

Fall 2025



TEAM AND CLIENT APPRECIATION EVENTS

www.365daysofquilting.com



Transform routine
interactions into memorable
experiences that foster trust,
loyalty, and joy.

Contact us today!

Proposal Introduction

Looking for fresh ideas to celebrate your team or clients? Join us for a day filled with creativity, connection, and fun! Whether you're planning a team-building retreat or a client appreciation event, we offer a relaxed environment where your group can bond, create, and leave with lasting memories—and completed projects to show for it.

Creativity and connection are like two dancers in perfect sync-when one moves, the other follows.



Shared experiences: Making art together—whether it's music, crafts, or cooking—creates moments of vulnerability and joy that strengthen relationships.

About Me

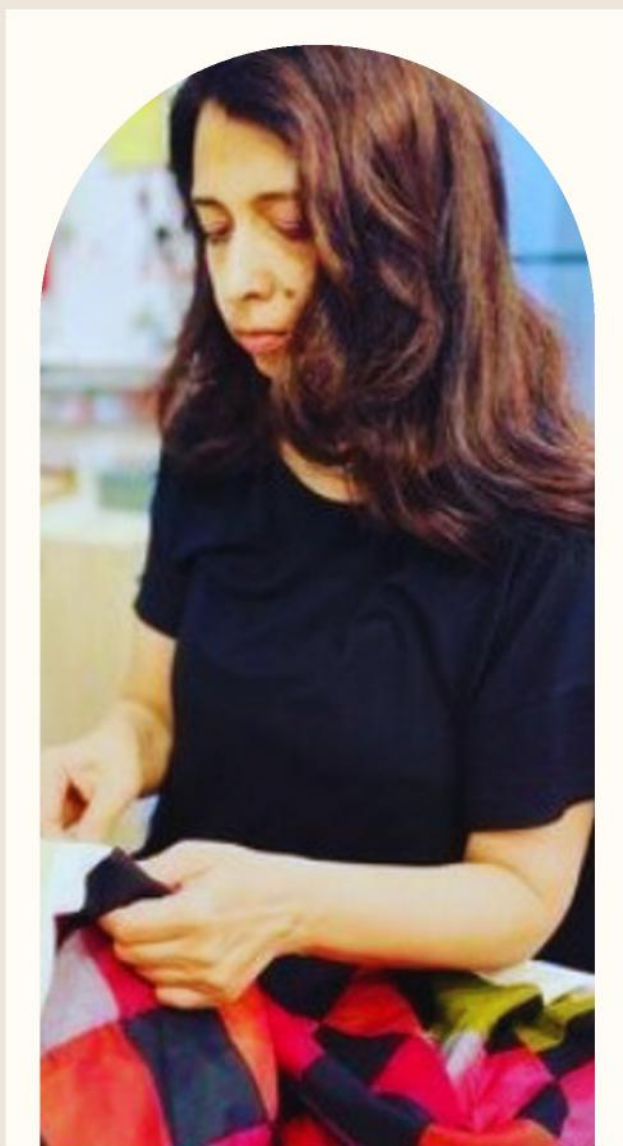
Shapes and Colours inspire me. Working with my hands calms me.

I am a artist, designer, sewer and a quilter. I love working with my hands to create something, that I can touch and feel, something that is beautiful, comforting and functional.

I feel pure abundance and sheer when sharing my craft, whether it is by moving someone through my art, teaching what I know, or bringing comfort and showing love with one of my quilts.



My aim is to bring people together to work with their hands to create something special of their own and improve their mental and emotional fitness.



What We Do?

Under this brand our vision is to provide:

1. Exhibitions, Studio Tours and Trunk Shows - moving people to feel and reflect via my work.
2. In-person and Online Workshops - teaching what I know and having people connect and experience the joy of making something with their hands.
3. Public Speaking and writing- promoting mental and emotional fitness by doing sensory creative work -- experiencing life through all 5 senses in actual reality.



Our Team

Alia Sheikh

Founder and Creative Director

Javaria Mughal

Teaching and Logistics Assistant

The Space

I work and teach out of my personal studio, nestled in my tranquil home in Mississauga, Ontario.

To ensure a top-tier experience, we've invested in state-of-the-art equipment and high-quality materials. Our workshop model is designed to be completely hassle-free—participants don't need to bring anything or make any purchases in advance. Just show up; everything is thoughtfully prepared and provided.

