

michael miller FABRICS

NAMASTE YOGA MAT Quilt

Size: 24"W x 72"H | Designed by Heidi Pridemore | Level: Beginner



Free Pattern available on michaelmillerfabrics.com



FABRIC REQUIREMENTS



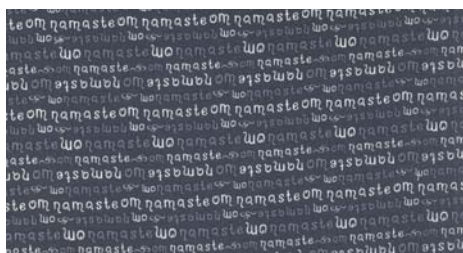
**CX7530-CELESTIAL
MANDALA LOTUS**
5/8 YARD (APPLIQUE)



**CX7533-LOVE
NAMASTE**
1-1/3 YARDS (APPLIQUE)



**CX7531-CELESTIAL
GOOD POSTURE**
2-1/3 YARDS (BACKING)



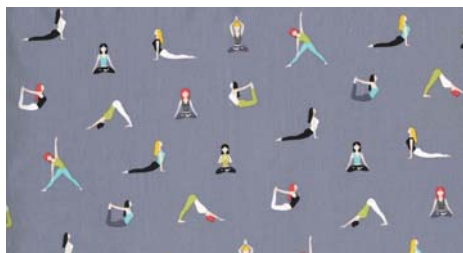
**CX7533-MOON
NAMASTE**
1/2 YARD (BINDING)



**CX7532-HAPPY
CHAKRA STRIPE**
1 YARD (APPLIQUE)



**CX7533-SPA
NAMASTE**
2-1/8 YARDS (BACKGROUND)



**CX7531-SPA
GOOD POSTURE**
1/2 YARD (APPLIQUE)

FABRIC REQUIREMENTS

SKU	YARDAGE PER ONE QUILT	# OF BOLTS FOR 12 KITS	# OF BOLTS FOR 24 KITS
(A) CX7533-SPA	2-1/8 YARDS	2 BOLTS (25-1/2 YARDS)	4 BOLTS (51 YARDS)
(B) CX7530-CELESTIAL	5/8 YARD	1 BOLT (7-1/2 YARDS)	1 BOLT (15 YARDS)
(C) CX7533-LOVE	1-1/3 YARDS	1 BOLT (8 YARDS)	2 BOLTS (16 YARDS)
(D) CX7531-SPA	1/2 YARD	1 BOLT (6 YARDS)	1 BOLT (12 YARDS)
(E) CX7532-HAPPY	1 YARD	1 BOLT (12 YARDS)	2 BOLTS (24 YARDS)
(F) CX7533-MOON	1/2 YARD	1 BOLT (6 YARDS)	1 BOLT (12 YARDS)
(BACK) CX7531-CELESTIAL	2-1/8 YARDS	1 BOLT (14 YARDS)	2 BOLTS (28 YARDS)
TOTAL BOLTS NEEDED		8 BOLTS (7 W/ O BACK)	13 BOLTS (11 W/ O BACK)

WE DO OUR BEST TO MAKE SURE THESE ARE ACCURATE YARDAGES BUT THESE ARE ESTIMATES UNTIL THE FINAL PATTERN IS COMPLETED AND EDITED. THANK YOU.

"Namaste - Yoga Mat"

Quilt by Heidi Pridemore

Size: Approximately 24" x 72" Skill Level: Beginner

Materials

Cutting instructions

Please Note: All strips are cut across the width of fabric (WOF) from selvage to selvage edge unless otherwise noted.

	Fabric	Yardage	Cutting
(A)	CX7533-Spa Namaste – Spa	2 1/8 yards	• Cut one 24 1/2" x 72 1/2" strip.
(B)	CX7530-Celestial Mandala Lotus – Celestial	5/8 yard	• See instructions to cut two Template 3 components.
(C)	CX7533-Love Namaste – Love	1 1/3 yards	• See instructions to cut two Template 4 components.
(D)	CX7531-Spa Good Posture – Spa	1/2 yard	• See instructions to cut three Template 1 components.
(E)	CX7532-Happy Chakra Stripe – Happy	1 yard	• See instructions to cut three Template 2 components.
(F)	CX7533-Moon Namaste – Moon	1/2 yard	• Cut five 2 1/2" x WOF strips for the binding.
Backing	CX7531-Celestial Good Posture – Celestial	2 1/3 yards	• Cut one 32" x 80" strip for the back.

