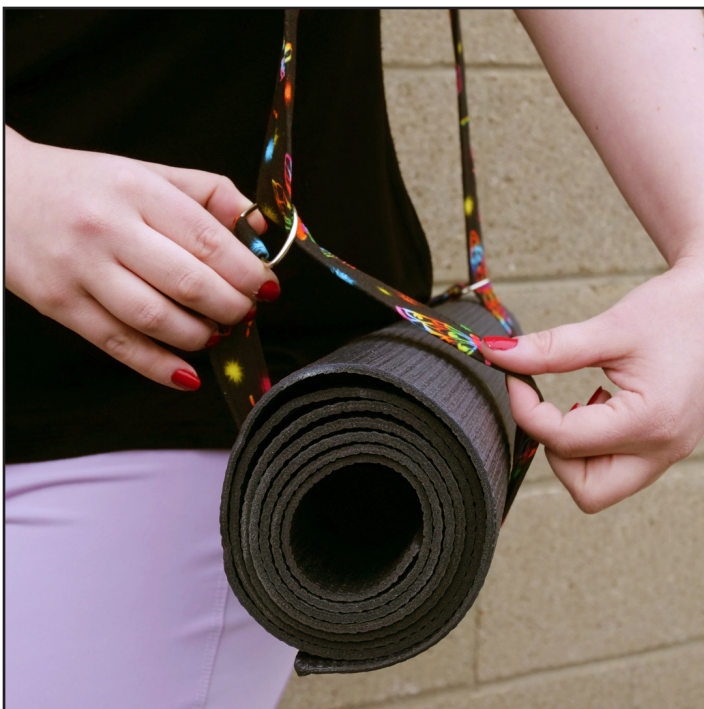


Yoga Mat Carrier Strap



Yoga Mat Carrier Strap

Difficulty Level: Easy

What you need

- 90" (228.6cm) L x 1.25" (32mm) W Webbing / Belting
- 10.5" (27cm) Fabric (Optional if covering Webbing)
- 5" (13cm) Contrasting Fabric (Shoulder Pad)
- 40mm 2 Rings (Circular Rings or D-Rings)
- 4" (10cm) of 1/4" - 1/2" (0.6cm - 1.3cm) Foam
- 24" (61cm) Bias Tape
- 5" (12.7) x 1" (2.5cm) Hook and Loop Tape (Sew in only)
- Ruler
- Thread
- Sewing Machine
- Straight Pins
- Iron
- Scissors / Rotary Blade

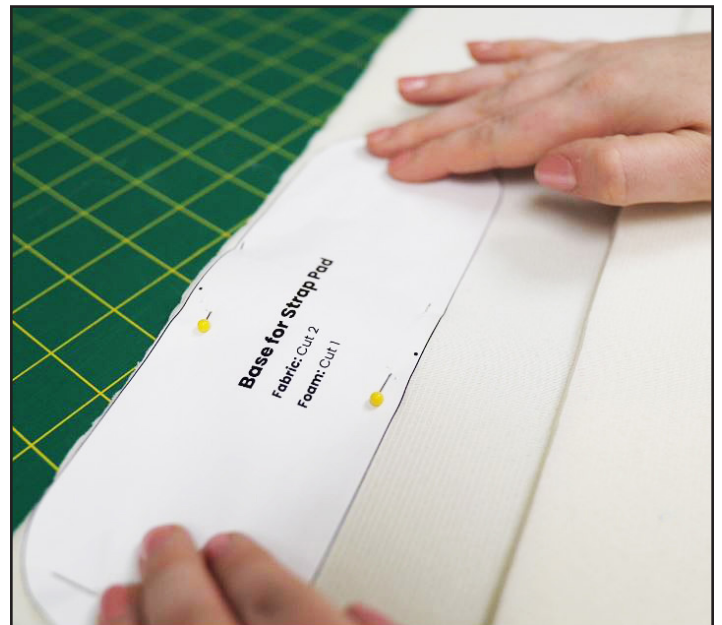
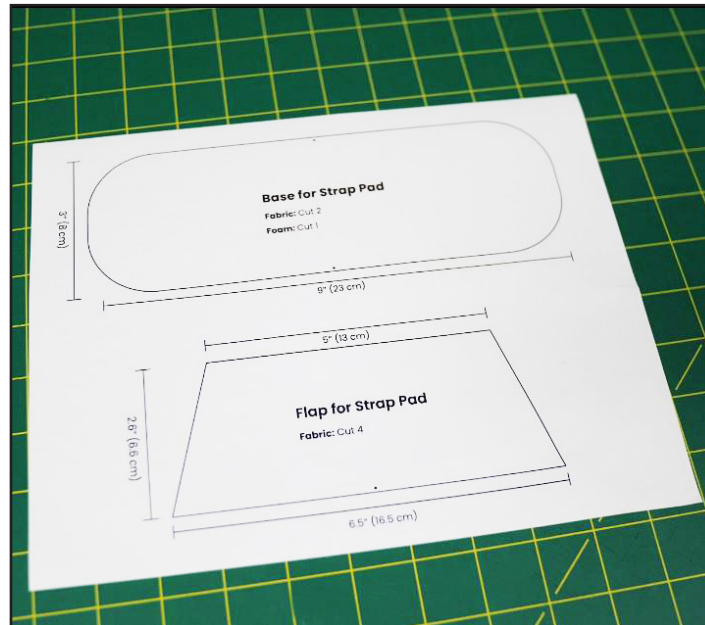
Fabric Recommendations

