

# THE HYGGE gathering



## HOW TO HYGGE: *Fall Tablescape*

Hello , Friend.

Welcome to the first in our series, How To Hygge. We are so happy you are.

Fall is our favorite season. The colors, textures, sights, and smells-- it's a sensory wonderland. But what we love most of all is gathering during fall. There are celebrations, harvest, holidays. It is a time to be just be together.

May this how-to guide and inspire you to welcome cozy this season. And to gather-- because we are made for comfort and connection.

*Kim*



*Sharing a meal is the epitome of hygge.*

*It brings us together, nourishing our bodies and spirit. Taking the time to set an inviting table to gather around for a meal...transforms eating into sharing.*

- Louisa Thomsen Brits, The Book of Hygge

*Images by LolaBloom Photography*



## STEP 1: DETERMINE LOCATION

Will this be indoors or outdoors? This is especially important for candles; if outdoors, use hurricanes or vintage fairy lights to protect flames from breeze.

What is the size and shape of the table?

How many guests?

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## STEP 2: CONSIDER MOOD

What is your intention for the gathering?

Are you celebrating a special occasion?

Who will be present?

What feelings and emotions do you want to evoke at this gathering?

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# WHY MOOD MATTERS

WHEN WE GATHER

## life's most precious moments are...

spent in the company of people you cherish. life is richer and more fulfilling when it is shared with others.

- *Alexandra Gove*  
Dwell Gather Be

## we remember how we felt

Candles and soft artificial lighting quickly set the mood for a cozy gathering. ■

Being present at your gathering is better than striving for perfection. ■

Invite guests to help with the meal, it leads to increased merriment and togetherness. ■

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### STEP 3: TAKE INVENTORY

Use what you have and shop your home. Items you may already own can be worked into your design: bowls, platters, vases, picture frames, houseplants, blanket scarves, ribbons, baskets, mirrors.

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### STEP 4: FORAGE THE NATURAL

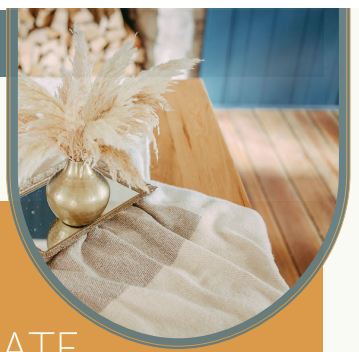
A weekend hike or stroll around the neighborhood is perfect to source natural elements: branches, acorns, dried stems, or greenery. Little ones love to participate! It is oh so hygge to involve all members of the family.

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Tip: Used is the new, new. We source many of our items second hand at vintage markets, thrift malls, estate auctions, and marketplace. We adore vintage amber glass for fall! Sourcing used adds originality and it is more sustainable.

*Tip: Re-purpose a blanket  
and layer for additional  
texture.*



## STEP 5: STAGE & CREATE

Begin with larger items and build out. Consider candle flames and how they may reach—we've been know to singe a few florals.

Group items and vary the height of similar items to create aesthetic interest.

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## STEP 6: CONSIDER COMPLEMENTARY SPACES

Look around the space and consider additional styling. Add complementary elements such as florals, dried stems, and candles to mantels, side buffets, and the entryway.

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## STEP 7: GATHER AND BELONG TO THE MOMENT

A hyggelig space is for relatedness, for sharing, not showing off. If we consider and care for each object that we keep, we become producers of meaning rather than consumers of goods.

- Louisa Thomsen Brits,  
*The Book of Hygge*

## STEP 8: DOCUMENT YOUR SUCCESS

Snap a photo of your hard work and share it with us so we can share with the cozy, hygge community. Tag us on Instagram @thehyggegathering

We look forward to seeing what you create!

