

# Namaste Quilt



Designed By: Heidi Pridemore  
Approximate Quilt Size: 62" x 78"



23182 E

23183 E

23183 H

23184 A



23184 G

23184 T

23185 H

23185 T



23185 E

23186 E

FABRIC REQUIREMENTS	
Design:	Yards
23182 E	$\frac{7}{8}$
23183 E	$\frac{7}{8}$
23183 H	$2\frac{1}{4}$
23184 A	$\frac{5}{8}$
23184 G	1
23184 T	$\frac{3}{8}$
23185 H	1
23185 T	$\frac{5}{8}$
23185 E	$\frac{1}{2}$
23186 E	2
Backing of choice	5
<i>You will also need: 70" x 86" piece of backing</i>	

### Cutting Directions:

*Please read all instructions carefully before beginning.  $\frac{1}{4}$ " seam allowance is included in measurements and all strips are cut across the width of the fabric (WOF) unless noted otherwise. Label pieces and keep together until ready to sew.*

#### A. 23182 E: Main Print

- Cut three  $8\frac{1}{2}$ " x **WOF** strips. Sub-cut the strips into eight  $8\frac{1}{2}$ " x  $12\frac{1}{2}$ " strips.

#### B. 23183 E: Peach Yoga

- Cut three  $8\frac{1}{2}$ " x **WOF** strips. Sub-cut the strips into eight  $8\frac{1}{2}$ " x  $12\frac{1}{2}$ " strips.

#### C. 23183 H: Green Yoga

- Cut two  $3\frac{1}{2}$ " x  $72\frac{1}{2}$ " strips from the length of fabric (LOF).
- Cut four  $3\frac{1}{2}$ " strips from the remaining width of the fabric. Sew the strips together and cut two  $3\frac{1}{2}$ " x  $62\frac{1}{2}$ " strips.

#### D. 23184 A: Tan Symbols

- Cut four  $4\frac{1}{2}$ " x **WOF** strips. Sub-cut the strips into sixty  $2\frac{1}{2}$ " x  $4\frac{1}{2}$ " strips.

#### E. 23184 H: Green Symbols

- Cut three  $4\frac{1}{2}$ " x **WOF** strips. Sub-cut the strips into forty  $2\frac{1}{2}$ " x  $4\frac{1}{2}$ " strips.
- Cut seven  $2\frac{1}{2}$ " x **WOF** strips for the binding.

#### F. 23184 T: Peach Symbols

- Cut four  $1\frac{1}{2}$ " x **WOF** strips. Sew the strips together and cut two  $1\frac{1}{2}$ " x  $70\frac{1}{2}$ " strips.
- Cut three  $1\frac{1}{2}$ " x **WOF** strips. Sew the strips together and cut two  $1\frac{1}{2}$ " x  $56\frac{1}{2}$ " strips.

#### G. 23185 H: Green Flowers

- Cut four  $4\frac{1}{2}$ " x **WOF** strips. Sub-cut the strips into sixty  $2\frac{1}{2}$ " x  $4\frac{1}{2}$ " strips.

#### H. 23185 T: Peach Flowers

- Cut three  $4\frac{1}{2}$ " x **WOF** strips. Sub-cut the strips into forty  $2\frac{1}{2}$ " x  $4\frac{1}{2}$ " strips.
- Cut four  $1\frac{1}{2}$ " x **WOF** strips. Sew the strips together and cut two  $1\frac{1}{2}$ " x  $68\frac{1}{2}$ " strips.
- Cut three  $1\frac{1}{2}$ " x **WOF** strips. Sew the strips together and cut two  $1\frac{1}{2}$ " x  $54\frac{1}{2}$ " strips.

#### I. 23185 E: Tan Flowers

- Cut three  $4\frac{1}{2}$ " x **WOF** strips. Sub-cut the strips into twenty-five  $4\frac{1}{2}$ " squares.

### J. 23186 E: Tan Mottles

- Cut twenty-five 2½" x WOF strips. Sub-cut the strips into (400) 2½" squares.

### Backing – Your Choice

- Cut two 86" x WOF strips. Sew the strips together and trim to 70" x 86" for the back.

### Quilt Piecing Instructions:

*Press towards the darker fabric when assembling*

#### A. BLOCK ASSEMBLY:

- Place one 2½" Fabric J square on the left side of one 2½" x 4½" Fabric D strip, right sides together (Fig. 1). Sew across the diagonal of the square from the upper right corner to the lower left corner (Fig. 1). Flip open the triangle formed and press (Fig. 2). Trim away the excess fabric from behind the triangle, leaving a ¼" seam allowance,

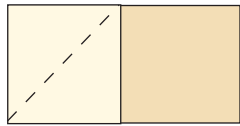


Figure 1

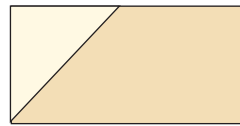


Figure 2

- Place another 2½" Fabric J square on the right side of the 2½" x 4½" Fabric D strip, right sides together (Fig. 3). Sew across the diagonal of the square from the upper left corner to the lower right corner (Fig. 3). Flip open the triangle formed and press (Fig. 4). Trim away the excess fabric from behind the triangle, leaving a ¼" seam allowance. This completes one J/D/J unit.