You will also need:

- 32" x 80" batting, fusible web, threads to match, scissors, straight pins, acrylic ruler, rotary cutter and mat.

Disclaimers

This pattern is provided as a courtesy to quilt stores, catalogs and quilters. Michael Miller Fabrics, LLC is not responsible for the accuracy of any kits packaged to accompany this pattern. Please direct any inquiries to the kit maker.

Yardage requirements for this pattern may allow for excess yardage to accommodate specific placement of motifs or to allow for any fussy-cutting to achieve the finished quilt design.

While every attempt has been made to give accurate measurements, yardage requirements and construction directions; this does not allow personal variations in measuring, cutting or sewing. The enclosed directions were used in the construction of the original quilt.

Quilt Top Assembly

(Follow Figures 1 & 2 while assembling the quilt top.)

1. Following the manufacturer's instructions, trace the listed number of each template onto the paper side of the fusible web. Roughly cut out each template about 1/8" outside the drawn lines.
2. Press each template onto the wrong side of the fabrics as listed on the templates. Cut out each template on the drawn lines.
3. Refer to the quilt photo to arrange and press one Fabric D-Template 1 component and one Fabric E-Template 2 component onto the 24 1/2" x 72 1/2" Fabric A background strip (Fig. 1).
4. Finish the raw edges of each shape with a decorative stitch such as a buttonhole or satin stitch.
5. Repeat Steps 3-4 to add the remaining two Fabric D-Template 1 components, two Fabric E-Template 2 components, two Fabric B-Template 3 components and Fabric C-Template 4 components to the Fabric A background strip.
6. Trim the applique shapes even with the background strip to make the quilt top (Fig. 2).
7. Layer and quilt as desired.
8. Sew the five 2 1/2" x WOF Fabric F strips together, end-to-end with 45-degree seams, to make the binding. Fold this long strip in half lengthwise with wrong sides together and press.
9. Bind as desired.