Workshops take place on the main floor of our home, beautifully designed and curated by Jena Nasser. In addition to the studio, participants enjoy access to a serene living room, a welcoming dining area, a fully equipped kitchen, a powder room, and—weather permitting—a spacious outdoor space perfect for reflection and connection.

In today's digital age, it's more important than ever to engage all five senses in real-world experiences and nurture meaningful, in-person connections.





Create

Connect

Contribute

Workshop 1 – Quilted Throw Pillow

Show your appreciation with a unique and memorable experience that blends creativity, relaxation, and personal connection. This hands-on workshop offers your team members or valued clients the opportunity to craft a custom quilted throw pillow while learning the fundamentals of sewing in a welcoming, professionally guided setting.

Workshop Experience Includes:

- Instruction in basic sewing machine operation
- Step-by-step guidance in piecing, quilting, and assembling a patchwork throw pillow
- All tools and materials provided, including a curated kit featuring premium Rifle Paper Co. fabrics

Why This Experience Resonates:

- 🎨 Encourages creativity and mindfulness
- 📺 Offers a personalized, take-home keepsake
- 🤝 Fosters meaningful interaction and shared enjoyment
- 📖 Suitable for all skill levels—no prior experience required
- 🗨️ Strengthens Relationships: Shared creative moments spark conversation, collaboration, and genuine connection—whether among colleagues or with clients

Pricing: Starting at \$250 CAD per participant for a group of 4 to 6 guests

Whether you're celebrating a successful quarter, expressing gratitude to loyal clients, or simply investing in team morale, this workshop offers a thoughtful and engaging way to say "thank you."





Sample Agenda

Arrival and Welcome in: 10:00 to 10:30 AM
Sewing (Pillow Front Patchwork): 10:30 to 12:00 PM
Break (Lunch): 12:00 to 12:30 PM
Sewing (Pillow Front Quilting) : 12:30 to 2:00 PM
Break (Coffee/Tea) : 2:00 PM to 2:30
Sewing (Front and Back Assembly): 2:30 - 3:30
Wrap-up and Departure: 3:30 - 4:00

Workshop 2 – Quilted Tote

Celebrate the people who matter most with a curated creative experience that blends craft, connection, and gratitude. This professionally guided workshop invites your team members or valued clients to design and sew a bespoke quilted tote—an engaging activity that fosters creativity, mindfulness, and meaningful interaction.

Why This Experience Resonates:

- 🍷 Strengthens Relationships: Shared creative moments spark conversation, collaboration, and genuine connection—whether among colleagues or with clients.
- 🎨 Encourages Personal Expression: Each participant selects from a curated kit featuring premium Rifle Paper Co. fabrics, allowing for individuality and style.
- 🧵 Accessible & Inclusive: No prior sewing experience is required. Our experts guidance ensures everyone feels confident and supported.
- 🎁 Lasting Value: Guests leave with a handcrafted keepsake that reflects their effort and creativity—a tangible reminder of your appreciation.

Workshop Experience Includes:

- Introduction to sewing machine basics
- Piecing and quilting the tote exterior and preparing of tote lining
- Installing the handles and assembling the tote

Pricing: Starting at \$250 CAD per participant for group of 4 to 6 guests

Whether you're recognizing a hardworking team or expressing gratitude to loyal clients, this workshop offers a thoughtful and memorable way to connect, celebrate, and create something beautiful together.





Sample Agenda

Arrival and Welcome in: 10:00 to 10:30 AM
Sewing (Bag Front Quilting): 10:30 to 12:30 PM
Break (Lunch): 12:30 to 1:00 PM
Sewing (Bag Front and Lining Preparation) : 1:00 2:00 PM
Break (Coffee/Tea) : 2:00 PM to 2:30
Sewing (Bag Assembly): 2:30 - 3:30
Wrap-up and Departure: 3:30 - 4:00

Sample Menu

Welcome Drink A refreshing seasonal beverage to begin the experience

Lunch Selection

- Marinated Green Olives
- Arugula Salad with Cherry Tomatoes, finished with a sprinkle of Hemp Seeds
- Grilled Shrimp Skewers served with House-Made Pesto
- Charred Peppers, Green Onions, Avocados, and Fresh Figs

Dessert

- Creamy Cashew Cheesecake (Dairy-Free)
- Freshly Brewed Coffee & Assorted Teas





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THANK YOU

Contact us today to book a discovery call.
We look forward to working with you.



Mindfulness, connection,
and art are like three
brushstrokes that, when
layered, create something
deeply human and
transformative.





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