



August 2025 Courses

A Special Invitation for August 2025



@THELOOPBETWEENUS

ABOUT ME

Creating meaningful human connections is in the center of everything I do.



ROOTED IN NATURE. GROUNDED IN CONNECTION.

Creating meaningful human connection has been a guiding principle throughout my life and career.

I grew up on a traditional farm in a 11-houses and around 50 inhabitants village in Northern Bavaria, where nature, animals, and the rhythm of the seasons shaped every part of daily life. The first 25 years of my life were spent in this close connection to the land, people, and hands-on work - instilling in me a deep respect for simplicity, sustainability, and the value of honest craftsmanship.

THE BEAUTY OF HANDCRAFTS

A Life in Textiles & Technology

I am a certified clothing tailor (Bekleidungsschneiderin) and hold a degree in Textile Engineering from a German University of Applied Sciences. Over 15+ years, I've worked across the global textile, apparel and automotive industry, in multinational operating companies. With 15+ years in IT and AI, as a franchisee and freelancer, I've always been guided by one question: How can technology support, not replace. Today, I help solo entrepreneurs turn their talents into meaningful businesses, full-time or as a side hustle, using AI as a trusted ally.

A Quiet Force: Creating Belonging

Since 2014, I've been volunteering as an Ambassador for an international expat community in Bonn. Under the motto *No One Stands Alone*, I regularly host gatherings to connect people across cultures and locals. These experiences shaped my deep belief: True belonging starts with feeling seen and welcomed - just as you are, wherever you are.

The Loop Between Us

With The Loop Between Us, I bring together my lifelong love for textiles, my professional expertise, and my personal values. Here, mindful handcraft meets intercultural connection.

Through crochet and knitting sessions, creative coaching, and shared reflection, I create safe, intentional spaces for calm, clarity, and community - for people who seek meaning, beauty in simplicity, and a sense of belonging.

Let's Loop Something Meaningful

Whether you're learning your first stitch or reconnecting with your creative roots: I'm here to guide you with heart, skill, and presence. Let's build something lasting - one loop at a time.

“In a world that moves ever faster, true luxury lies in the art of slowing down. Crochet and knitting invite you to pause, breathe, and experience the quiet joy of creating by hand. With each stitch, you transform the finest yarns into something both beautiful and personal – a reflection of your own style and imagination.

Enjoy immersive experiences where creativity flourishes and moments of calm become part of your daily rhythm. Surrounded by an expert and inspiration, you are free to discover the timeless pleasure of making, connecting with tradition while expressing something uniquely your own. Indulge in the serenity, satisfaction, and artistry of every stitch. Welcome to an experience where comfort and creativity are seamlessly woven together.”

Birgit Seifert

A Special Invitation for August 2025



Workshops designed for first-timers, returning makers & mindful explorers



Graceful Beginnings - Crocheting for the Curious

Feeling drained from constant deadlines and digital overload? Give your mind and hands the gift of calm focus in a **mindful personal crochet circle** designed to learn without prior experience, connect, and inspire.

1

2

The Gentle Power of Knitting: Style in Motion

Always on. Always delivering. But when was the last time you paused, for yourself?

Our mindful **knitting workshop** invites you to slow down, reconnect, and create something real with your own two hands. No prior experience needed.



3



Crocheting a Special Knot Bag

Crochet your own **eye-catching and functional knot bag**, and carry a sense of calm wherever you go. In this mindful workshop, you'll create with your hands, slow your thoughts, and leave with a timeless piece that's uniquely yours. The Serene Knot Bag – this pattern is used with the legal permission of Hobbii. All rights remain with the original copyright holder.

4

Mindful Making: Your Own Socks and Walk with Intention

Luxury starts at your feet.

Learn to **knit your own socks**, calmly, clearly, and without pressure. In this exclusive workshop, you'll craft something timeless with premium yarns and gentle guidance, step by step, at your pace.



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Workshops designed for first-timers, returning makers & mindful explorers



5

Craft Your Sustainable Statement: Crochet Your Own Reusable Shopping Bag (Net)

Feeling drained from constant deadlines and digital overload? Give your mind and hands the gift of calm focus in a mindful **personal crochet circle** designed to learn, restore, connect, and inspire. This pattern is used with the legal permission of @StephanieZed on YouTube. All rights remain with the original copyright holder.

6

Wrap Yourself in Calm Knit Your First Small Scarf

In this intimate workshop, discover the soothing rhythm of knitting as you create a **stylish and modern small scarf** with your own hands. Designed for busy minds craving a mindful pause, this course blends simple techniques with peaceful focus, so you can relax & create with your own hands.



7

Discover the Timeless Joy of Granny Squares

Step into a world where tradition meets creativity. In this inspiring workshop, you'll learn how to **crochet basic designs of iconic Granny squares** - the building blocks of cozy blankets, stylish cushions, and heartfelt gifts.



8

Personal One-on-One Crochet or Knitting Coaching

Experience mindful creativity with a **one-on-one crochet or knitting session, tailored to your pace and space**. In the Comfort of Your Home or at Birgit's place. Whether you're starting out or refining skills - simply share your preferred time, and I'll do my best to match.



all images AI-generated



LEARN. LAUGH. BELONG.



Birgit Seiferth
Personal Coach
for Conscious Loops



LEARN FROM A SEASONED EXPERT

Learn from Birgit, a highly qualified expert with over 30+ years experience in Textile Engineering and entrepreneurship, with deep knowledge, precision, and a passion for mindful making.



SMALL GROUPS, BIG IMPACT

Experience a safe, personal atmosphere with a maximum of 5 participants. Build confidence and skills with expert-level guidance. Courses take place with minimum 2 persons. Personal attention in a safe, supportive space.



