

QUILTED YOGA MAT



MATERIALS

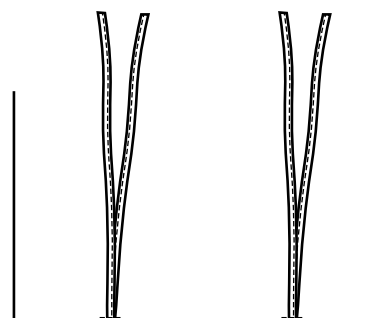
- 180 cm length of fabric
- 155 cm Fibersoft batting



- Cut 2 pieces of fabric, each measuring 62 cm x 152 cm
- Cut 2 pieces of fabric for ties, each measuring 122 cm x 4 cm
- Cut 1 piece of fabric for handle, measuring 62 cm x 10 cm
- Cut 1 piece of Fibersoft batting, measuring 62 cm x 152 cm

- Fold the long sides of the tie to the middle. Fold again and sew along the edge (as shown).
- Fold the long sides of the handle right sides together. Sew, turn and then press.
- Top-stitch both edges of the handle, 0.5 cm in from the edge.
- Sew Fibersoft batting onto the wrong side of one piece of fabric (the front), 0.5 cm seam allowance.
- Fold the ties in half. Sew to the mat front, 0.5 cm seam allowance. Position as shown.
- Sew front and back together all the way around. Leave a gap for turning.
- Mitre corners. Turn to right side. Sew gap. Press.
- Quilt the mat at regular intervals widthwise. Stitch at approx. 5 cm intervals. It is easiest to quilt first at 10 cm intervals and then halfway between the stitching lines.
- Fold handle ends 1 cm to the wrong side. Press.
- Sew the handle to the mat. Position as shown.

3.



4.