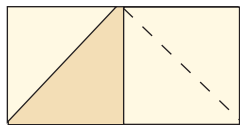


Figure 3

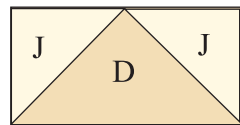


Figure 4

- Repeat Steps 1-2 to make sixty J/D/J units total.
- Repeat Steps 1-2 using sixty 2½" x 4½" Fabric G strips and (120) 2½" Fabric J squares to make sixty J/G/J units total (Fig 5).

### Make 60

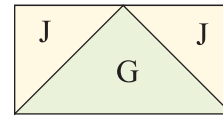


Figure 5

- Repeat Steps 1-2 using forty 2½" x 4½" Fabric E strips and eighty 2½" Fabric J squares to make forty J/E/J units total (Fig. 6).

### Make 40

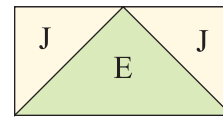


Figure 6

- Repeat Steps 1-2 using forty 2½" x 4½" Fabric H strips and eighty 2½" Fabric J squares to make forty J/H/J units total (Fig. 7).

### Make 40

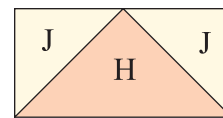


Figure 7

- Sew one J/D/J unit, one J/G/J unit, one J/E/J unit and one J/H/J unit together to make one 4-unit strip (Fig. 8). Repeat to make twenty 4-unit strips total.

### Make 20

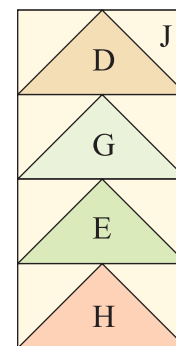
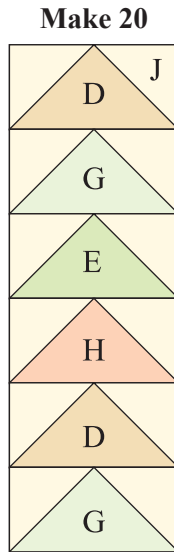


Figure 8

- Sew one J/D/J unit, one J/G/J unit, one J/E/J unit, one J/H/J unit, one J/D/J unit and one J/G/J unit together, in that order, to make one 6-unit strip (Fig. 9). Repeat to make twenty 6-unit strips total.



**Figure 9**

### B. QUILT ASSEMBLY:

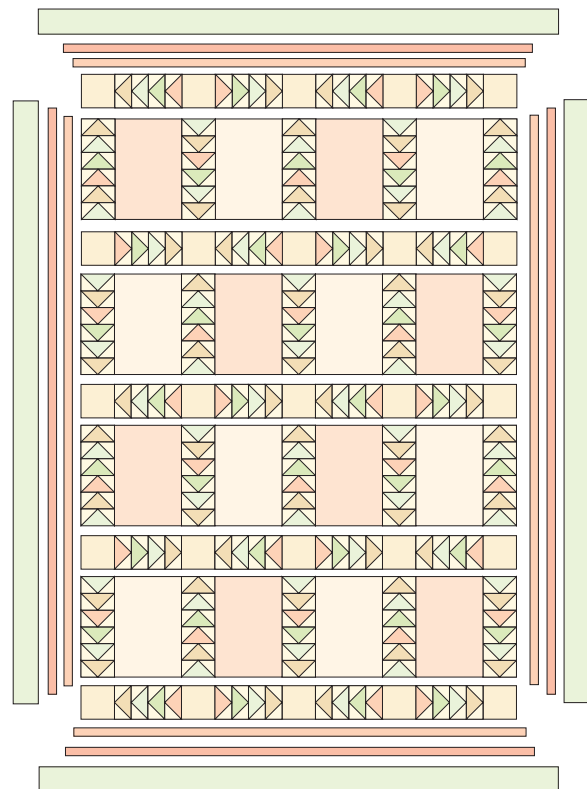
*(Refer to the quilt layout while assembling)*

- Sew five 4½" Fabric I squares and four 4-unit strips together, alternating them and ensuring that the strips are turned in the right direction, to complete Row One. Repeat to make Rows Three, Five, Seven and Nine.
- Sew five 6-unit strips, two 8½" x 12½" Fabric A strips and two 8½" x 12½" Fabric B strips together to make Row Two. *(NOTE: Pay close attention to the direction of the 6-unit strips).* Repeat to make Rows Four, Six and Eight.
- Sew the nine rows together in numerical order.
- Sew one 1½" x 68½" Fabric H strip to each side of the quilt top. Sew one 1½" x 54½" Fabric H strip to the top and bottom of the quilt top.
- Sew one 1½" x 70½" Fabric F strip to each side of the quilt top. Sew one 1½" x 56½" Fabric F strip to the top and bottom of the quilt top.

- Sew one 3½" x 72½" Fabric C strip to each side of the quilt top. Sew one 3½" x 62½" Fabric C strip to the top and bottom of the quilt top.

### C. FINISHING:

- Prepare the backing to measure 68" x 84". Press the seams open.
- Layer the quilt top, batting and backing. Baste the layers together.
- Quilt as desired.
- Trim layers even with the quilt top.
- Sew the 2½" x 42" Fabric E binding strips together, end to end with 45° seams, to make the binding. Fold this long strip in half lengthwise with wrong sides together and press.
- Bind as desired.



**Quilt Layout**

*While all possible care has been taken to ensure the accuracy of this pattern, we are not responsible for printing errors or the way in which individual work varies.*