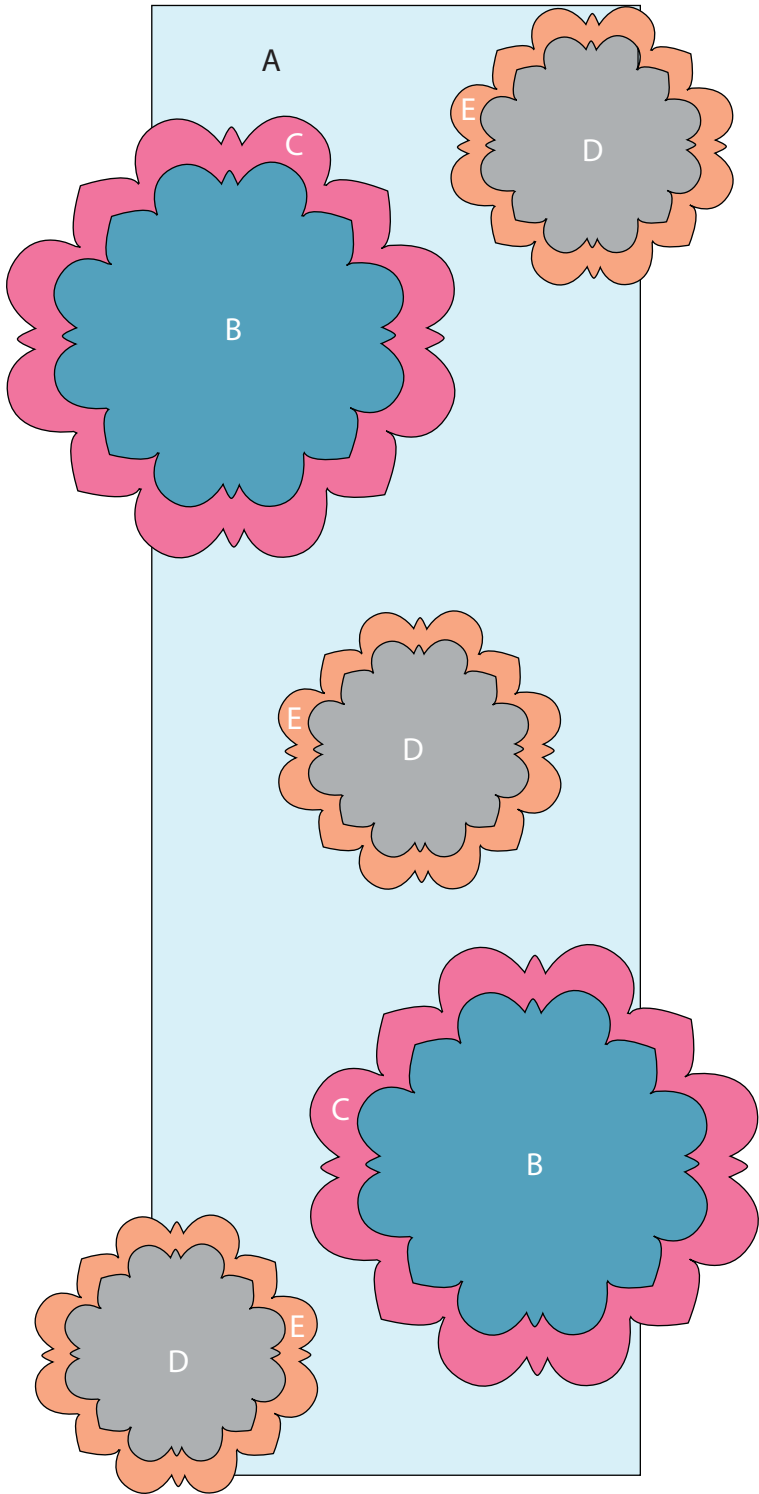


Fig. 1

Trim applique shapes even with the background

