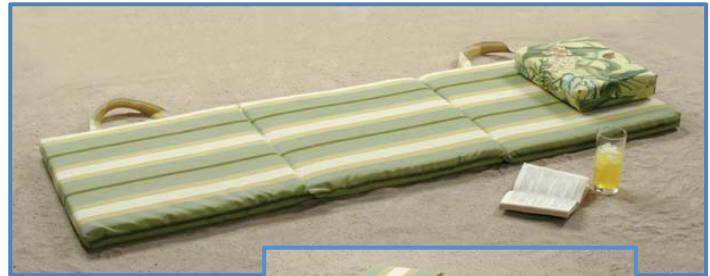


Pattern by: Diane Mitchell

This 66" long reversible beach mat is easy to make and carry to the beach, yoga class or to the park. Nu-Foam® is ideal for all kinds of outdoor uses. It is lightweight, resists mildew, is completely washable and dries quickly.

Materials:

- 3 Nu-Foam cushions 22" x 22" x 2"
- 1 Nu-Foam cushion 14" x 14" x 3"
- 2 yards Stripe Fabric* (55" wide)
- 1/2 Yard Floral Fabric*
- 20" of sew-in Velcro, 1" wide
- Matching all purpose thread



All seam allowances are 1/2".
Seam allowances are included in the cutting directions.

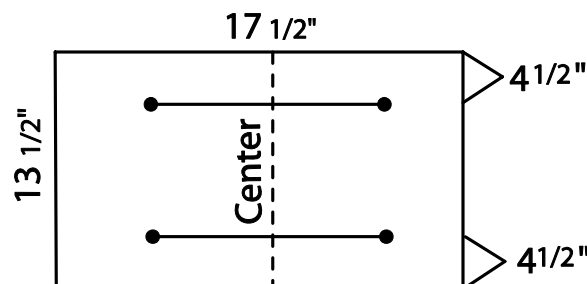
Tools:

- Yardstick
- Chalk marker
- Straight pins
- Sewing Machine
- Pencil
- Scissors or rotary cutter
- 6 Safety pins

Cutting Instructions:

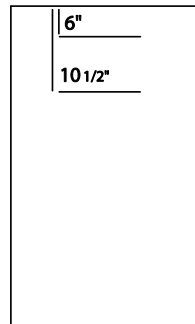
- Beach Mat: Cut two 24 1/2" x 71 1/2" rectangles.
- Handles: Cut two 4" x 20" rectangles
- Pillow: Cut two 13 1/2" x 17 1/2" rectangles

1) Cut Velcro into two 10" long pieces. On the right side of one pillow piece make two marks 4 1/2" from each long edge. Draw a 10" long line connecting each set of marks. (as shown below)



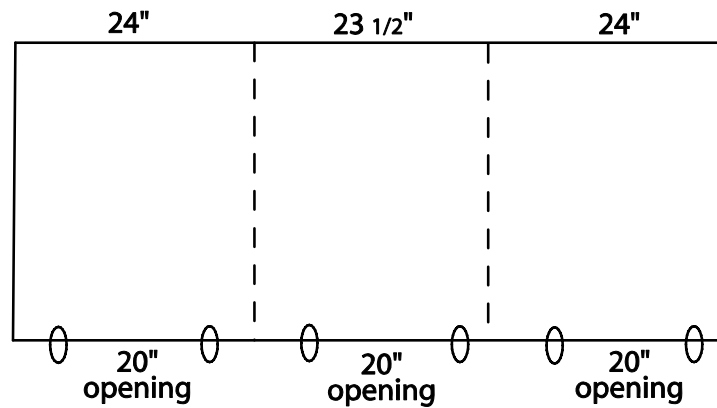
The center point of the lines should be at the center of the pillow. Separate Velcro strips and pin one side to the fabric over the marked lines. Stitch all edges of the Velcro. Set pillow pieces aside.

2) On the right side of one of the beach mat sections, make two sets of marks, one set at 6" and one at 10 1/2" from one short edge. Draw a 10" centered line between these marks (as shown below). Pin the remaining Velcro strips over these marked lines and sew.

