

Yoga Bag

By: miekeolkman

<http://www.burdastyle.com/projects/yoga-bag--2>



A great shoulderbag for a yoga mat with 3 pockets on the bag, and a mobile phone pocket on the strap. I had some left over material, started drawing and a yoga bag came out!

Materials

I used a leftover, heavy/strong materials. I made the pockets and bottom of the bag in a contrasting colour.
Bag: 73 × 45 cm Big pockets: 35 × 45 cm Bottom: cirkel with a diameter of 14 cm Strap: 100 × 10 cm Strap

pocket 10 × 15 cm A cord for closing, I made one myself with knitting cotton, 45 cm long.

Step 1 — Cut the fabric

Seam allowance included

Bag 73 × 45 cm

Big pockets 35 × 25 cm

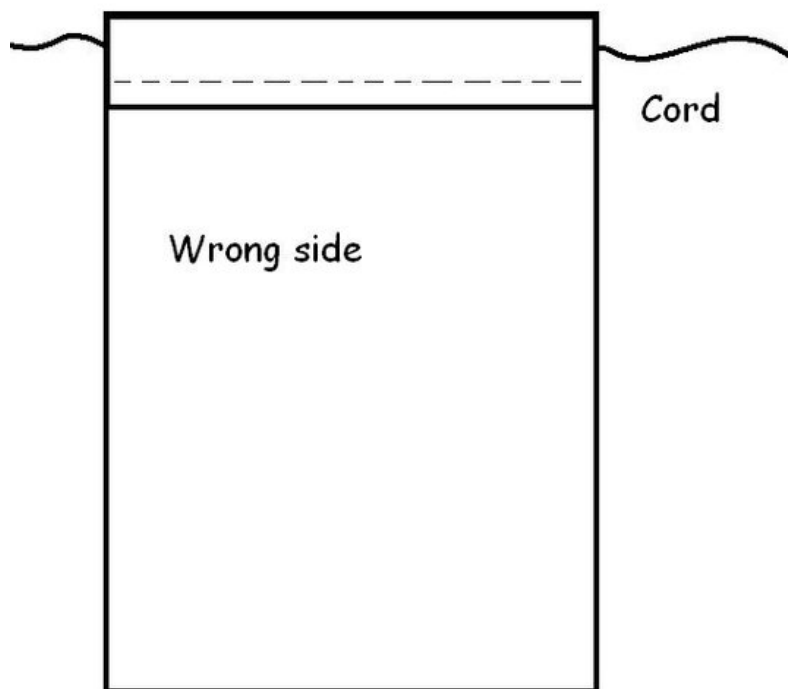
Bottom circle with a 14 cm diameter

Strap 100 cm x 10 cm

Strap pocket 10 × 15 cm

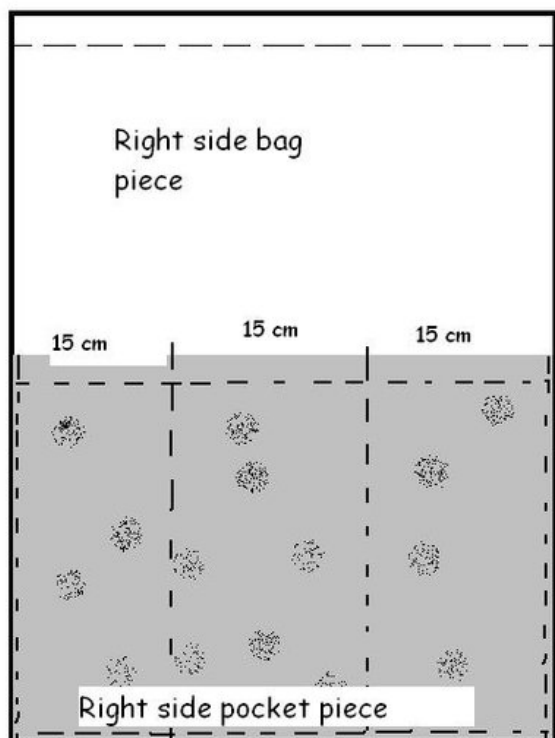
I cutted the Bog pockets, bottom circle and strap pocket from a contrasting fabric