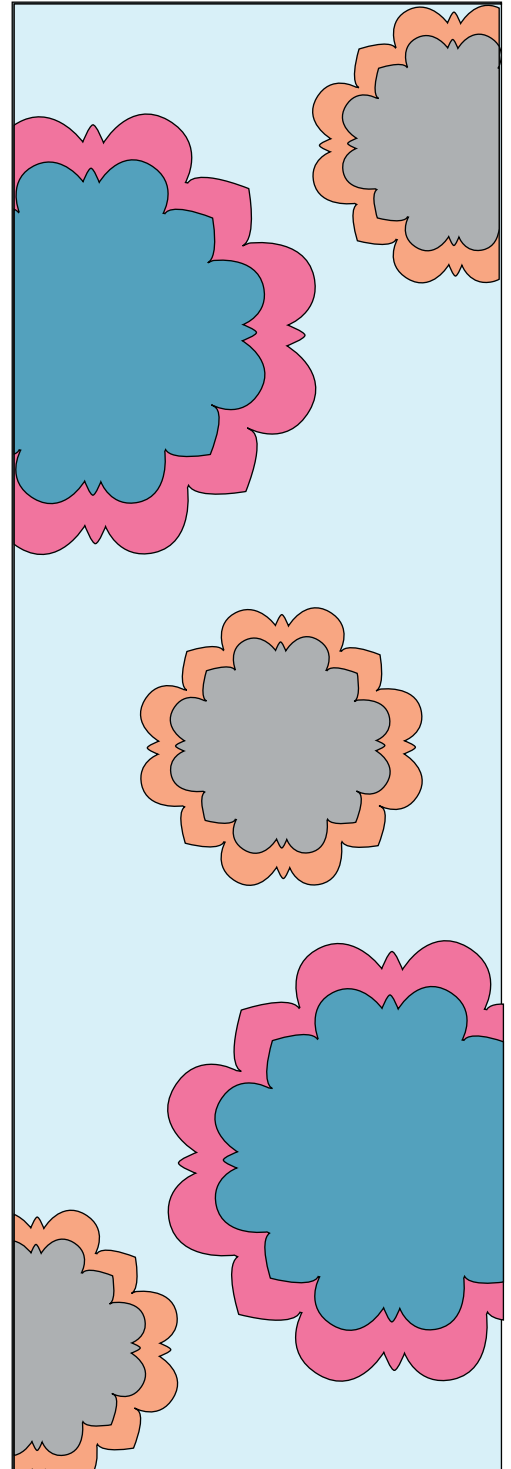
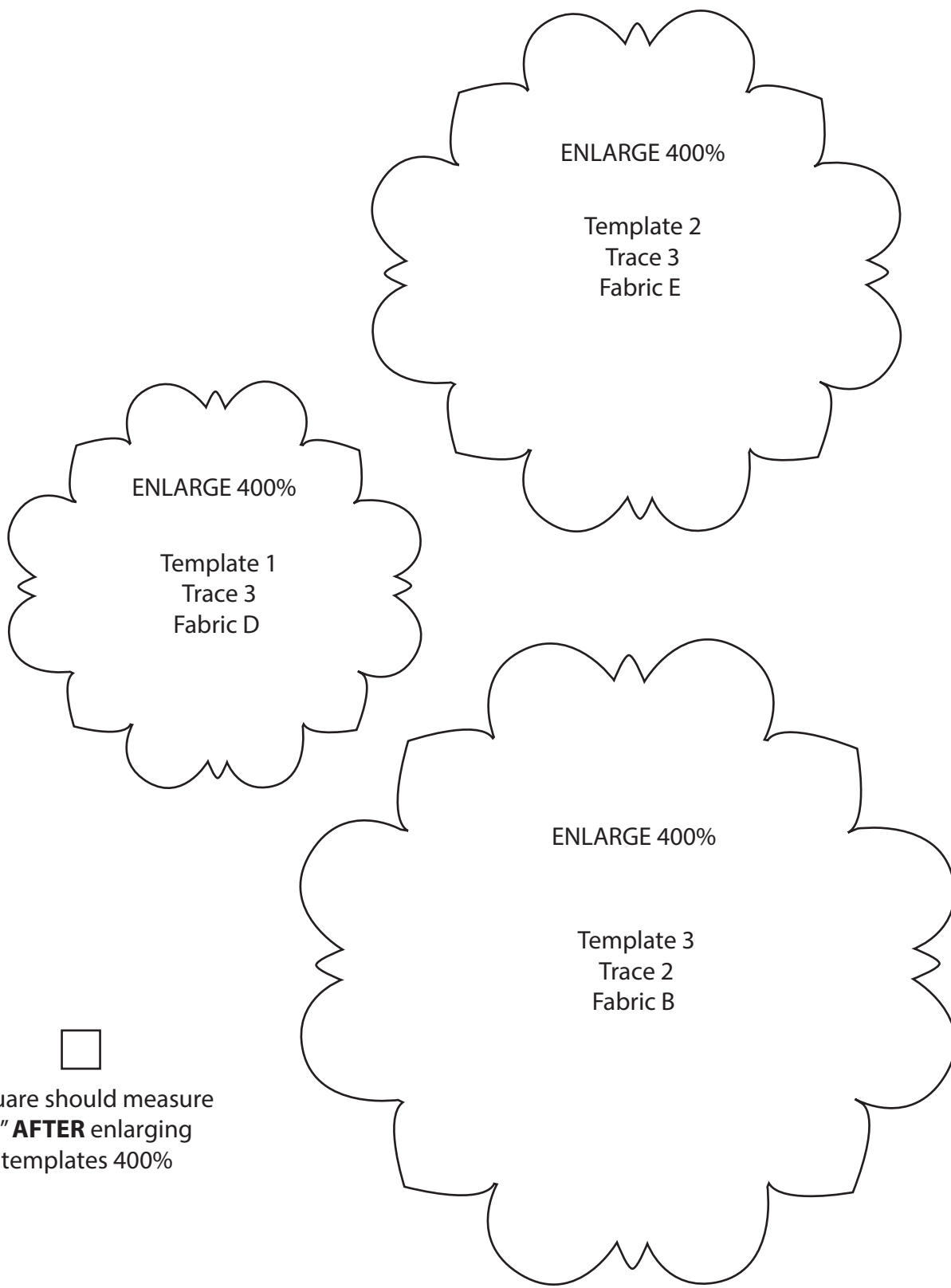