Medium weight non-stretch fabrics, such as Craft Cotton or Quilting Cotton.

Tips before you start

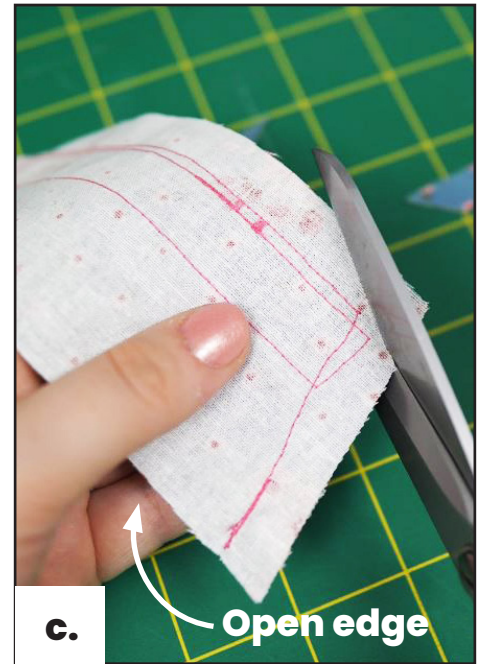
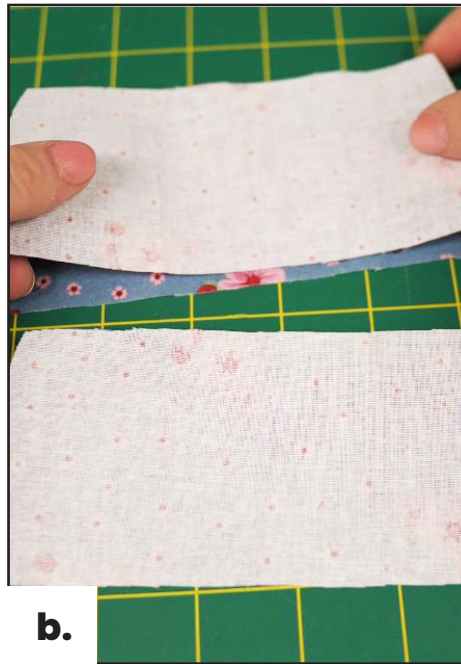
- The pattern provided is made to fit an average sized yoga mat. The length can be altered by adding or subtracting from the webbing / belting measurements.
- It's a good idea to pre-wash and press your fabric before you start. However, some fabrics are not machine-washable, so follow the care instructions for your chosen fabric.
- Press using a pressing cloth to prevent damaging your fabric. Test your iron settings on a scrap piece of fabric before you start your project.
- Try sewing on a scrap piece of fabric before sewing the pattern pieces. Adjust your tension, stitch length, and needle type accordingly.
- If there is a pattern on the contrasting fabric, be mindful of this when cutting for best results. This may require additional fabric.
- If using a D-ring, the trim can't exceed the size of the straight bar of the D-ring. If it doesn't fit consider using a different sized D-ring or a circular ring.
- Burn both ends of the webbing/belting to prevent fraying.

