

# TONIA LYONS

teacher \* designer \* writer



Website: [toniaknits.com](http://toniaknits.com)  
Email: [hello@toniaknits.com](mailto:hello@toniaknits.com)  
YouTube: [@NerdyKnitting](https://www.youtube.com/@NerdyKnitting)  
Ravelry: [Tonia Lyons](https://www.ravelry.com/people/tonia_lyons)



Tonia Lyons is a TKGA certified knitting instructor, Master Hand Knitter, and knitwear designer based in Quebec, Canada.

She enjoys teaching knitters how to really understand their knitting with the goal of helping them become more confident about tackling new projects or techniques.

Her work has been featured in *Cast On*, *Interweave Knits*, and *Knit Now*, as well as other publications. She loves to chat all about knitting on her YouTube channel, Nerdy Knitting, and her website, [toniaknits.com](http://toniaknits.com).

# CLASS DETAILS

## CLASSES WITH TONIA

Classes and workshops include an interesting blend of lecture-style teaching, slideshow presentations, and hands-on demonstrations with plenty of individual attention. Every class includes handouts for personal student use.

Skill levels, homework, and supplies vary by class. Required skills and pre-requisites are listed beneath each class description.

## CLASS LENGTH

Class lengths for **in-person teaching** are provided beneath each class listing.

These can often be adjusted for shorter online class durations (*2 hours often works best for online classes*). Adjustments to class length and material covered can be discussed based on your needs.



***Look for this symbol throughout the course catalog for NEW CLASSES!***

## CLASS SIZE

Lectures: 30 students +

In-Person Classes: 10-20 students

Online Classes: 30 students

Contact Tonia to receive further information on any of the classes or lectures included in this catalog.

Promotional materials (class descriptions, photos, homework and materials lists, etc.) will be provided once a contract is signed.

# TEACHING TERMS

*The following terms are for both in-person and virtual events.*

## GENERAL

A contract detailing all policies and procedures must be signed by both parties.

**Handouts:** For online events, handouts will be made available to students by the event organizers via emailed PDF at least 24 hours before class. It is the responsibility of the students to print as needed. For in-person events, handouts can be printed for the students by the organizer or made available via emailed PDF for students to print as needed.

For online events, the organizer is responsible for scheduling and promotion of the event as well as ensuring the handouts and registration links to the event are emailed to the attendees. Events can be hosted on the organizations virtual meeting platform or the teacher's Zoom account. During the session, the organizer acts as the meeting co-host, admitting attendees into the session, answering questions in the chat, and other hosting responsibilities.

## FEES

\$125/hour per class

\$150/lecture

Full-day or Multi-day events: negotiable

**Deposit:** a 25% non-refundable deposit (applied to the full teaching fee) is required along with delivery of a signed contract at the time of booking. Balance is due five days before the date of the first class. The deposit is fully refundable up to an agreed-upon cancellation date.

*Travel expenses and accommodations for venues more than 100 km from the Ottawa, Ontario area will be addressed on a case-by-case basis.*

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# GENERAL KNOWLEDGE

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## TINK, FROG, FIX

Mistakes are part of knitting—but so is fixing them! This class gives you the tools to read your knitting, identify problems like twisted or dropped stitches, and use techniques like tinking, laddering, and lifelines to recover with ease. You'll even learn how to tackle tricky edge stitches. We'll take the fear out of frogging and help you build the skills to knit with confidence.

**Length:** 3 hours

*Knitters should know the basics (casting on/binding off, knitting/purling).*



## FIX WITHOUT FEAR

Take your fixing skills to the next level! In this follow-up to Tink, Frog, Fix, we'll tackle more advanced errors—like mis-crossed cables, incorrect increases or decreases, and mistakes in lace. You'll learn how to spot problems, ladder down through tricky stitches, and fix confidently—without ripping back rows of hard work. No more dreading the undo—just smart fixes and fearless knitting.

**Length:** 3 hours

*Prerequisite: Tink, Frog, Fix.*

# CABLES

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## CREATING CABLES

Welcome to the textural world of cables in this beginner-friendly introduction to cable knitting. Learn how to read cable abbreviations and charts, work cable crossings with or without a cable needle, and understand how those cable crossings shape your fabric. We'll explore how different stitch combinations and crossing directions can create a variety of cable patterns—giving you the foundation to build your cable knitting skills with creativity and confidence.

**Length:** 3 hours

*Knitters should know the basics (casting on/binding off, knitting/purling).*

## CABLE CONFIDENT



Ready to move beyond basic cable crosses? This advanced cable class dives into complex crossings, textured cables, and how cables affect gauge and fabric behavior. You'll learn how to fix miscrossed cables, manage cable flare, and even add cables to existing patterns. It's everything you need to knit boldly with cables—no guesswork, just great texture.