Step 2 — Closing cord tunnel



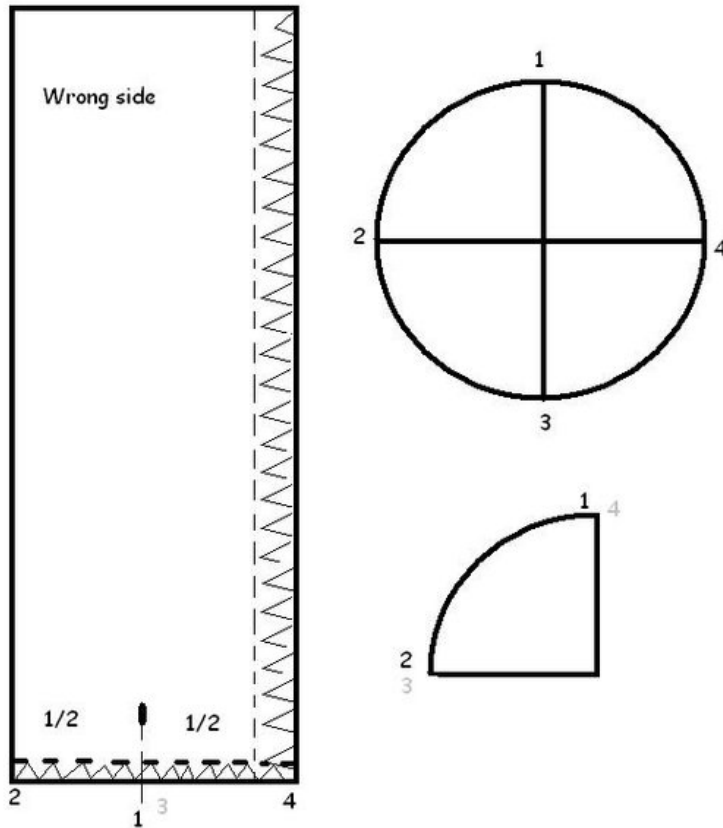
On the wrong side of the fabric: Fold the top of the bag piece 2 cm back and stitch it so a tunnel for the closing cord is made. Pull the cord troug using a safety pin.

Step 3 — Making the pocket



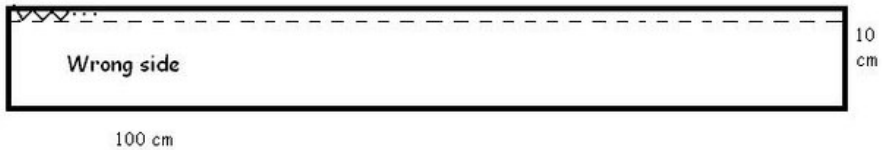
Stich a 1 cm seam at the top of the pocket piece. Lay out the bag piece right side up. Place the pocket piece, right side up, on the bottom half of the bag piece. Stich the pieces together at the left, bottom and right side. Measure 15 cm pockets and stich them.

Step 4 — Making the bag + bottom



Fold the bag piece in half lengthwise, right sides together. (pockets on the inside)
 Stich a 1 cm seam on the long side. Zigzag the edge for strength.
 Fold the circle horizontally in half and pin the folds to mark points 2 and four.
 Fold the circle in half vertically and pin the folds to mark points 1 and three.
 Mark the corresponding points on the bag.
 Sew the bottom in using straight stitches.
 Zigzag the edges for extra strength.

