

## THE “PERFECT” MAT



The “perfect” mat...use it for exercising, for the beach, or spur-of-the-moment naps (with a handle so the little one’s can carry the mat to pre-school!) Just roll and tie it up, stow your water bottle, suntan lotion, sunglasses, and trashy romance novel in the zippered pouch, and you are ready for any activity!  
And the comfy pillow makes exercising that much more pleasant!

## NECESSARY SUPPLIES:

2 yards of 60"-wide cotton fabric

3 packages of Nu-Foam® (22"-square sections of batting—flame retardant, washable and won't yellow)

4 yards of 1"-wide ribbon

14" zipper

Polyester sewing thread

Polyester fiberfil

Rotary cutter, ruler and mat

## CUT

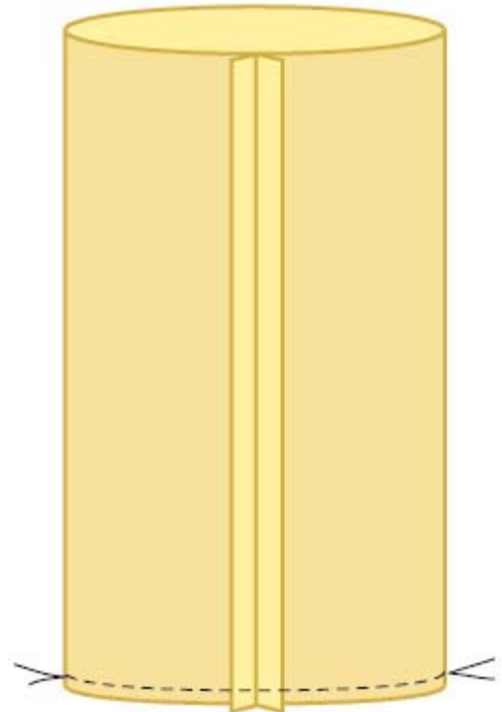
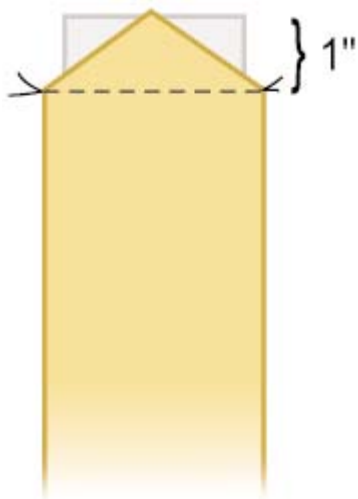
Using the rotary cutter, mat and ruler, cut a rectangle 22 1/2" wide by 60" long for the mat, a 14" by 30" rectangle for the pillow, and a 14" by 20" rectangle for the pouch.

Cut the ribbon into two 41" lengths for the ties, two 8" lengths for the pillow and pouch, and a 40" length for the handle.

## READY, SET, SEW

1. With right sides together, fold the large rectangle together lengthwise. Sew a 1/4" seam along the long edge forming a tube. Center this seam and stitch across one short end.

2. Square off the corners as shown here. Center the bottom seam and measure down from the point along the seam 1" and stitch.

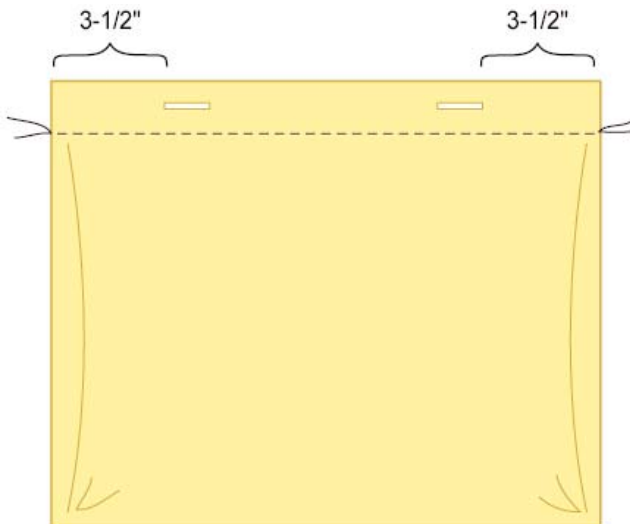


3. Slide in the foam, one section at a time. Bartack, using a zig zag stitch (width: 3-4) taking 6 to 8 stitches with the feeds dogs lowered, across the foam sections. Tack one foam piece at a time. Continue the bartacks across the length of the tube.



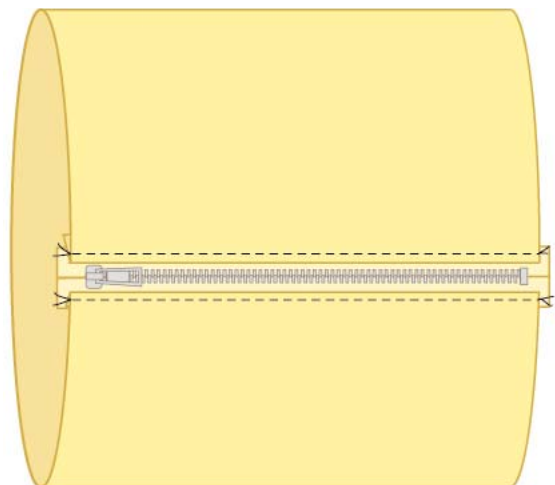
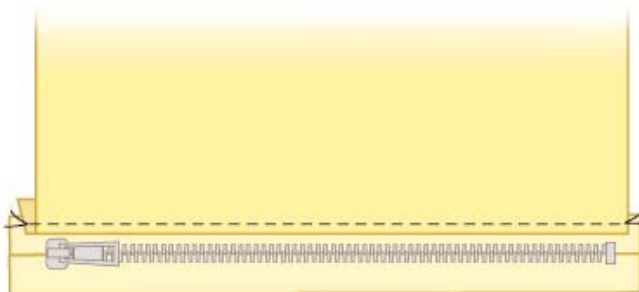
4. To make the pillow, fold the fabric rectangle, right sides together. Stitch along the short sides leaving the long edge open. Moderately stuff the pillow with fiberfil. Fold in a 1/4" seam allowance along the open edge and edgestitch closed.

