



MEDITATION CUSHION DIRK

Sewing Pattern and Instructions



froebelina.de
Katharina Damschen
katharina@froebelina.de

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Before you start..

Great that you downloaded these instructions and want to try this pattern! Sewing the Dirk Meditation Cushion is fast forward and you will be done in no time :)

What you need

To make this Meditation Cushion you'll need:

- **around 60 cm of an at least 148 cm wide non-stretch fabric**
- **around 16 L of filling**

You can also use a less wide fabric, you will need about 20 cm more length of your fabric then. You will not be able to cut the side piece on the fold, instead you'll have to cut two separate pieces and close one more seam. Remember to add seam allowances to the shorter edge when you don't cut on the fold.

Finished Measurements

The finished cushion has a diameter of around 45 cm and a height of circa 15 cm. These measurements vary, depending on how much filling you use. The diameter of the Bottom Pattern Piece is 31 cm, the height of the Side Pattern Piece is 20 cm.

Suggested Fabrics

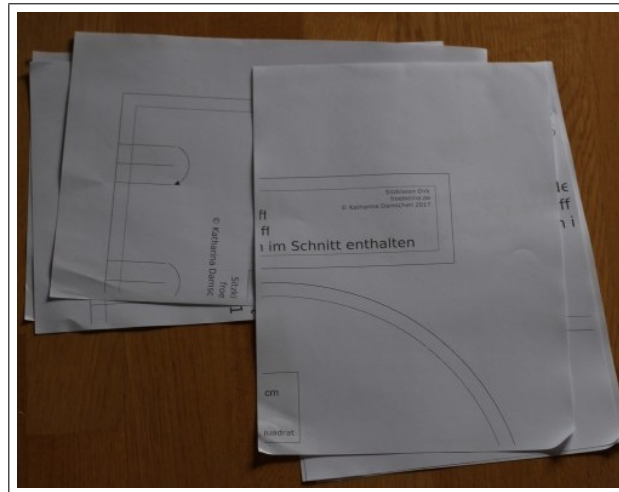
This pattern works best with medium weight woven fabrics such as denim or medium weight cotton. You could also use upholstery fabric but make sure it is not too stiff, so that the pleats lay nicely.

Filling

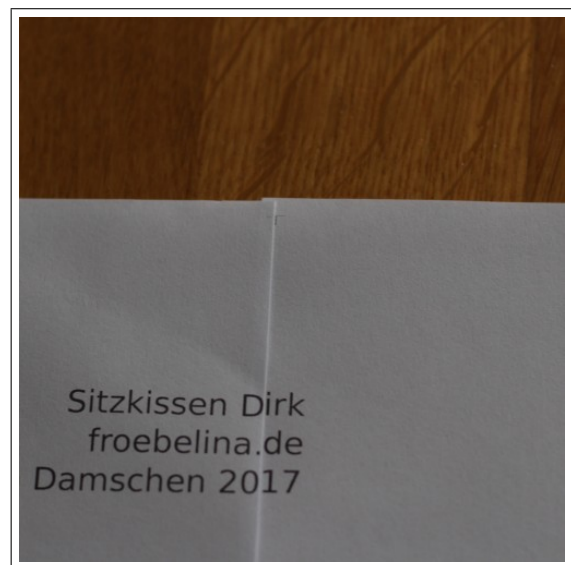
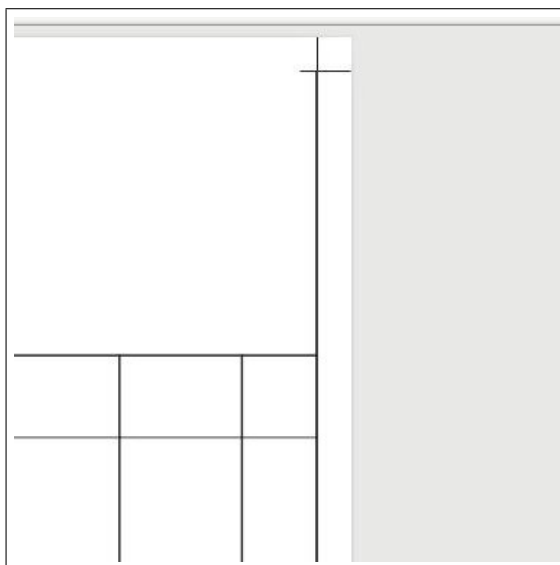
You can use anything you want as filling. Plush wool as well as spelt, kapok or buckwheat are suited.