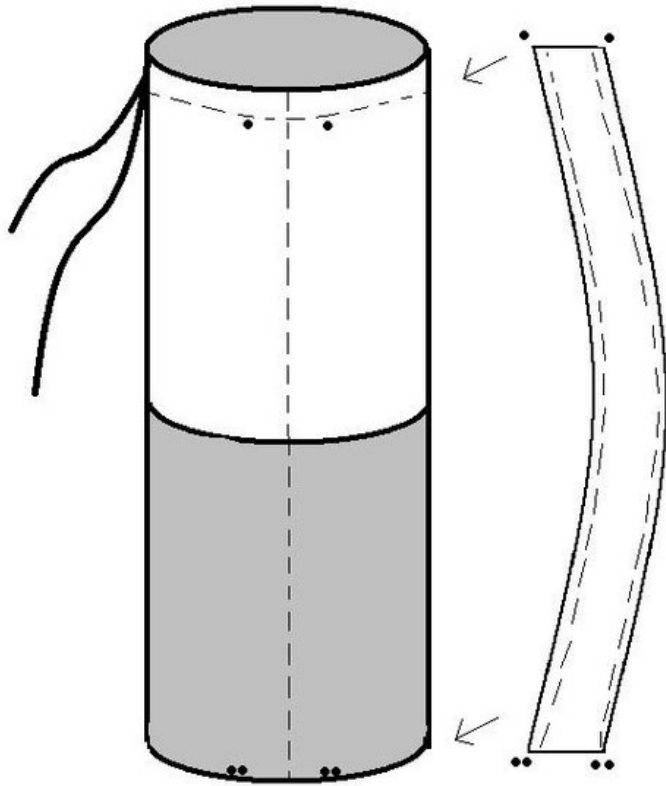
Step 5 — Making the strap



I made a 100 cm strap so I can wear the yogabag over my winter coat. Maybe you have to adjust the length of the strap to your bodysize.

Fold the strap in half with the right sides together and stich a 1 cm seam. Zigzag for extra strength. Turn the strap so that the right side is out. Press the strap flat with the seam in the middle. Stich 1 cm along the edges both left and right. Fold the ends 1 cm in and stich them.

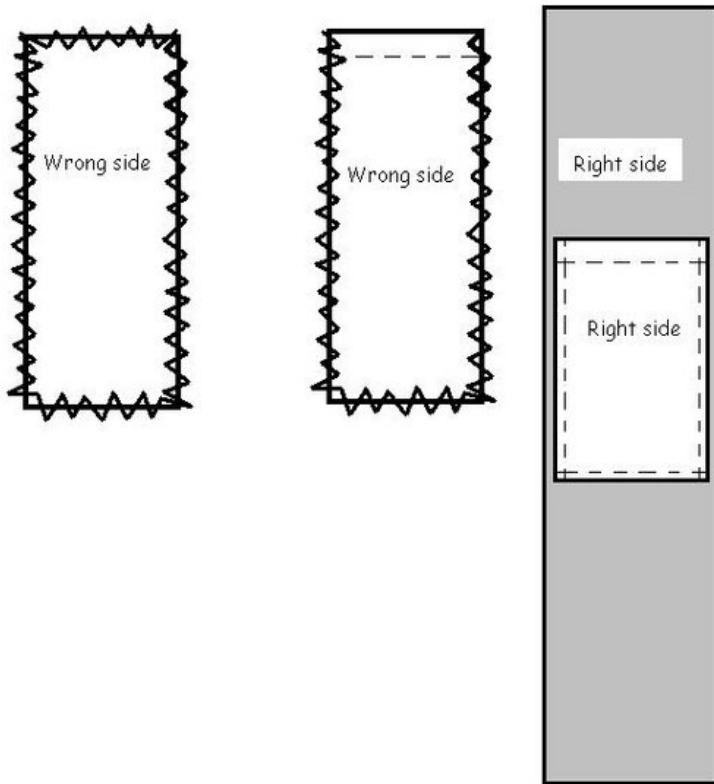
Step 6 — Attach the strap



Attach the strap to the bottom of the yoga bag. I placed it on the seam of the bottom circle and on the seam of the bag itself. (marked with a double dot)

Attach the strap to the top of the yoga bag right under the cord tunnel. I placed it on the seam of the bag itself. (marked with a single dot)

Step 7 — Make the phone pocket



Zigzag the edges of the phone pocket to stop it from unraveling. Lay the phone pocket down wrong side up. Stich a 1 cm seam at the top.

Place the pocket on the strap at the desired place. Pin it down folding the edges at both sides and bottom in.

Stich the pocket on at the right side, bottom and left side.

Step 8 — Use your bag!



Then, finally, you can put your yoga mat in! In the big pocket you can keep magazines, pens ect. I'm thinking about using awaterproof spray to stop my yoga mat from getting wet in the rain.

Enjoy!

BurdaStyle

Yoga Bag