

## Spirals

For our September Challenge I have chosen the Theme "Spirals".

This continues under the general Curves theme for 2023 and could be achieved with a range of techniques.

You may be up to finishing a project, and perhaps some spiral style quilting will be your challenge.

You may prefer to work in a pieced method & there are many ways, some ideas are illustrated in the images below.



- Traditional piecing like snail trail or some log cabin shapes.



- Foundation piecing of various styles or applique ideas



There are many places where you can find inspiration for a Spiral theme, so have fun exploring some options and creating your own version of the challenge for this month.

Jan P