

Zen Path

Michelle Hart

Inspiration:

As the new year begins so do resolutions and healthy habits. I want to kick off the year by getting back into yoga. What better way than with a quilted yoga mat to get inspired?

Materials:

- Fabric A – 1 1/8 yards solid (I used Michael Miller Cotton Couture in Midnight.)
- Fabrics B – 5 coordinating fat quarters (I used Indigo by Michael Miller.)
- Backing – 2 1/2 yards backing fabric (I used a print from Indigo by Michael Miller.)
- Binding – 1/2 yard (I used a print from For You by Zen Chic.)
- Batting – 2 yards
- Coordinating thread
- Basic sewing and quilting supplies

Machine and accessories:

- MC15000
- 1/4 " seam foot O
- AcuFeed Flex Dual Feed Foot



Cutting:

Note: The cutting directions are for the no waste four at a time flying geese

From fabric A (solid):

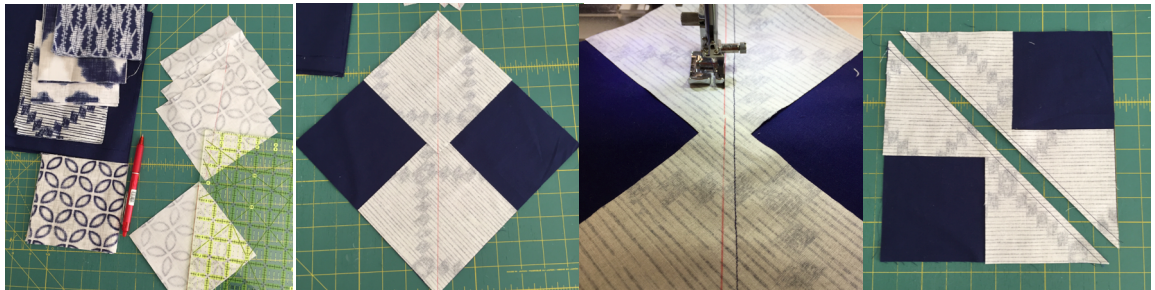
- Cut 4 - 9 ¼" strips along the width of fabric.
- Subcut the strips into 14 - 9 ¼" squares

From fabrics B (fat quarters):

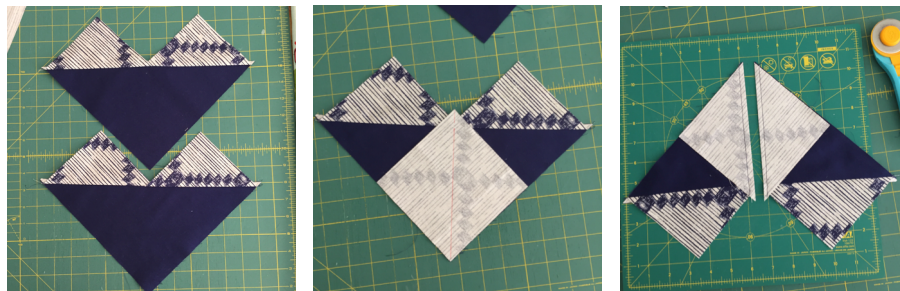
- Cut 3 - 5" strips along the width of fabric (longest side) for each fat quarter
- Subcut the strips from each fat quarter into 4 - 5" squares for a total of 60 squares (Note: you will end up with 4 extra squares. I used them to create additional geese for the back.)

Piecing and quilting:

1. Draw a diagonal line across the back of the 5" squares.
2. Place two of the smaller squares on top of the larger squares as shown.
3. Stitch using a scant ¼" seam with the ¼" seam foot along either side of the diagonal line and cut apart on the center diagonal line.
4. Press the seams towards fabric B.



5. Place a 5" square on the geese unit as shown and stitch using a scant ¼" seam along either side of the diagonal line.
6. Cut along the center diagonal line and press towards fabric B.





7. Trim each flying geese unit to 4 ½" x 8 ½". (Note: you will end up with 2 extra flying geese units. I used them for the pieced back.)
8. Lay out the blocks in a grid that has three blocks across and eighteen blocks down as shown in the diagram.
9. Stitch each column using a regular 1/4" seam, pressing towards the bottom of each flying geese unit.
10. Stitch the columns together using a regular ¼" seam. The seams will nest together for more accurate points.
11. Piece back as desired or if preferred use a whole piece for the back. I pieced three geese units together using leftover geese. Create a quilt sandwich and baste using your preferred method.
12. Quilt in horizontal lines ½" apart using the AcuFeed Flex Dual Feed Foot.
13. Attach binding using your preferred method.
14. Find a peaceful spot or your favorite class and find your zen!