**Length:** 3 hours

*Prerequisite: Creating Cables OR knitters should know the basics (casting on/binding off, knitting/purling) and be comfortable making basic cable crosses.*

## CABLES IN COLOR



Bring your cables to life with color! In this creative class, you'll explore techniques for adding color to cables—from simple two-color cables to bold, high-contrast effects. Learn how color interacts with texture, how to plan your palettes, and how to highlight cable structure using stripes, slipped stitches, intarsia, and more. Discover new ways to make your cables pop.

**Length:** 3 hours

*Prerequisite: Creating Cables OR knitters should know the basics (casting on/binding off, knitting/purling) and be comfortable making basic cable crosses.*

# COLOR

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## THE ART OF COLOR FOR KNITTERS

Unlock the secrets to stunning color combinations! In this beginner-friendly class, you'll learn the essential principles of color theory—and how to apply them to your knitting. Through simple, hands-on exercises, you'll explore hue, value, contrast, and harmony while learning how to confidently choose and combine colors for any project. No art background needed—just a love of yarn and color!

**Length:** 2 hours

*Suitable for all knitters.*



## PLAY WITH POOLING

Turn your skeins of variegated yarn into works of art! This class introduces the technique of assigned pooling—where a specific color in your yarn is paired with a unique stitch pattern to create intentional bursts of texture and visual interest. You'll learn how to identify colors in a skein that can be assigned a stitch, how to choose and pair background stitches, and explore a variety of stitch patterns that add movement and depth. You'll leave with the skills to let your yarn do the talking.

**Length:** 3 hours

*Knitters should know the basics (casting on/binding off, knitting/purling).*

## UNLOCKING COLOR: DEMYSTIFYING VARIEGATED YARN

Discover newfound confidence in your knitting abilities as you understand how to best use variegated yarns, unlocking the door to your stash and turning every skein into a masterpiece. Students will learn the basics of hand-dyed yarns, the terminology of variegated yarns, and the important things to consider when choosing knitting patterns that will best highlight the beautiful colors in their skeins of yarn.

**Length:** 2 hours

*Suitable for all knitters.*

# COLORWORK

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## A MONTAGE OF MOSAIC KNITTING

This class will introduce knitters to the colorful world of Mosaic knitting, first introduced to the knitting world by Barbara Walker. Learn how to read Mosaic charts, work the patterns in various fabrics, learn tips for selecting colors, fixing mistakes, and more. By the end of the class, students will be well on their way to creating a set of colorful Mosaic Wrist Warmers.

**Length:** 6 hours (optional: 3 hour course without the project)

*Knitters should know how to: cast on/bind off, knit/purl, and knit small circumferences in the round.*

## STRANDED KNITTING ESSENTIALS

Discover the colorful world of stranded knitting! In this beginner-friendly class, you'll learn the foundational techniques that bring beautiful colorwork to life. We'll cover how to read colorwork charts, manage two yarns at once, understand color dominance, and carry and catch floats for smooth, even fabric. You'll also get tips on yarn choice, gauge, and caring for your finished knits—plus a glimpse into the rich global traditions of stranded colorwork.

**Length:** 3 hours

*Knitters should know how to: cast on/bind off, knit/purl, and knit in the round.*



## STRANDED KNITTING MASTERY

Stranded knitting gets exciting when scissors enter the picture! This class demystifies steeking—from planning and reinforcing to cutting and finishing—so you can knit colorwork in the round and open it up with ease. We'll also cover how to pick up stitches from a steeked edge and fix mistakes in stranded fabric without stress. This is where technique meets confidence—and your colorwork projects truly come to life.

**Length:** 3 hours

*Prerequisite: Stranded Knitting Essentials OR knitters should know the basics (casting on/binding off, knitting/purling) and be comfortable managing multiple colors using stranded knitting.*



# LACE & SHAWLS

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## LACE KNITTING MADE EASY

Explore the intricate world of lace knitting with this beginner class focused on providing you with a solid understanding of lace knitting basics and exploring the world of yarn overs and decreases. Topics include reading and knitting from charts and written instructions, including the confusing 'no stitch' chart symbol, and basic fixes every lace knitter should know. We'll also explore yarn choice for lace, the three basic methods for blocking lace projects, as well as the process for taking accurate gauge measurements in a lace pattern.

**Length:** 3 hours

*Knitters should know the basics (casting on/binding off, knitting/purling).*

## SECRETS OF GARTER & I-CORD TABS: A PERFECT START FOR TOP-DOWN SHAWLS

In this class students will learn how to work Garter and I-Cord tabs. The class will also explore how a tab creates a neat edge and methods for adjusting the length of the tab for any top-down shawl shape.

