

Yoga-to-Go

By Susan Clark Enderson

Supplies Needed:

- Pocket (cut one each): 9" x 7 1/2" and 9" x 4 1/2"
- 9" zipper
- 30" x 12"
- Matching thread
- Rotary cutter and mat
- Double fold bias tape
- Zipper foot
- "M" foot
- Horizon Memory Craft 15000

Insert Zipper Along 9" Edge of Two Pocket Pieces:

1. Select #01 in Utility patterns.
2. Move needle to 8.0.
3. Attach the zipper foot.
4. Press a 1/2" seam allowance to the side of the fabric on 9" sides of pocket pieces.
5. Align the fold against the teeth of the zipper, centering on the pocket.
6. Stitch on the right side of the fabric along the zipper teeth edge. Hint - use the edge of the foot to guide against the teeth of the zipper.
7. Press under a 1/2" on all sides of the pocket.
8. Mark a 6" line anywhere across the 12" width of the tote.
9. Stitch along each vertical side of the pocket moving the needle when necessary and using the edge of the zipper foot as a guide.
10. Pin the pocket flat to the base, making a small tuck in the pocket at each side to take up extra pocket fabric and allow it to lay flat.
11. Stitch across the top and bottom of the pocket, catching tuck at each side.



Create Tote:

1. Turn under a 1/4" and a 1/4" again along the long raw edge of fabric for 4" from the top on both sides and stitch flat.
2. Turn down 1" from the top, folding under a 1/4" and stitch flat to make casing.
3. Stitch along the folded edge of the double fold bias tape to create the draw string.
4. Insert the draw string through the casing and tie it in a knot.
5. With the right sides together and matching raw edges, stitch using #13 and "m" foot.
6. Pivot at the corner and stitch across the bottom of the tote.
7. Open out the tote and fold flat to create a triangle at the bottom, centering the seam along the side fold line.
8. Stitch across the point from fold to fold at the 1 1/2" mark.
9. Repeat for the other side to create a flat bottom.
10. Trim off excess point.
11. Turn tote right side out and fill with yoga mat.
12. Pocket is right size to store your cell phone and car keys.

