instinct
paths

FREE PATTERN
instinct paths

Maureen Cracknell

WHAT AWAITS PROFOUNDLY
WHAT AWAITS ABOVE
LACE IN BLOOM CLOUD
LACE IN BLOOM SKY
MINIMENTS RAW
MINIMENTS UNPOLISHED
ROADSIDE GUIDES ASTER
ROADSIDE GUIDES OPAL
THRIVING THREADS LIGHT
THRIVING THREADS DEEP
WREATHED WHIFF
GENTLE MANTLE FLAME
EXPANDED AIM VIOLET
EXPANDED AIM TERRA

FLEET & FLOURISH

FABRICS DESIGNED BY MAUREEN CRACKNELL

INNOCENCY

FLO-8120 WHAT AWAITS PROFOUNDLY
FLO-8121 MINIMENTS RAW
FLO-8123 ROADSIDE GUIDES ASTER
FLO-8124 THRIVING THREADS LIGHT
FLO-8125 WREATHED WHIFF
FLO-8126 LACE IN BLOOM CLOUD
FLO-8127 ALL PATHS SUNLIT
FLO-8128 SWIFTING FLORA FOND
FLO-8129 EXPANDED AIM VIOLET
FLO-81301 GENTLE MANTLE FLAME

TENACITY

FLO-9120 WHAT AWAITS ABOVE
FLO-9121 MINIMENTS UNPOLISHED
FLO-9122 SACRED AMULETS
FLO-9123 ROADSIDE GUIDES OPAL
FLO-9124 THRIVING THREADS DEEP
FLO-9125 LACE IN BLOOM SKY
FLO-9126 ALL PATHS CLEAR
FLO-9128 SWIFTING FLORA SWELL
FLO-9129 EXPANDED AIM TERRA
FLO-9130 GENTLE MANTLE LAND

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FINISHED SIZE | 60" x 80"

FABRIC REQUIREMENTS

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BACKING FABRIC
FLO-8126 5 yds. (Suggested)

BINDING FABRIC
FLO-9129 (Fabric N) (included)

CONSTRUCTION

Sew all rights sides together with ¼" seam allowance.

- Take one 20½" x 4½" from fabrics A-J
- Attach them together in the order ABCDEFGHIJ
  Press seams open.

- Take one WOF x 4½" from fabrics K-S and one from fabric I.
- Attach them together in the order KLMNIOPQRS
  Press seams open.
- Repeat the previous step until you get a total of six of this strips combination.
• Using a clear quilting ruler cut a 10½” x 40½” bias in a 45°, align it to the center then the top corner to the left edge of the piece and the bottom to the right edge.

• Repeat the previous step until you get a total of three of this strips.

• Take two of the 45° strips (they should be opposite to each other)

• Attach them together starting with fabric S on top creating a chevron pattern.

• Set aside.

• Repeat the same procedure done in diagram 4 but this time the 45° strip will be a reflection of the previous one.

• Align it to the center then the top corner to the right edge of the piece and the bottom to the left edge.

• Repeat the previous step until you get a total of three of this strips.

• With the remaining 45° strips make a chevron pattern again attaching them together but this time start with fabric K on top.

• You should have two of these.
ASSEMBLING THE TOP

Sew all rights sides together with ¼" seam allowance. Press open.

- Follow the cover picture for blocks placement.
- Arrange blocks in two rows of three blocks each.
- Sew blocks in each row together, press seams to one side, alternating direction every other row.
- Sew Rows together to complete quilt top. Press seams open.

QUILT ASSEMBLY

Sew rights sides together.

- Place BACKING FABRIC on a large surface wrong side up. Stretch it with masking tape against that surface.
- Place BATTING 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.

BINDING

Sew rights sides together.

- Cut enough strips 1½" wide by the width of the fabric N to make a final strip 290" 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 quilt top’s raw edge.

- Stop stitching ¼" before the edge of the quilt (DIAGRAM B 1). Clip the threads. Remove the quilt from under the machine presser foot. Fold the strip in a motion of 45° and upward, pressing with your fingers (DIAGRAM B2). 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 B3). Start sewing at ¼” of the border, stitching all the layers. Do the same in the four corners of the quilt.

- 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 quilt, 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.

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