



# UPCYCLE DAY 2024

## MAKING WITH MACRAME

with Lauren Demary

Lauren will introduce the basics of macrame, starting with the square knot, and show you how to combine traditional fiber materials with unconventional elements like pop tabs and upcycled metal findings to create a pair of earrings or a keychain.

### ABOUT LAUREN

Lauren is an artist who creates large-scale organic cotton fiber art with a holistic and functional approach to home styling. Founder of Essence Therapeutics, she has a passion for sustainable and healthy living with a background in health coaching, yoga and studio art.

[Essence-Therapeutics.com](https://www.essence-therapeutics.com)



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