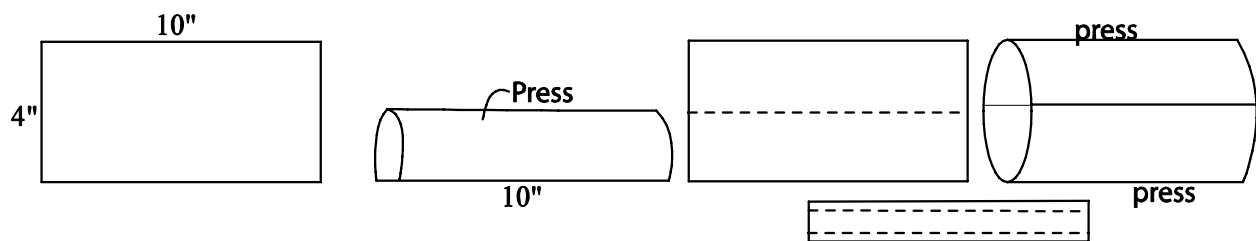


3) Using the chalk marker, draw a line on the right side of each mat piece 24" from and parallel to the short sides. The lines will be 23 1/2" apart (as shown in step 4).

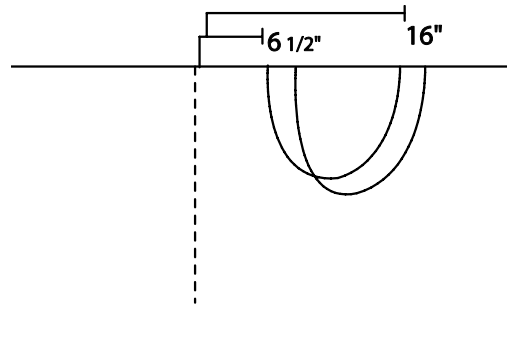
4) On the right side of one mat piece, use the safety pins to mark three 20" long openings along one long side. Space openings equally between ends and/or stitching lines. (as shown below)



5) Handles: Fold a 4" x 20" rectangle, wrong sides together, so that it measures 2" x 20" and press lightly. Open so that the wrong side of the fabric is facing you. Fold the two long edges in 1/4" and press. Fold the two edges together and top stitch the handle 1/4" from each long edge. Repeat for the remaining handle. Measure in 6 1/2" and 16" from the two drawn seam lines. (as shown below).

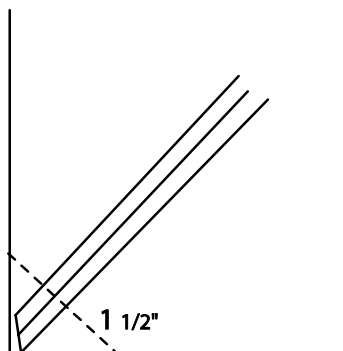


6) Pin the handles in place on the right side of the fabric across from the edges that are left open. This way the handles will be sewn into the long seam.

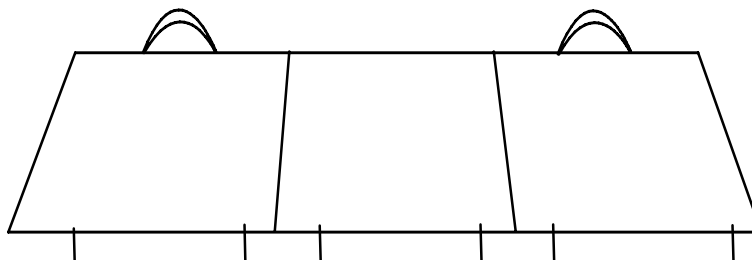


7) With right sides together, pin the two mat pieces together around all of the edges and stitch, leaving the 20" openings unsewn. Remove the safety pins. Press seam allowances open and clip the seam allowances at the corners.

8) To make the boxed corners, fold each corner into a triangle with right sides together and align the adjacent seams (as shown below).



On the seam, mark 3/4" from the point of the triangle. Draw a line at this mark, perpendicular to the seam as shown. This line should measure approximately 1 1/2". Pin and stitch along this line through all the layers. Repeat for the remaining corners. Turn cover right side out. Stitch along the chalk marked section lines. (as shown below)



9) Insert the Nu Foam in each mat section. Turn under the seam allowances of each opening and slip stitch closed.

Pillow - Cut NU-Foam cushion to 10" x 14"

1) With right sides together pin and stitch the two pillow rectangles together, leaving a 10" opening for turning along one edge. Press seam allowances open and clip seams at corners.

2) Referring to step 8, make boxed corners, marking seams at 1 ¼". The perpendicular stitching line will be 2 ½" long. Turn pillow to right side.

3) Insert Nu Foam into the pillow cover. At the open edge, turn under the seam allowances and slip stitch closed. Attach pillow to the mat using the Velcro strips.