CONNECTION OVER COMPARISON

Build genuine connections with others while creating something with your own hands. It's about togetherness, not performance. A space free from competition or perfectionism.



SUSTAINABILITY IN PRACTICE

Learn timeless skills that reduce waste, and reconnect you with the natural world. Take home your own handmade piece.



PRACTICE YOUR GERMAN OR STAY IN ENGLISH

Courses are held flexibly in English and/or German. You're welcome to speak and learn in the language that suits you best, or switch between both. Smooth communication - ideal for expats and international guests.

Contact

Birgit@seiferth-verbindet.de

In der Holle 9
53757 Sankt Augustin

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Mobile & WhatsApp: +49 (151) 43 12 31 99

BOOKING DETAILS

1

Graceful Beginnings - Crocheting for the Curious (no prior experience required)
Workshop Dates (Saturdays, 15 hrs in total)

02.08. · 09.08. · 16.08. · 23.08. · 30.08.2025

🕒 **Our time together:** 14:00 to 17:00 Uhr.

Your Invest: 597 € incl. 19% VAT

Secure your spot early: book by 29.07. and pay **only 547€** incl. VAT, incl. workbook in EN



5

Craft Your Sustainable Statement: Crochet Your Own Reusable Shopping Bag

Workshop Date: 02.08.25

🕒 **Our time together:** 17:00 to 21:00 Uhr

Your Invest: 147€ incl. 19% VAT

2

The Gentle Power of Knitting: Sustainable Style in Motion Workshop (no prior experience required)

Dates (Fridays, 15 hrs in total)

01.08. · 08.08. · 22.08. · 29.08. · 05.09.25

🕒 **Our time together:** 18:00 to 21:00 Uhr.

Your Invest: 597€ incl. 19% VAT

Secure your spot early: book by 29.07. and pay **only 547€** incl. 19% VAT



6

Wrap Yourself in Calm Knit Your First Chic Small Scarf

Dates: 06.08.2025

🕒 **Our time together:** 18:00 to 21:00 Uhr.

Your Invest: 117€ incl. 19% VAT

3

Crocheting a Special Knot Bag

Dates: 03.08. · 04.08. · 05.08.25

🕒 **Our time together:** 18:00 to 21:00 Uhr.

Your Invest: 397€ incl. VAT

7

Discover the Timeless Joy of Granny Squares (Basic Granny designs)

Dates: 01.08.25

🕒 **Our time together:** 17:00 to 21:00 Uhr.

Your Invest: 147€ incl. 19% VAT

4

Walk with Intention: Knit Your Own Signature Socks

Dates: 24.08.2025

🕒 **Our time together:** 10:00 to 17:00 Uhr

Your Invest: 239€ incl. VAT

8

Private Crochet Coaching - In the Comfort of Your Home

Out time together: upon request

VENUE

IN DER HOLLE 9

53757 SANKT AUGUSTIN-BIRLINGHOVEN

* INCLUDED IN EACH WORKSHOP: DRINKS, SNACKS AND GREAT COMPANY.

* WITH JUST 2 TO 5 PARTICIPANTS, YOU'LL ENJOY A CALM SETTING AND PERSONAL GUIDANCE. INCL. HIGH-QUALITY HOOK, SCISSORS, DARNING NEEDLE AND YARN.

CONTACT

BIRGIT@SEIFERTH-VERBINDET.DE

MOBILE & WHATSAPP: (0151) 43 12 31 99

INSTAGRAM: @THELOOPBETWEENUS

Registration Form



Join Us!

Join us today and unlock a mindful benefit - crafted to support calm, connection, and creativity.

My Information

First name

Last name

Phone Number

Email

Address

I would like to join the following course(s)

- | | |
|--|--|
|  Crochet for the Curious |  Knit Your First Small Scarf |
|  The Gentle Power of Knitting |  Discover the Timeless Joy of Granny Squares |
|  Crocheting a Special Knot Bag |  Personal Crocheting or Knitting Coaching. In the Comfort of Your Home. One-on-One. |
|  Mindful Making: Your Own Socks and Walk with Intention | |
|  Crochet Your Own Reusable Shopping Bag | |

Your booking includes: Coffee, tea & snacks, and a lovingly prepared welcome package.

Venue: 53757 Sankt Augustin – Birlinghoven. A calm family-like space, easily accessible just a short walk from public transport (bus stop: Pleistalstr. in Birlinghoven).

Thank you for your trust, I'm truly looking forward to creating with you.

Birgit

Your Personal Coach for Conscious Loops

Date :



Please fill-in and send to:
birgit@seiferth-verbindet.de

The Quiet Between the Loops

A soft ritual for busy souls

*There is a rhythm-soft, deliberate,
that waits beneath the noise and speed.*

*A simple act, a silent thread,
that gives you back the space you need.
No striving here. No need to prove.
Just hands that find a steady groove.
A calm you shape with every breath,
a quiet pause that softens stress.*

*The world outside keeps rushing on,
but in this loop, the rush is gone.
You feel it slow-your racing mind,
realigned in patterns kind.
And then, beside you, someone near,
who shares the stillness, stitch by stitch.
No words required, yet deeply known:
you're not unraveling alone.*

*This is connection-felt, not staged.
A moment held, not merely aged.
A thread from me, a thread from you,
a timeless bond in something true.
For all who lead, who care, who run,
this isn't idle, it's undone.*

*A gentle luxury, pure and wise:
the kind that never needs disguise.
You don't need more to feel complete.
Just quiet you can truly meet.
And space to be-no mask, no race,
a softer rhythm, a sacred place.*

Brigit Seifert