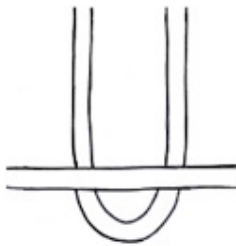
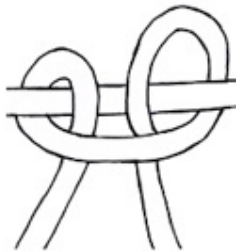


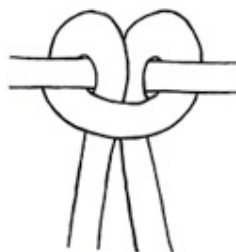
macramé knot technique: lark's head knot



1. Start with 2 cords- one 'base cord' that lies horizontally and one 'knotting cord'. Fold the knotting cord in half and place it underneath the base cord. The folded center of the knotting cord should be next to the base cord.



2. Bring the loose ends of the knotting cord up and over the base cord and through the loop that is created by the fold in the knotting cord.



3. Pull the loose ends tightly down to complete the lark's head knot.