Preparing the Pattern

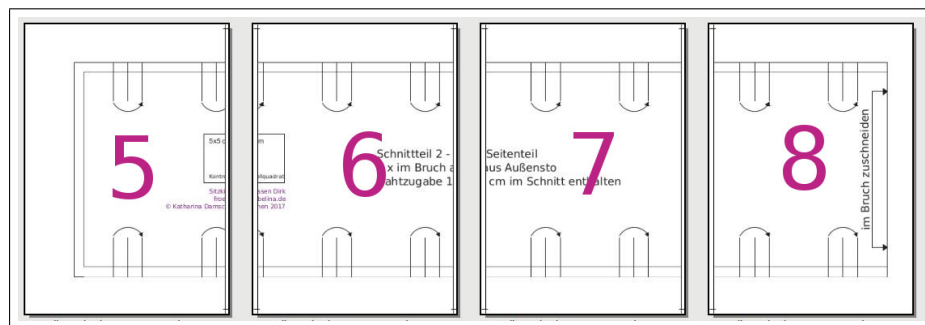
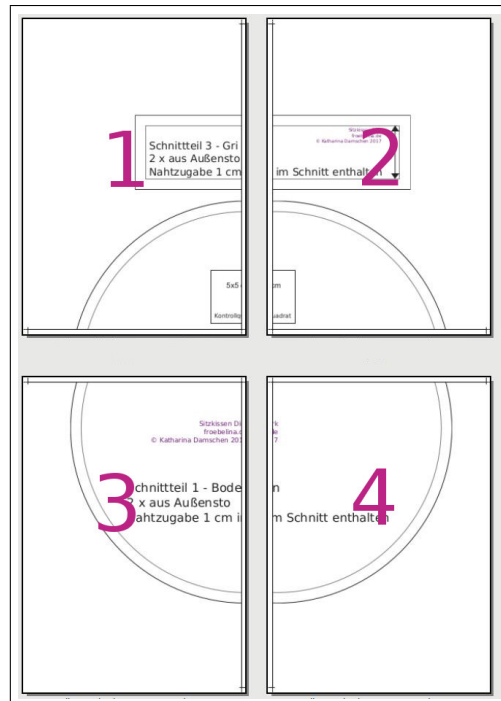
First of all you'll have to print the pattern pages, which you'll find at the end of this PDF. The format of the single pages is A4. Make sure to print without any scaling. You can check whether everything was printed correctly by measuring the 5×5 cm scaling boxes in the pattern.



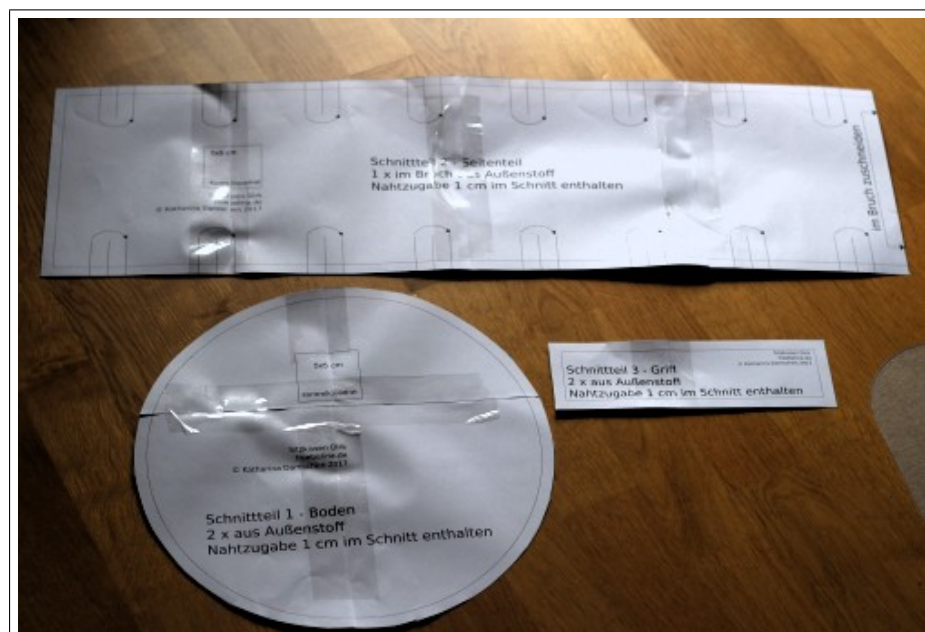
Because the pattern pieces were too large to print on one site I had to break the pattern up into multiple pages. You'll need to reassemble the pattern pieces now. On every page you'll find markings and lines that indicate how the pages have to be taped together.



