



# LEARN & CREATE

with Baby Lock



## Yoga Mat Bag



Bring your yoga mat to class in style with this easy to make yoga mat bag. You'll use strips of indoor/outdoor fabric and some ribbon to create a bag that makes transferring your yoga mat to and from class convenient and stylish.

### **Skill Level: Beginner**

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### **Supplies:**

Baby Lock® sewing machine  
¾ Yard of indoor/outdoor fabric  
2 Yards of 1 ½" wide ribbon  
3 ½ Yards of 7/8" wide ribbon for trim and handles  
Madeira® Cotona thread  
2 Eyelets  
2 Double cord stops  
2 Beads  
1 ¼ Yards of 1/8" round cording  
Frixion marking pens  
Basic sewing supplies

Approximate size is 28" long x 6" diameter

- 1) Cutting Instructions:
  - From the indoor/outdoor fabric, cut one section that measures 34" x 20".
  - Cut one strip 2 ¾" x 29" from the main fabric for the bag strap.
  - Cut the 7/8" wide ribbon into six sections of 20" each.
  - Cut the cording into two lengths that measure 22" long.
  - Cut the 1 ½" wide ribbon section into two lengths one 20" and the other 29" long.
- 2) Place the 2 ¾" x 29" strip wrong-side up on a flat surface and follow the next set of steps to create the strap.
  - Measure in 1" in from each of the long edges and draw two parallel lines across the 29" length using a Frixion pen.
  - Fold inward on each of the lines and press in place.
  - Place the 1 ½" wide x 29" ribbon over the center of the fabric strap length. The ribbon will hide the raw edges on the strap. Pin in place.
- 3) Set up the machine for straight stitch sewing. Set the stitch length to 2.5 mm. Thread the machine with a coordinating thread and edge stitch along both of the long edges to create the strap. Set the strap aside for now.
- 4) With right side facing up, place the main body section on a flat surface with the 20" at the top. Measure 4" down from the top edge and draw a line from side to side across the width.
- 5) Place one of the 7/8" x 20" lengths of ribbon along the 4" drawn line. Pin in place.
- 6) Edge stitch along each of the long edges to secure in place.
- 7) Find the second 7/8" x 20" length and place 1/8" from the bottom edge of the first ribbon section and sew in place.
- 8) For the placement of the third section, locate the 1 ½" x 20" section and place 1/8" from the bottom edge of the second sewn ribbon strip. Edge stitch along the long edge to secure.
- 9) Repeat for the fourth and fifth 7/8" x 20" length sections.
- 10) Rotate the main section on a flat surface so that the opposite end is pointing upward. On this end, we will sew three lengths of ribbons.
- 11) Measure 4" down from the top edge and mark.
- 12) Place the fifth 7/8" x 20" length along the marked line. Edge stitch along both long edges.
- 13) Place the final 7/8" x 20" length 1/8" from the bottom edge of the first ribbon section. Edge stitch in place.
- 14) Place the final 1 ½" x 20" length 1/8" down from the bottom of the last ribbon and edge stitch in place.
- 15) To create the drawstring channels follow the next set of directions:
  - On both 20" edges fold the edges inward ¼" and press.
  - To place the eyelets find the center of the bag. Measure 1" down from the top on each end and mark with the Frixion pen. Attach the two eyelets by following the manufacturer's directions at the mark points.
  - Fold each of the ends inward to the wrong side of the section ¾" and pin in place.
  - Edge stitch very close to the inner folded edges to create the drawstring channel. Do not sew over the eyelets.

- 16) To add the drawstrings and the toggles to both ends follow the next set of steps:
- Squeeze the toggle so the holes line up; slip one of the cord ends through one hole. Slip a bead onto the cord. Thread the end of the cord through the second hole on the toggle. Pull the toggle and the bead so that they are centered on the cord.
  - Slip both cord ends through the eyelet. With one cord end going to the right side of the channel and the other cord end going to the left side of the channel. Pull each end through the channel so they just barely extend out the side opening on both strap ends. Pin in place.
  - Machine baste over the ties ends to hold in place.
  - Repeat these steps for the opposite side.
- 17) Assemble the bag and the straps by following the next set of steps:
- Place the bag body right side up on a flat surface.
  - Retrieve the straps and place the ribbon side of the strap over the raw side edge of the bag. The raw edges on the strap should line up with the ribbon on the bag. Pin in place. The straps should be tucked inside the bag at this point.
  - Repeat for the bottom side edge on the bag to attach the other end of the strap. Pin this end of the strap in place. Be sure that the strap is not twisted.
  - Sew in place using a 1/2" seam allowance.
  - Turn the bag right side out.
- 18) Cinch up the bottom edge of the bag and insert your mat.

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