool in the wellness toolbox, a coping mechanism, a fine motor skill practice.
🍒 on the cake: stylish patients!

Options:

- 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, mindfulness, sense of accomplishments, practice the basics.

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 (**)
- Option for healthcare provider participation: talk, benefits, sharing, information and awareness

Results:

🏆 A new and creative tool in the wellness toolbox, a coping mechanism, a fine motor skill practice.
🍒 on the cake: a tangible token kept after the experience.

Options:

- 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:

- Starter classes for beginners
- Support, assistance and guidance
- Kit optional
- Option for healthcare provider participation: talk, benefits, sharing, information and awareness

Results:

🏆 A new and creative tool in the wellness toolbox, a coping mechanism, a fine motor skill practice, active meditation and mindfulness sessions.
🍒 on the cake: a mental pause from the

Options: The sky is the limit!

- Remote sessions
- BYOK (Bring Your Own Knit) or add a kit
- 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



I regret learning how to knit

said: nobody, nowhere, never...

www.brooknit-bonneterie.com