The pages have to be assembled like this:



The correctly taped together pattern pieces will look like this:



Here we go!

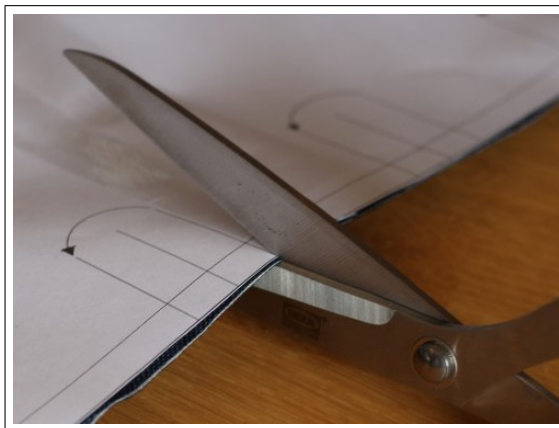
Cutting

Seam allowances of 1 cm are included in the pattern. The inner gray line on each pattern piece is the seam line, the outer black line is the cutting line, the lines are always 1 cm apart.

You'll need to cut the Bottom Pattern Piece and the Handle Pattern Piece twice from your fabric, the Side Pattern Piece is cut once on the fold.



Transfer all pattern markings to your fabric, by either cutting notches or marking them with tailor's chalk.



Handle

Place both Handle Pieces right sides together and sew along the long edges with 1 cm seam allowance. Remember to backstitch at the beginning and end of each seam.



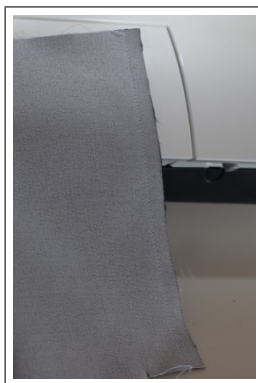
Turn the handle to the right side through one of the shorter edges and press. Topstitch along the long edges if you like.



In a next step the Side Piece will be sewn together and then we will create the pleats. It is not important which of those two things you do first. Just do what seems more convenient to you.

Sewing the Side Piece

Place the two short edges of the Side Piece right sides together and sew 1 cm away from the edge. Backstitch at the beginning and end of the seam. Press the seam open.



If you want to topstitch this seam press the seam allowances to one side and topstitch the seam allowance down from the right side.

Create the Pleats

Now it's time to arrange the pleats. One pleat consist of three markings. The left and right ones mark the beginning and end of the pleat, those two markings should lay directly over each other in the finished pleat. The center marking marks the fold of the pleat.



Start creating the pleats, you don't have to be super precise with lining up the markings, don't waste too much time on this. Make sure that all your pleats point towards the same direction. You can simply pin the pleats down for now, we're going to baste them down after we have attached the handle. I would not recommend pressing the darts, so that they keep their shape.

Attach the Handle

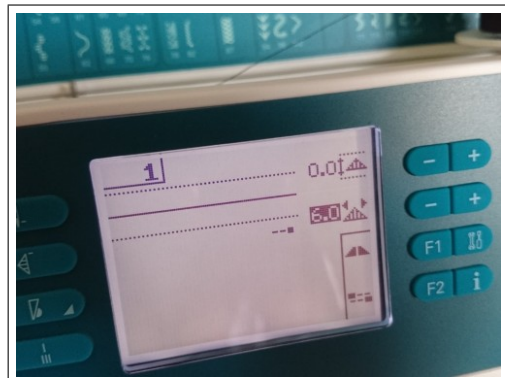
Now pin the Handle Piece ton the right side of the Side Piece. I placed my Handle Piece over the side seam to cover it up, but it is really up to you were you want your handle to go.



The handle piece is slightly longer than the side piece, so that you can easily slip your hand underneath later on. Make sure to align the top and bottom edges of both pieces.

Basting

Now you can make it a lot easier for yourself by taking the extra step and basting down the pleats and the handle with a long machine stitch within the seam allowance (so that the basting stitches won't show later on).

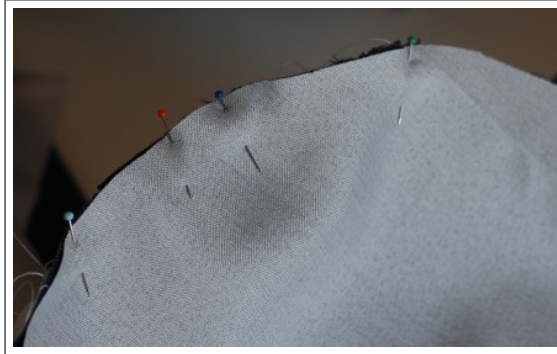


Now you can remove all pins.