Instructions



Step 1: Cut out the pattern

Using the shoulder strap pad pattern provided, cut out your foam and fabric pieces.



Step 2: Make the Flap for the Strap Pad

a. On one of the flap pieces sew the hook tape along the 5" (12.7cm) short flap length.

This is placed 0.5" (1.27cm) from the edge. Repeat this with a different flap piece but using the loop tape.

b. Place the flaps with the hook and loop tape right sides together with the flaps that have no hook and loop tape attached.

c. Sew 1/4" around the edges keeping the long 6.5" (16.5cm) side open. Clip the corners.

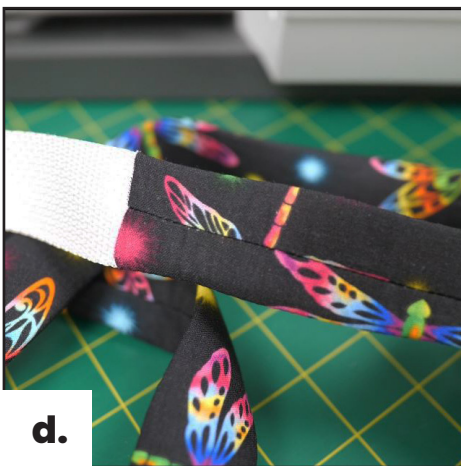
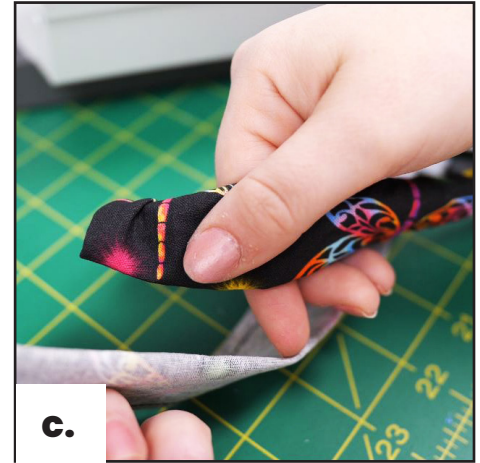
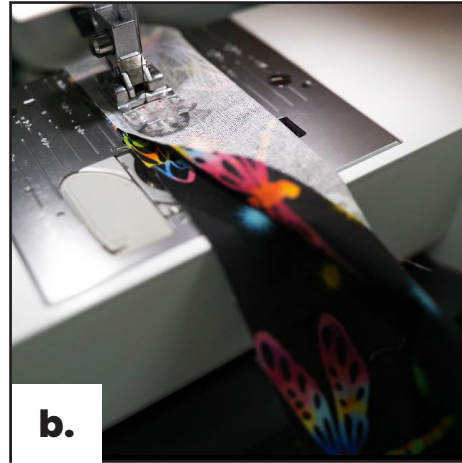
d. Turn inside out and topstitch.



Step 3: Combine the Base and Flap for the Strap Pad

- a. Sandwich the foam between the wrong sides of the fabric to create the base of the pad.
Tip: Fusible foam can be used for durability but any foam will get the job done.
- b. Overlap the hook and loop together and clip the flaps to the pad. Sew both flaps 1/4" to the base and backstitch to secure.
- c. Place the bias tape around and over the raw edges of base and flaps. Zigzag the bias tape in place, stitching along the folded open edge. Stitch all the way around the base and backstitch to complete.

