

Yoga Mat Bag

Create a one-of-a-kind yoga mat bag that fits your style! This bag includes a carrying strap so you can hang your mat up and free up your hands while you're carrying it. Follow the steps below to create your own yoga mat bag - it's actually simple to make!

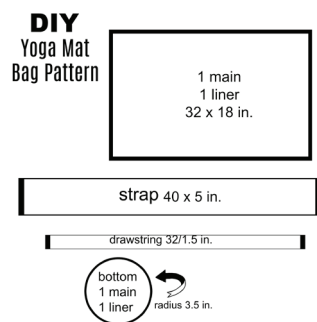


Materials

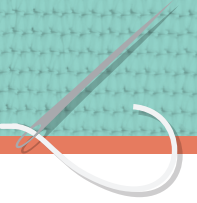
- 32" x 18" Fabric for main and lining pieces
- 40" x 5" Strip of fabric or cording for strap
- 32" x 1.5" Strip of fabric or cording for drawstring
- Bottom circle with a 3.5" radius for both main and liner
- Loop turner (or safety pin)
- Brother sewing machine

Cutting and Sewing Directions

- 1 Cut out your pattern pieces, referring to the measurements below. Seam allowance is 5/8" unless stated otherwise.



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Cutting and Sewing Directions (cont'd.)



- 2 Fold all your pieces (except the circular bottoms, as shown), and sew right sides together.

Note: When sewing the liner, you will need to leave a 3" opening at midpoint to flip the right sides out.



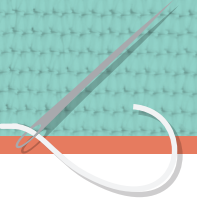
- 3 Press your seam allowances flat on the main fabric and on the liner fabric.



- 4 Use a loop turner (or a safety pin) to flip the straps and drawstring right sides out.

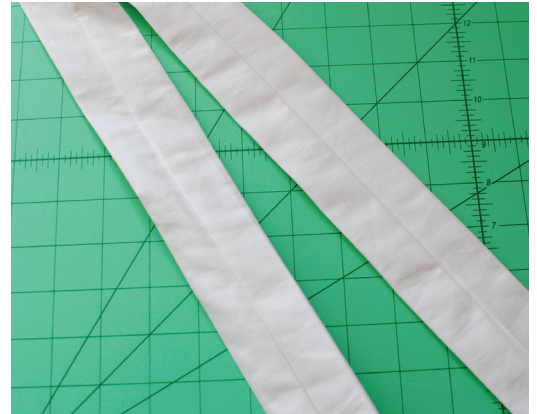


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Cutting and Sewing Directions (cont'd.)

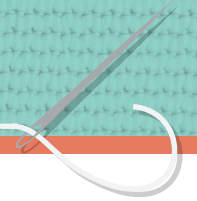
- 5 Press the strap flat so that the middle seam is in the middle.



- 6 Pin the strap with right sides facing in (between the tube of the exterior and the bottom exterior), aligning the strap with the seam. Sew all the way around.



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Cutting and Sewing Directions (cont'd.)

- 7 Sew the bottom on the liner as well.



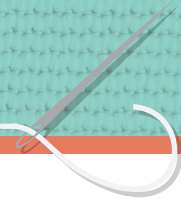
- 8 Pulled out, it should look like this for the main fabric.



- 9 Continuing with the strap, flip the edge slightly inside and press into place.



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Cutting and Sewing Directions (cont'd.)

- 10 Pin the strap at the midpoint (seam) of the exterior tube about 4" down from the top edge.



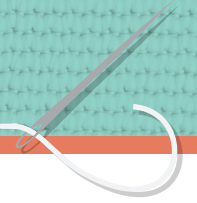
- 11 Top stitch a square and then an "X" in the middle. (It should look like this when done.)



- 12 Next, mark 1 1/4" down from the raw edge of the exterior fabric in the middle (opposite the seam). Create two button holes that will fit your strip 1/4" apart. The tops of the button holes should start at the line you marked. Open the button holes with a seam ripper.



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Cutting and Sewing Directions (cont'd.)

- 13 Insert the main piece into the liner so the right sides are facing one another. Pin the top raw edges together.



- 14 Sew all the way around.



- 15 Flip the yoga mat bag right side out through the hole that was left in the liner.



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Cutting and Sewing Directions (cont'd.)

- 16 Then flip the liner in as well.



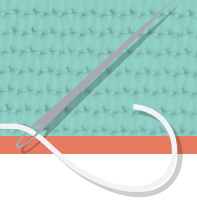
- 17 Now, we will want to make a casing for the drawstring. Pin the the top portion down. Edge stitch along the top edge. Then, top stitch about 1" down (or just below the button holes). Once done, it should look like this.



- 18 Use a safety pin to weave the drawstring/ cording through the casing from one side to the other.



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Cutting and Sewing Directions (cont'd.)

That's it! You can now sew your own custom yoga mat bag in no time.



This project created by Laura Pifer

Laura is the blogger and designer of the DIY fashion blog Trash to Couture. Trash to Couture was created in 2010 to inspire a less wasteful approach to the mass-produced fashion mainstream through DIY tutorials and repurposed fashions. Laura is also a sewing educator and specializes in designing content for media such as Altered Couture and It's Sew Easy TV.