**Length:** 90 minutes

*Knitters should know the basics (casting on/binding off, knitting/purling, basic increases and decreases).*

# LACE & SHAWLS

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## ALL ABOUT RECTANGLE SHAWLS

Rectangle shawls can be so easy to knit but there are plenty of interesting techniques you can learn to create even more rectangular shawl shapes. Learn about six different ways to knit rectangle shawls and knit one or two shawl swatches during the class. Students will also learn how to work a provisional cast on, discuss edge stitch options, and discover how to add stitch patterns to their shawls.

**Length:** 3 hours

*Knitters should know the basics (casting on/binding off, knitting/purling, basic increases and decreases).*

## ALL ABOUT TRIANGLE SHAWLS

Triangle shawls can be made in so many ways – all based on where increases and decreases are used to create the shape. Learn how a variety of triangle shawls are created and knit one or two small shawl swatches during the class. Students will also learn how to work Garter and Icord tabs, discuss edge stitch options, and discover how to add stitch patterns to their shawls.

**Length:** 3 hours

*Knitters should know the basics (casting on/binding off, knitting/purling, basic increases and decreases).*

## KNITTING ON THE BIAS: SIX SHAWL SHAPES TO EXPLORE

Explore the world of knitting shawls with six different bias shapes—all by simply changing how increases and decreases are combined. Students will knit one or two small shawl swatches during the class. Students will also learn how to work Garter and Icord tabs, discuss edge stitch options, and discover how to add stitch patterns to their shawls.

**Length:** 3 hours

*Knitters should know the basics (casting on/binding off, knitting/purling, basic increases and decreases).*

# SOCKS

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## SOCKS ON DPNS

Learn to knit a classic pair of cuff down socks with a heel-flap and gusset construction on DPNs. Students will knit a sample sock in medium-weight yarn during the class.

**Length:** 3 hours

*Knitters should know how to: cast on/bind off, knit/purl, work basic increases and decreases.*

## MAGIC LOOP (or TWO CIRCULARS) SOCKS

Learn to knit a classic pair of cuff down socks with a heel-flap and gusset construction using the Magic Loop (or Two Circulars) method. Students will knit a sample sock in medium-weight yarn during the class.

**Length:** 3 hours

*Knitters should know how to: cast on/bind off, knit/purl, work basic increases and decreases.*

## TWO-AT-A-TIME SOCKS ON MAGIC LOOP (or TWO CIRCULARS)

Learn to knit two socks at once using the Magic Loop (or Two Circulars) method. Students will knit a pair of socks with a short row heel construction using medium-weight yarn during the class.

**Length:** 4 hours

*Knitters should know how to: cast on/bind off, knit/purl, work basic increases and decreases.*

## TOE UP SOCKS ON DPNS

Learn to knit a classic pair of toe-up socks with a heel-flap and gusset construction on DPNs. Students will knit a sample sock in medium-weight yarn during the class.

**Length:** 3 hours

*Knitters should know how to: cast on/bind off, knit/purl, work basic increases and decreases.*

## TOE UP TWO-AT-A-TIME SOCKS ON MAGIC LOOP (or TWO CIRCULARS)

Learn to knit two socks at once using the Magic Loop (or Two Circulars) method. Students will knit a pair of socks with a Fleegle heel construction using medium-weight yarn during the class.

**Length:** 4 hours

*Knitters should know how to: cast on/bind off, knit/purl, work basic increases and decreases.*

# SWEATER FIT & DESIGN

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## BETTER FIT WITH BUST DARTS



Want a sweater that fits your curves without pulling, sagging, or bunching? This class takes a deep dive into adding bust darts to your sweaters for a truly custom fit. You'll learn both horizontal short row darts (worked top-down and bottom-up, for pullovers and cardigans) and vertical darts (including double vertical darts for added shaping). We'll cover where to place darts, how to calculate shaping, and how to remove excess stitches cleanly—at the neckline or along dart lines—for a smooth, professional finish. If you've ever struggled to get your sweater to fit just right in the bust, this class gives you the tools and confidence to change that.

**Length:** 3 hours

*Suitable for intermediate to advanced knitters who have knit a few sweaters and understand the basics of sweater construction.*

## FIT TO KNIT



Sweaters should fit *you*—not just the pattern. In this class, you'll learn how to confidently adjust sweater patterns to match your body's shape and preferences. From simple changes like adjusting sleeve or body length to more advanced modifications like bust darts, waist shaping, and short-row neckline adjustments, we'll walk through the most common fit issues and how to fix them. Whether you're curvy, petite, tall, or anywhere in between, you'll build the confidence to create sweaters that actually fit your body.

