

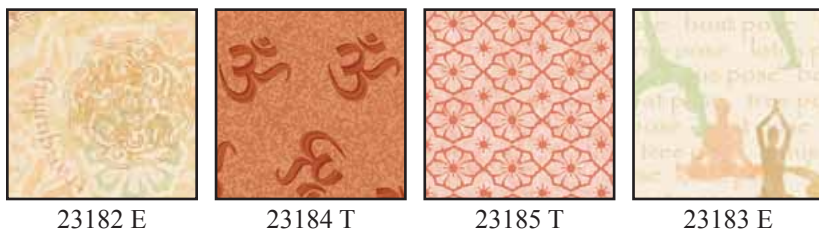


# Namaste Yoga Bag

STUDIO 8



Designed By: Heidi Pridemore  
Approximate Yoga Bag Size: 5" x 14" x 20"  
*yoga mat sold separately*



FABRIC REQUIREMENTS	
Design:	Yards
23182 E	1
23184 T	$\frac{3}{8}$
23185 T	$\frac{5}{8}$
23183 E	1

### 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 one  $25\frac{1}{2}$ " x **WOF** strip. Sub-cut the strip into two  $15\frac{1}{2}$ " x  $25\frac{1}{2}$ " strips.

#### B. 23184 T: Peach Symbols

- Cut four  $2\frac{1}{2}$ " x  $25\frac{1}{2}$ " strips.

#### C. 23185 T: Peach Flowers

- Cut two 8" x **WOF** strips.

#### D. 23183 E: Peach Yoga

- Cut one  $25\frac{1}{2}$ " x **WOF** strip. Sub-cut the strip into two  $15\frac{1}{2}$ " x  $25\frac{1}{2}$ " strips.

#### E. Fusible Fleece or Batting

- Cut two  $17\frac{1}{2}$ " x  $25\frac{1}{2}$ " strips.

### Bag Piecing Instructions:

Press towards the darker fabric when assembling

#### A. STRAPS:

- To make the straps, fold one Fabric C 8" x **WOF** strip in half lengthwise and press (Fig. 1). Open the folded fabric and fold each long edge to the creased centerline and press (Fig. 2).

*Note: the strip will be  $\frac{1}{4}$  of the width of strip you start with.*

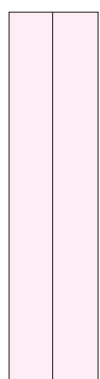


Figure 1

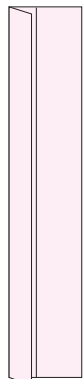


Figure 2

- Fold the pressed fabric in half again and press to make one 2" x **WOF** strip (Fig. 3). Top stitch down both long sides  $\frac{1}{8}$ " in from the edge to make the shoulder strap (Fig. 4). Note the strip will be  $\frac{1}{4}$  of the width of strip you start with.

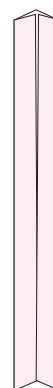


Figure 3



Figure 4

- Repeat Steps 1 and 2 to make a second strap. Cut this strap in half to make two mat straps.

#### B. OUTER BAG:

- Position and pin each mat strap along one long side of the  $15\frac{1}{2}$ " x  $25\frac{1}{2}$ " Fabric A strip, 4" in from the side edges (Fig. 5).

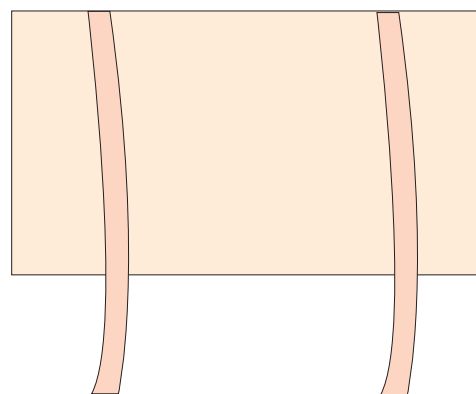


Figure 5

- Sew one 2½" x 25½" Fabric B strip to the top of the 15½" x 25½" Fabric A strip, catching the mat strap ends in the seam to make the bag back panel (Fig. 6).

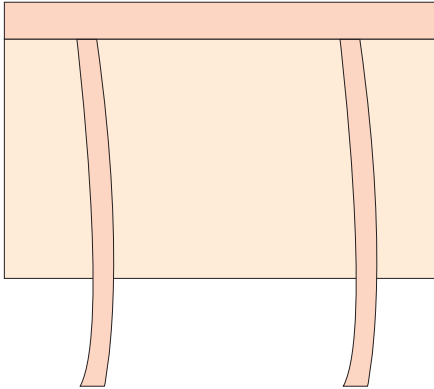


Figure 6

- Sew a second 2½" x 25½" Fabric B strip to the top of the second 15½" x 25½" Fabric A strip to make the bag front panel (Fig. 7).



Figure 7

- Using a yoga mat, measure the mat straps around the mat. Trim the straps and pin the straps to the bottom of the bag back panel, 4" in from each edge.
- Place the bag front panel on top of a piece of fusible fleece, wrong side down and press in place. Quilt as desired. Repeat with the bag back panel.
- Place the two bag panels, right sides together. Stitch down the two short sides and across the bottom, catching the straps in the seam.

- Measure in from the side edge 2" and up from the bottom edge 2" at each corner. Cut out the square of fabric (Fig. 8). Open the cut bottom and align the bottom edge with the side edge and sew the two edges together (Fig. 9). Repeat with the other bottom corner to make the box bottom. Turn bag right side out.

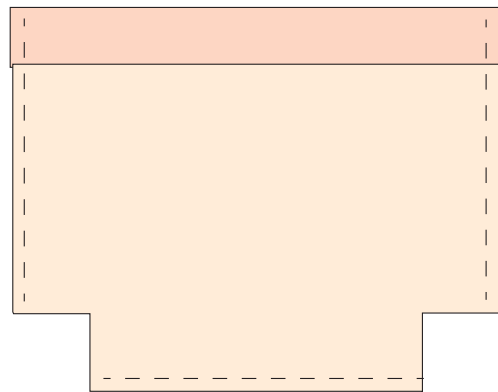


Figure 8

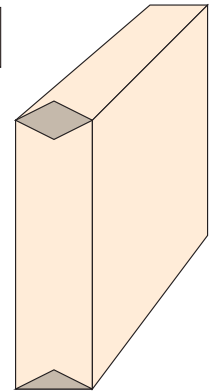


Figure 9

## C. LINING:

- Sew one 2½" x 25½" Fabric B strip to the top of the 15½" x 25½" Fabric D strip to make one lining panel. Repeat to make a second lining panel.
- Place the two lining panels, right sides together. Stitch down the two short sides and across the bottom, leaving a 4" opening for turning.
- Repeat Step 10 to finish the corners and bottom of the lining.

## D. ASSEMBLING:

- Position the shoulder strap on the bag aligning the strap with the side seams and pin in place. The shoulder strap should hang down the right side of the bag while assembling.
- Place the bag, with the strap, right sides together with the lining, aligning the top raw edges of the bag, handles and lining and pin together. Sew the lining and bag together, reinforcing the stitching at each handle end.
- Turn the bag and lining right side out through the opening in the lining. Press as needed and top stitch the open closed. Put the lining into the bag, aligning the sides and bottom. Top stitch around the top edge of the bag to finish.

*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.*