

Relax in style with this yoga cushion made with Journeys Lifestyle fabrics from FreeSpirit®. This is a perfect project for beginners. You can easily make it in an afternoon using basic sewing techniques.

Materials and Supplies:

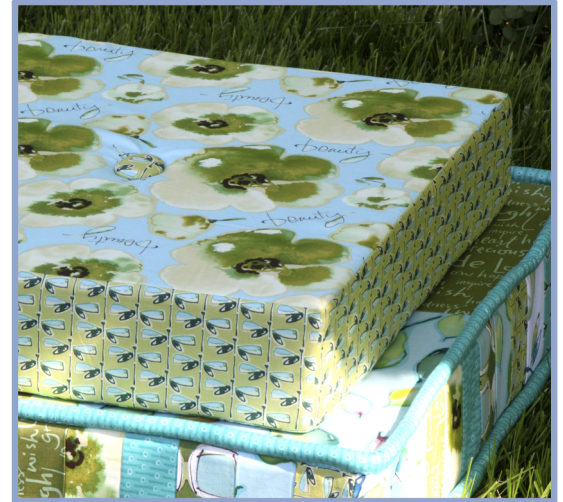
5/8 yard each of 3 coordinating prints for the top, bottom and sides.

18" x 18" x 4" cushion foam

2 pc # 60 covered button assembly kit (Dritz®)

Matching thread (Coats and Clark Dual Duty®)

Additional supplies: Sewing machine, iron, cutting mat, rotary cutter, straight edge, straight pins, air soluble marker



1. Measure and cut fabrics:  
2 pieces 19" x 19" for top and bottom  
4 pieces 19" x 5" for sides
2. Mark, fold and press 1/2" along all edges on all four sides.  
Fold lines will be your stitching guides.
3. With right sides facing, pin and sew sides together across short ends between creased edges to form a continuous circle.
4. With right sides facing, carefully pin sides to cushion top, as shown.
5. Stitch around all four sides, pivoting with needle down at corners as shown.
6. Repeat with cushion back leaving open one side for inserting foam.
7. Clip all corners as shown.
8. Turn right side out and press seams.
9. Insert foam, carefully matching and smoothing seams along foam edges.
10. Pin remaining side and hand stitch closed.
11. Follow manufacturer's instructions to make covered buttons.
12. Measure and mark centers on top and bottom of cushion.  
Sew buttons on securely, using a long needle to pass all the way through from top to bottom.