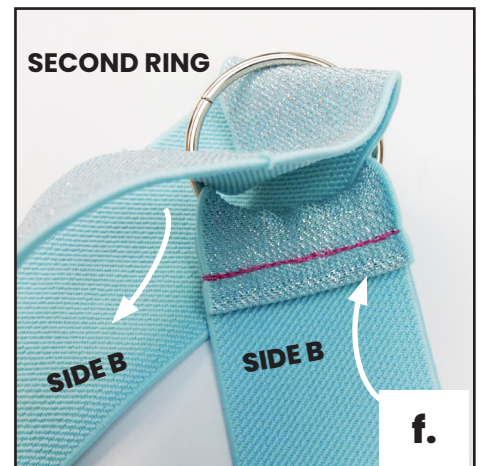
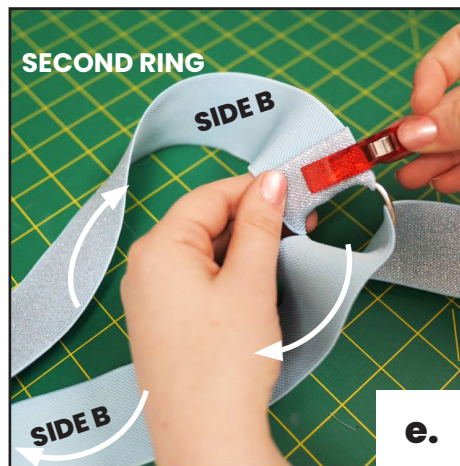
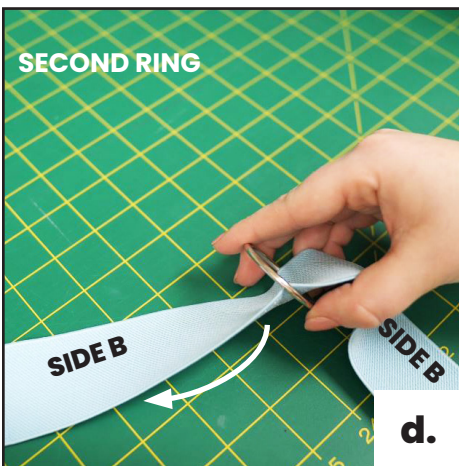
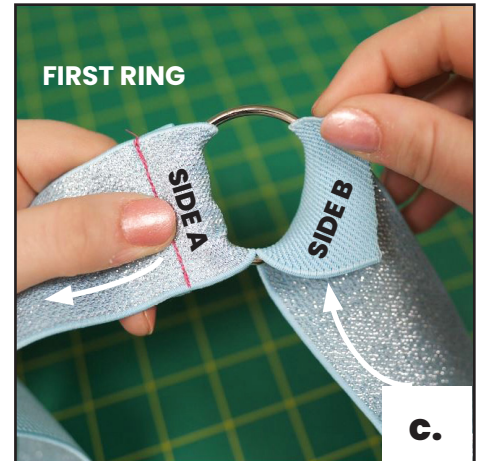
Note: Any extra fabric from the flaps can be tucked into the bias tape or clipped off.



Step 4: Cover the Webbing with Fabric (Optional)

- a. Cut the fabric into a 90" (228.6cm) L x 3.2" (8cm) W strip using a ruler and either Scissors or a Rotary Blade.
- b. Fold the width of the strip in half, right sides together. Sew 1/4" along the raw end of the length.
- c. Turn inside out.
- d. Pull the webbing through the centre of the fabric. Fold the ends of the fabric in so there are no raw edges of fabric.
- e. Topstitch around the edges to complete the strap.

Note: Pieces of the fabric may need to be combined to achieve a 90" (228.6cm) finished length.



Step 5: Add The Rings

a. Once the strap has been created fold the end of one of the straps around the straight bar of the D-ring (or other ring shape) (A D-ring is shown in this picture to demonstrate how the strap would be placed on a D-ring).

The following pictures will be shown with a circular ring).

b. Sew across the width of the strap three times, continuously pivoting, and backstitch at the beginning and the end. (A circular ring shown in this picture) This will be Side A.

c. Pull the other end of the strip (Side B) through the same ring.

d. Pull Side B through the second ring and loop it loosely around.

e. Pull the Side B belting through the top of the ring (Straight bar of the D-ring if using a D-ring) and fold Side B over to meet the belting's original exit point.

f. Sew across the width of the two layers of beltings three times, continuously pivoting, and backstitch at the beginning and the end.



This is a wide shot of what the strap looks like after it has gone through the rings in Step 5.

Step 6: Complete

Place the yoga mat in between both of the loose strap loops and add the strap pad by opening the flap and placing the strap inside. The Yoga Mat Strap is now complete!



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