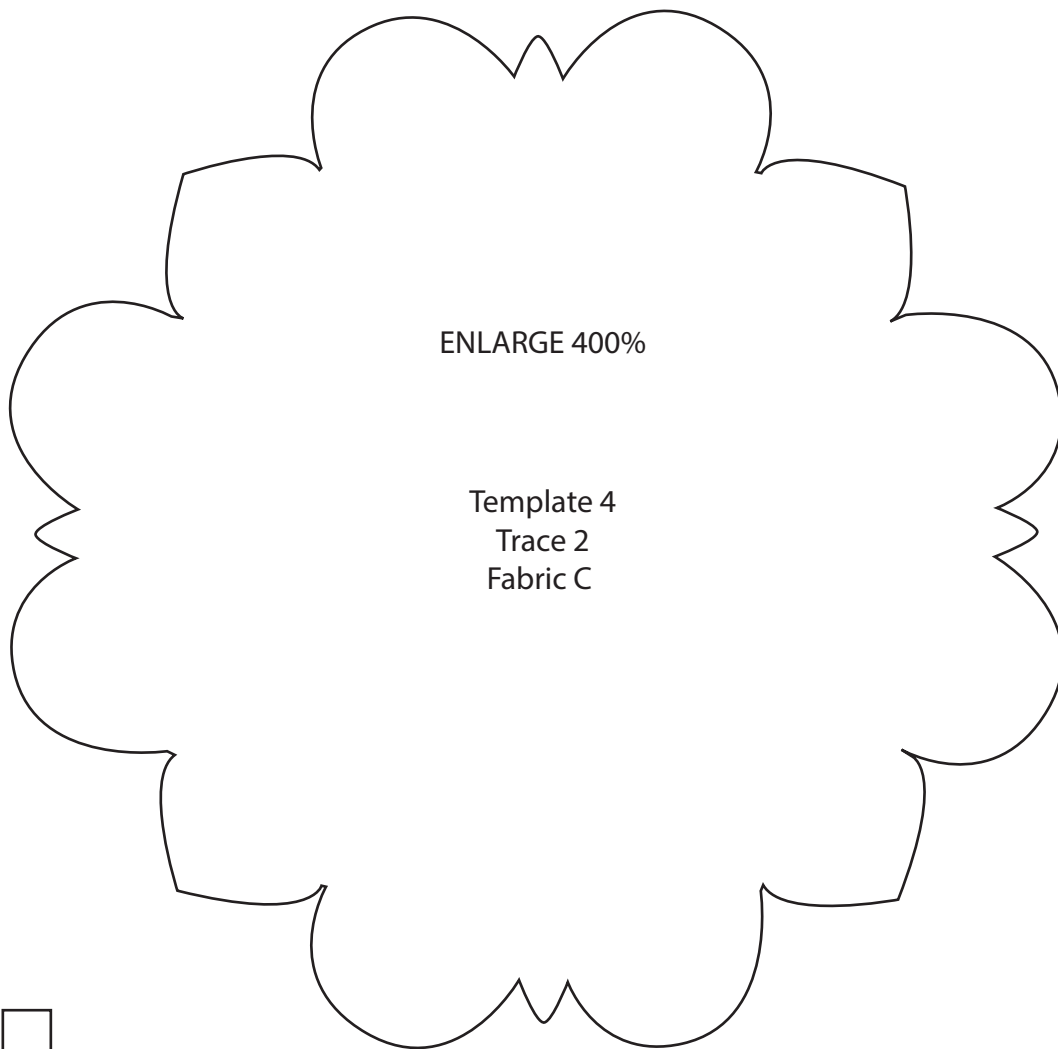


Fig. 2




Square should measure
1" **AFTER** enlarging
templates 400%



Square should measure
1" **AFTER** enlarging
templates 400%