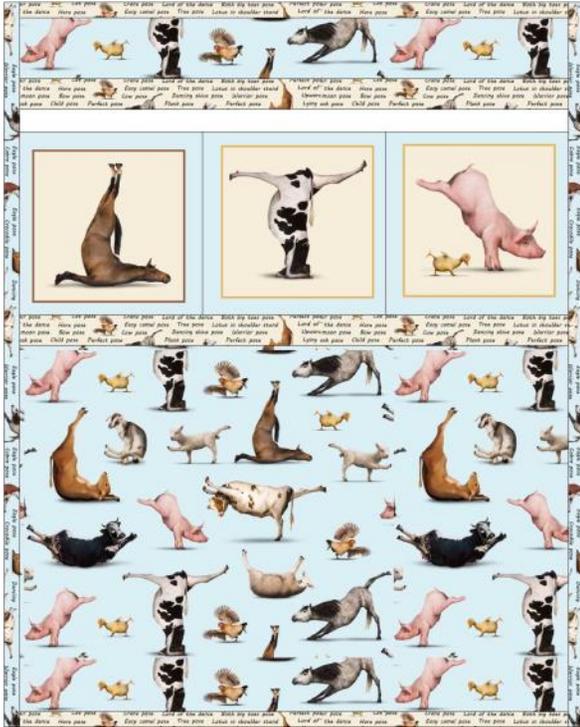


“Yoga is for Everyone”



Yoga Mat Carrier

Elizabeth's Studio, LLC

440 S. Main Street, Milltown, New Jersey 08850
732-651-4115 www.elizabethsstudio.com
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Designed by Deborah G. Stanley
Frog Hollow Designs
www.froghollowdesigns.com

FABRIC: “Yoga is for Everyone” by Looking Good for Elizabeth’s Studio LLC

8301 Blue (Blocks)—1/4 yard (1 repeat)

8300 Blue (Animals)—5/8 yard

8302 Cream (Words)—5/8 yard

8302 Blue (Words)—1/4 yard

20-1/2” x 18” Foam Stabilizer (Bosal In-R-Form or by Annie Soft and Stable)

Zipper (at least 20”)—light blue, white or cream

12” Sew-on hook/loop tape

CUTTING INSTRUCTIONS:

8301 Blue (Blocks)

6” x 18” rectangle (3 animal blocks, centered in both directions)

8300 Blue (Animals)

20-1/2” x WOF strip—from this cut (1) 20-1/2” x 18” rectangle

8302 Cream (Words)

20-1/2” x WOF strip—from this cut (1) rectangle 20-1/2” high x 18” wide, (1) rectangle 6” high x 18” wide, AND (4) 2-1/2” x 18” strips

8302 Blue (Words)

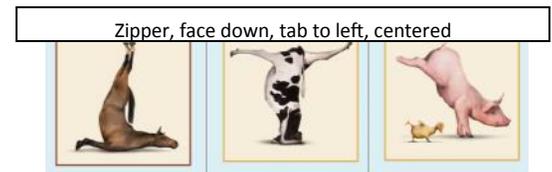
(3) 2-1/2” x WOF strips

CONSTRUCTION:

Zipper Pocket section:

Layer 6”x18” 8301 Blue (Blocks) right side up, zipper (face down, aligned with the top edge of the block fabric, centered with tab to left),

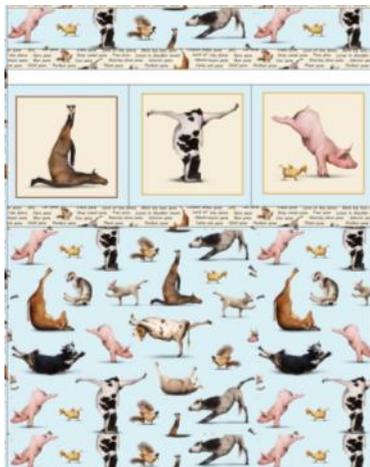
6” x 18” 8302 Cream (Words) right side down. Sew 1/4” seam. Fold fabrics away from zipper, press. Topstitch 1/8” away from zipper. Set aside.



Assembling the Main Section:

Layer 20-1/2" x 18" rectangle 8302 Cream (words) right side down, foam stabilizer, 20-1/2" 8300 Blue (Animals) right side up. Quilt as desired (large loose grid was used for sample).

Draw a line 18" from bottom, and align top zipper edge of pocket section, matching side edges. Pin in place and baste 1/8" from bottom edge of pocket. Sew straight lines between blocks to form three pockets (do not sew through zipper).



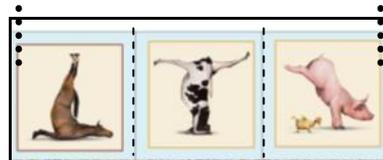
Fold (1) 2-1/2" x 18" 8302 Cream (Words) in half lengthwise. Press. Align raw edge with bottom raw edge of pocket section. Stitch 1/4" seam. Fold strip away from pocket section, topstitch in place top and bottom.

Repeat with second 2-1/2" x 18" 8302 Cream (Words) strip, aligning raw edge with top of zipper section, sewing 1/4" seam and topstitching top and bottom.

Completed section should look like diagram.

Use remaining 2-1/2" x 18" 8302 Cream (Words) strips to bind top and bottom edges of section. (Side edges are still raw.)

Open zipper part way, then sew 1/8" from each side edge across ends of zipper tape (stitch slowly several times back and forth to close off zipper). Trim excess zipper tape.



Finishing the Mat Holder:

Prepare strap: Fold (1) 2-1/2" x WOF strip 8302 Blue (Words) in half lengthwise, right sides together. Sew 1/4" seam, turn right side out. Press. Topstitch 1/8" from each long edge, then down the middle of the strip. Trim selvedge edges off.

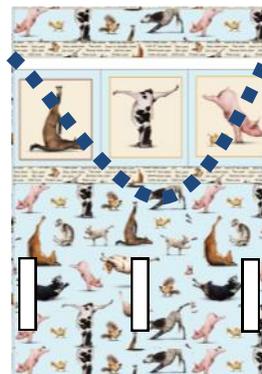


Pin strap on mat, lining up raw edges with contrast strips above the pocket section.

Use remaining 2-1/2" x WOF strips 8302 Blue (Words) to bind side edges, being sure to turn ends under 1/4" to finish corners.

Add hook/loop closures: Cut (3) 4" lengths of loop (soft) tape and (3) 2" lengths of hook (hard) tape.

Sew (3) 2" lengths of hook (hard) tape on back (lining) side of mat. Align two with inside corners of binding and the third centered at top of mat, aligned below top binding. Be sure to pin strap out of the way.



Sew (3) 4" lengths of loop (soft) tape on front side of mat. Align each piece 2" from bottom—one centered and two aligned with inner edges of binding.