FREE PATTERN

featuring ESOTERRA COLLECTION BY KATARINA ROCCELLA

CAMOUFLAGE
FINISHED SIZE | 74" x 25½"

FABRIC REQUIREMENTS

<table>
<thead>
<tr>
<th>Fabric</th>
<th>Description</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fabric A</td>
<td>EST-76509</td>
<td>¾ yd.</td>
</tr>
<tr>
<td>Fabric B</td>
<td>PE-454</td>
<td>1 yd.</td>
</tr>
<tr>
<td>Fabric C</td>
<td>PE-428</td>
<td>¾ yd.</td>
</tr>
<tr>
<td>Fabric D</td>
<td>PE-402</td>
<td>¾ yd.</td>
</tr>
<tr>
<td>Fabric E</td>
<td>PE-428</td>
<td>¾ yd.</td>
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</tbody>
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BACKING FABRIC
Fabric B PE-454 (Suggested)

BINDING FABRIC
Fabric B PE-454 (included)

CUTTING DIRECTIONS

¼" seam allowances are included. WOF means width of fabric.

• Fabric A
  - Cut twenty one (21) strips of 1" x WOF (cut strips of 5" from each large strip).

• Fabric B:
  - Fifteen (15) strips of 26 x 1 ¼"
  - 7 strips of 1 ¼" x WOF

• Fabric C:
  - Cut two (2) 5" squares
  - Cut six (6) 10 ¾" squares.

• Fabric D:
  - Cut twenty six (26) 5" squares

• Fabric E:
  - Cut six (6) 10 ¾" squares.

CONSTRUCTION

Sew all rights sides together with ¼" seam allowance.

• Take two (2) 10¾" x 10¾" squares from fabric C and E, and do the ‘Magic 8 Method’. Repeat six times.

• Place one (1) square from fabric C, facing one (1) square from fabric E.

• Draw two diagonal lines corner to corner. Stitch ¼" away from each drawn line on both sides.

• Cut vertically right down the center.

• Make a second cut that’s perpendicular to the cut you just made.

• Cut on both of the drawn diagonal lines, between your stitching lines.

• Separate your pieces and open them up to reveal your perfect half square triangles.

• Press
• You should have 48 fabric C & E HST

• Separate two (2) HTS to place them when you start the yoga mat assembly

• Cut nineteen (19) HST horizontally and twenty three (23) vertically every 1" in.

• Insert the 1 x 5" strips of fabric A in between the trimmed Half squared triangles.

• For fabric placement and attachment follow diagram 3 and 4

• To make the process easier trim the block as you sew.

• Take the seven (7) 1¼" x WOF strips from fabric B and sub cut them into fifty six (56) 1¼x 5" strips.

• Take fifteen (15) strips of 26 x 1 ¼" from fabric B, twenty six (26) 5" squares from fabric D, nineteen block A and twenty three block B and the two (2) half square triangles from fabrics C and D. Get ready to create your yoga mat!

• For fabric placement and attachment follow diagram 5.
• Place BACKING FABRIC on a large surface wrong side up. Stretch it with masking tape against that surface.
• Place BATTLING on top of backing fabric.
• Place TOP on top of the batting with right side facing up. Smooth away wrinkles using your hands.
• Pin all layers together and baste with basting thread, using long stitches. You can also use safety pins to join the layers.
• Machine or hand quilt starting at the center and working towards the corners. Remember that quilting motifs are a matter of personal preference.
• Have fun choosing yours!
• After you finished, trim excess of any fabric or batting, squaring the quilt to proceed to bind it.

**CONGRATULATIONS! YOU ARE DONE WITH THE FRONT SIDE OF YOUR YOGA MAT!**

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**BINDING**

* Sew rights sides together.*

• Cut enough strips 1½" wide by the width of the fabric B to make a final strip 21½" long. Start sewing the binding strip in the middle of one of the sides of the quilt, placing the strip right side down and leaving an approximated 5" tail. Sew with ¼" seam allowance (using straight stitch), aligning the strip's raw edge with the yoga mat top's raw edge.
• Stop stitching ¼" before the edge of the yoga mat (DIAGRAM B 1). Clip the threads. Remove the mat from under the machine presser foot. Fold the strip in a motion of 45° and upward, pressing with your fingers (DIAGRAM B 2). Hold this fold with your finger, bring the strip down in line with the next edge, making a horizontal fold that aligns with the top edge of the quilt (DIAGRAM B 3). Start sewing at ¼" of the border, stitching all the layers. Do the same in the four corners of the mat.
• Stop stitching before you reach the last 5 or 6 inches. Cut the threads and remove the quilt from under the machine presser foot. Lay the loose ends of the binding flat along the quilt edge, folding the ends back on themselves where they meet. Press them together to form a crease. Using this crease as the stitching line, sew the two open ends of the binding with right sides together (you can help yourself marking with a pencil if the crease is difficult to see).
• Trim seam to ¼" and press open. Complete the sewing.
• Turn binding to back of the mat, turn raw edge inside and stitch by hand using blind stitch.
NOTE: 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. Please read instructions carefully before starting the construction of this quilt. If desired, wash and iron your fabrics before starting to cut.