5. Flatten one long edge of the pillow and draw a line 1" in from the edge. Stitch following the line. Stitch a 1" buttonhole 3 1/2" in from each side within the flattened area.



6. For the accessory bag, press under 1/4" along both short edges of the rectangle. With right side up and using your zipper foot, pin one folded edge to the zipper tape. Stitch close to the zipper teeth.

7. Pin the remaining folded edge to the other side of the zipper forming a tube. You may find it easier to stitch by opening the zipper.



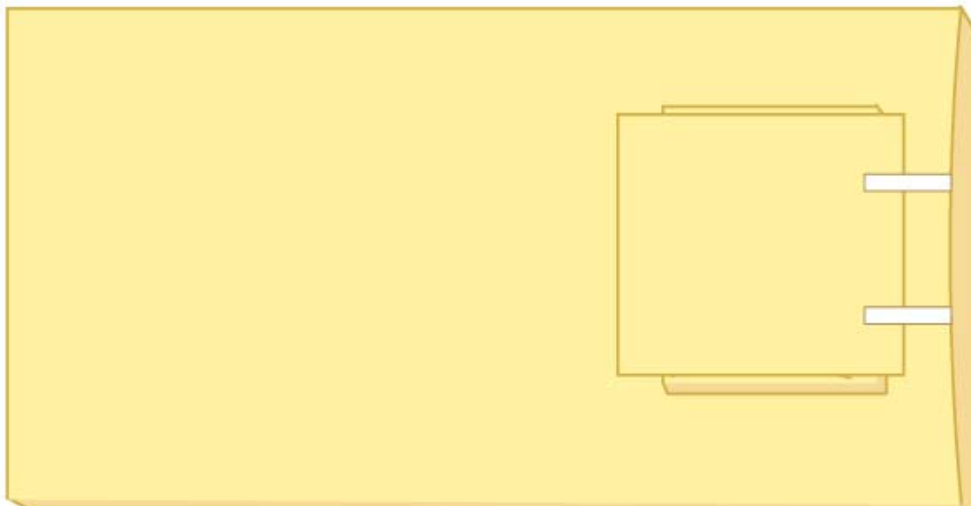
8. Open the zipper and turn the bag wrong side out. Position the zipper along one side edge. Stitch across the each short end with a 1/4" seam allowance.

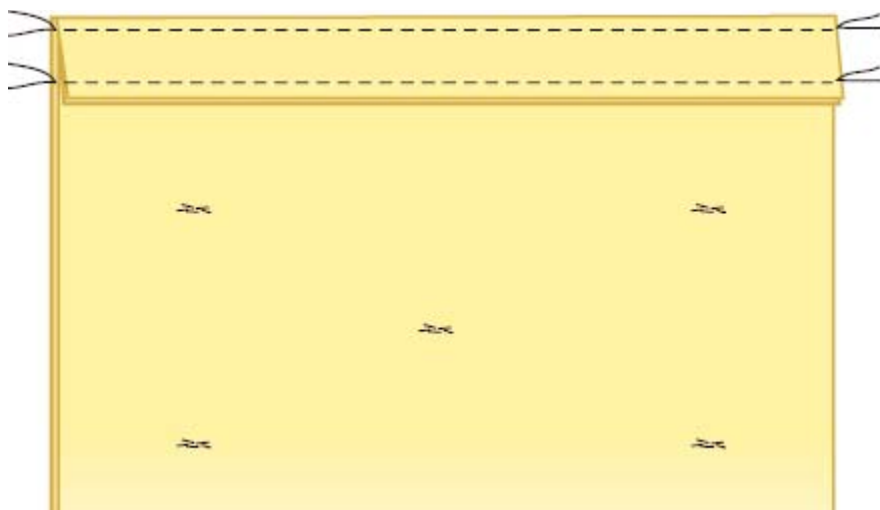
9. Center the pillow over the accessory bag and mark the placement for the buttonholes on the bag. Stitch 1" buttonholes at the marks.

10. Cut two 8" sections from the ribbon. Measure and cut a 82" section of ribbon. And cut the remaining length of ribbon into two equal sections for the ties.



11. Lay the pillow on top of the accessory bag matching the buttonholes. On a flat surface, center the pillow/bag on the mat at the open end. Thread the two 8" ribbons through the buttonholes and center the ribbon ends along the open edge. Baste in place.





12. On the open edge of the mat, fold over the edge 1" and press. Fold over again creating a double-fold hem. Topstitch along both edges of the hem.

13. Fold the 82" ribbon in half and edgestitch along both edges for the handle.

14. Measure in and mark 3" from each corner of the mat along the pillow end on the double-fold hem. Center and pin the long ribbon pieces at the marks. Fold each end of the ribbon handle, at right angles, over the ties at the marks. Stitch in place through all layers attaching the handle and ties to the mat. Stitch and "X" through the layers to reinforce.

15. Roll up the mat and tie and you are now ready for a great day of exercise or the beach!