**Length:** 3 hours

*Suitable for intermediate to advanced knitters who have knit a few sweaters and understand the basics of sweater construction.*

## SWEATER SHAPING WITH SHORT ROWS

This class will introduce you to the basics of short rows and how they can be used to modify an existing pattern. You'll learn how to work five different types of short rows and knit swatches that demonstrate shoulder shaping and bust darts. We'll also explore how to add neck shaping and shirttail hems using short rows.

**Length:** 3 hours

*Suitable for intermediate to advanced knitters who have knit a few sweaters and understand the basics of sweater construction.*

# PROJECT FOCUSED

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## SUPER SPIRAL SOCKS

Did you know it's possible to knit socks without heels? Using a method popularized during the second World War, you'll learn the fascinating history of 'no heel spiral socks', how to knit your own, and how to adapt your favorite rib patterns to create your own no heel spiral socks.

**Length:** 2 hours

*Knitters should know how to: cast on/bind off, knit/purl, and knit small circumferences in the round.*

## CRAFTING CUSTOM HATS

Learn how to knit a hat that's uniquely yours! Discover how to knit a hat with any weight of yarn. Students will do a little math to determine their perfect cast on number and cast on their hat during the class.

**Length:** 2 hours

*Knitters should know how to: cast on/bind off, knit/purl, and knit small circumferences in the round.*

# LECTURES & PRESENTATIONS

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## ALL ABOUT EASE

Understanding ease is an essential skill for knitters of all levels. Learn about positive and negative ease and how that applies to a variety of garments with a particular focus on sweaters, pullovers, and cardigans.

**Length:** 1 hour

*Suitable for all knitters.*



## FABRIC FIRST

Knitted fabric is more than just stitches—it's the foundation of everything you make. Discover the potential of drape, texture, and gauge to create the fabric you want. Learn how yarn choice affects a garments fit and feel and what characteristics to look for in a yarn for your next project.

**Length:** 1 hour presentation or 2 hour class (with hands-on swatch)

*Knitters should know the basics (casting on/binding off, knitting/purling).*

## KNITTING CHART KNOW-HOW

Learn everything you need to know about reading charts. You'll learn how to decipher basic charts for flat knitting and knitting in the round, look at a variety of charts featuring stitch patterns, cables, lace, Intarsia, Fair Isle, and Mosaic patterns. You'll even have time to demonstrate your chart reading skills by working a practice swatch.

**Length:** 1 hour presentation or 2 hour class (with hands-on swatch)

*Knitters should know the basics (casting on/binding off, knitting/purling).*

## KNIT SOCKS THAT FIT

Learn the things you can do to make sure your socks fit the best that they can! We'll discuss proper measurements, negative ease, how to choose the right heel for your foot, and how to customize the fit.

**Length:** 1 hour

*Suitable for all knitters.*

# LECTURES & PRESENTATIONS

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## MORE THAN A SQUARE

Love knitting but hate swatching? You're not alone—but this one small step can make or break your finished project. In this eye-opening session, we'll take the mystery (and misery!) out of gauge. You'll learn how to swatch with purpose, measure with confidence, and adjust your knitting so your sweaters fit, your stitches shine, and your yarn behaves. Whether you're a reluctant swatcher or a curious beginner, you'll walk away with practical tips and a new appreciation for the mighty little swatch.

**Length:** 1 hour presentation or 2 hour class (with hands-on swatch)

*Knitters should know the basics (casting on/binding off, knitting/purling).*

## PROPER CARE FOR HAND KNITS

You've taken the time and effort to finish your handknit garment—now let's learn how to care for it properly! Discover the three different methods for blocking your handknits as well as how to care for projects based on fiber content, project type, and stitch patterns.

**Length:** 1 hour

*Suitable for all knitters.*



## THE LANGUAGE OF STITCHES

Learn to read your knitting, recognize common stitch patterns, spot mistakes, and understand what's really happening on your needles. By learning the language of knitting, you'll be able to confidently fix your mistakes, adjust patterns, and knit with freedom.

**Length:** 1 hour presentation or 2 hour class (with hands-on swatch)

*Knitters should know the basics (casting on/binding off, knitting/purling).*

## YARN SUBSTITUTION 101

Discover the essential steps in the substitution process so you can choose the right yarn for your next project. With discussions about gauge, fiber characteristics, and estimating yardage, you'll learn how to substitute yarn for your next knitting project with ease.

**Length:** 1 hour

*Suitable for all knitters.*