Attaching the First Bottom Piece

Place one of the Bottom pieces on the side piece right sides together and pin. It will help if you mark the quarter points on both pieces (or even finer) and align them.



Sew 1 cm away from the edge and backstitch the seam at the end.



Now you can press the seam allowances to the Bottom Piece and topstitch from the right side if you want. But be aware that you won't be able to topstitch the second Bottom Piece.

Attaching the Second Bottom Piece

Attach the second Bottom Piece to the side piece in the same manner as the first but leave an opening of about 10 cm. The opening should not be in the area of the handle, that makes closing it later on more difficult.



Turning, Filling and Closing

Turn the cushion right side out and fill it with whatever filling you chose. A funnel can help you facilitate this work. When the cushion is filled to your liking close the opening with some hand stitches.



You're done!

Give yourself a tap on the shoulder! :)



I hope you enjoy your new meditation cushion!

Katharina

Design Examples

Special thanks to my test sewers. They've made the following beautiful and individual meditation cushions:



Kürstinchen



Ortrun



Steffi

Pattern Piece 3 - Handle
cut two
seam allowances (1 cm

5x5 cm

Test Squa

Meditation Cushion Dirk
froebelina.de
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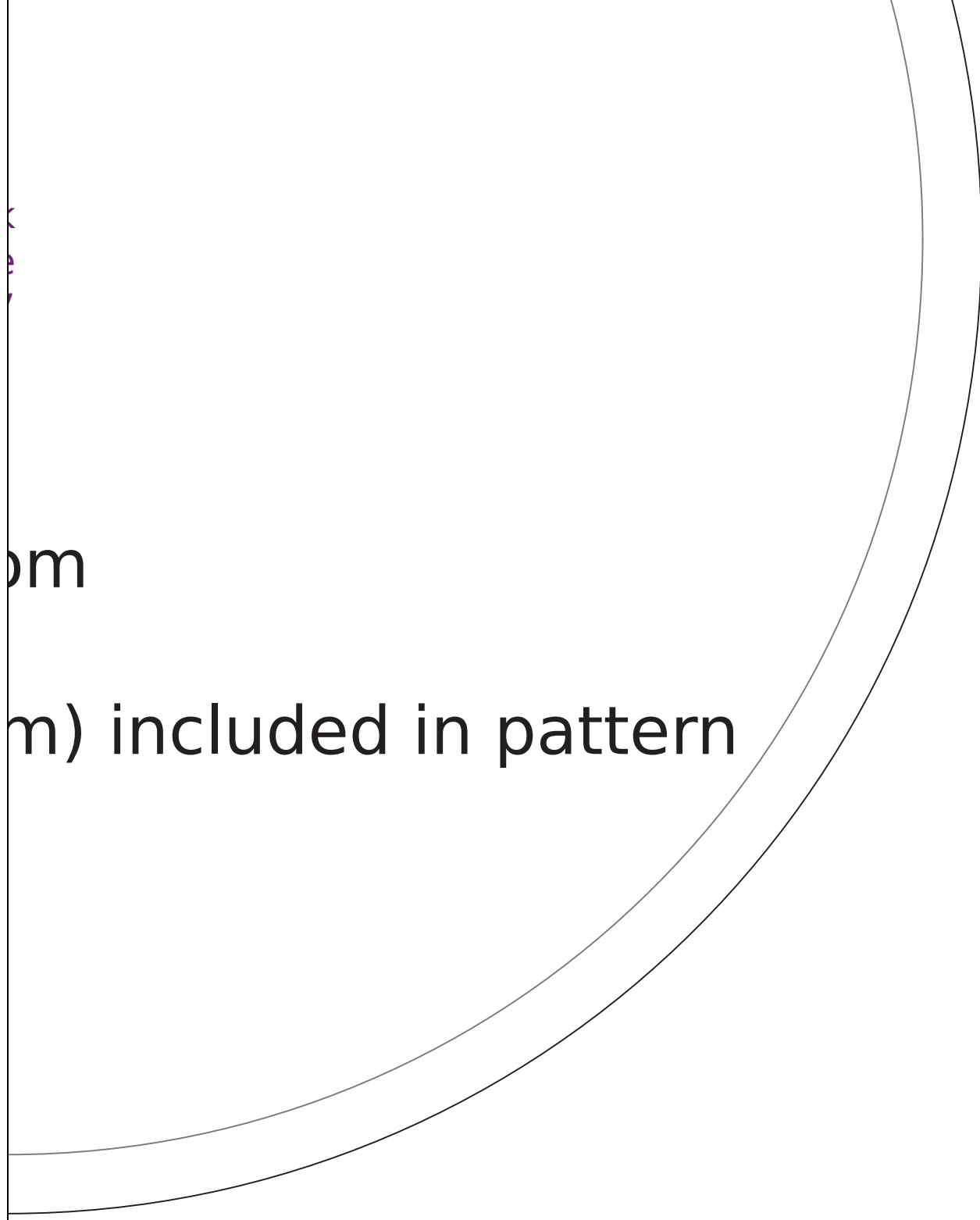
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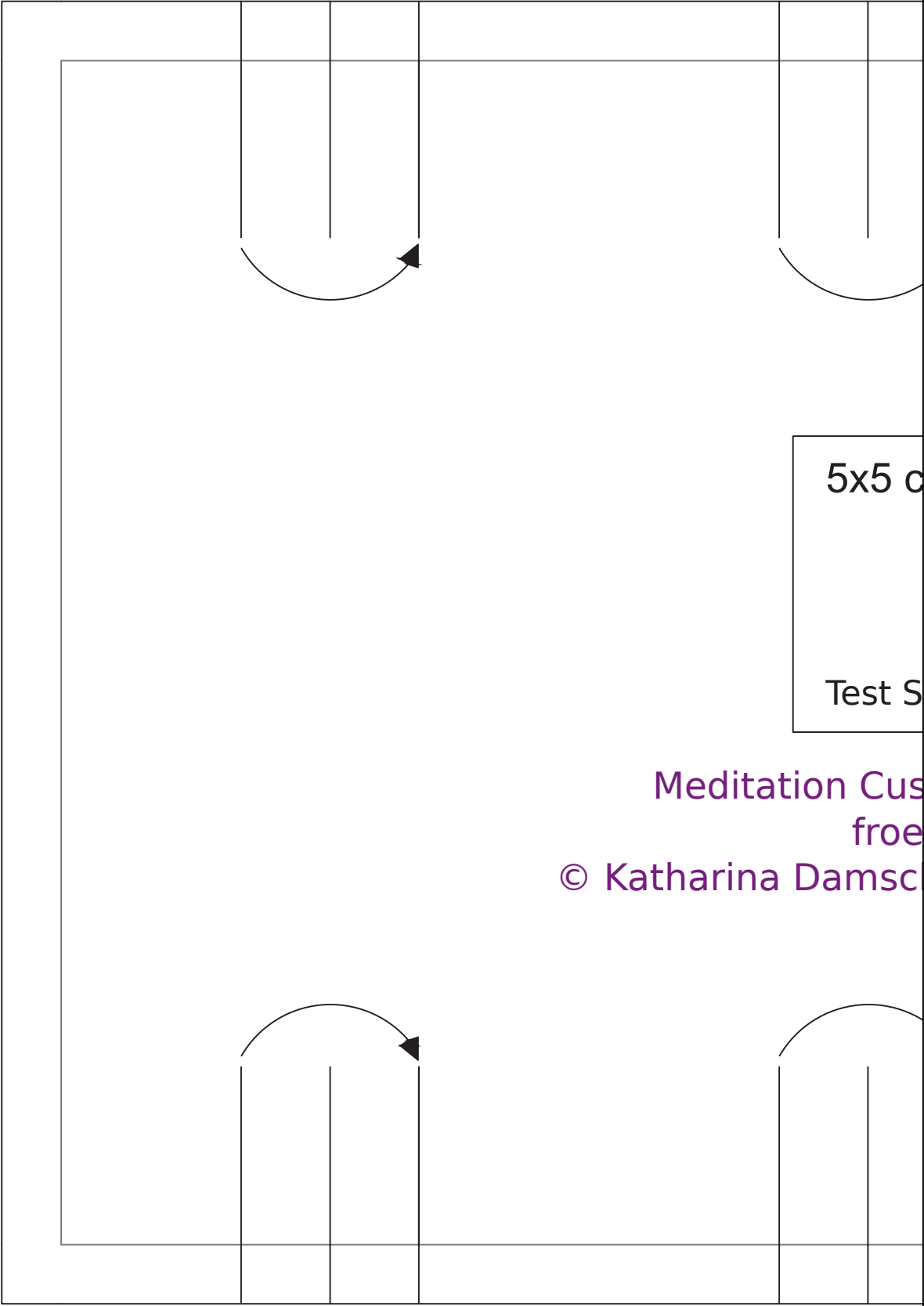
Pattern Piece 1 - Bottom
cut two
seam allowances (1 cm)

1
2
3

om

m) included in pattern

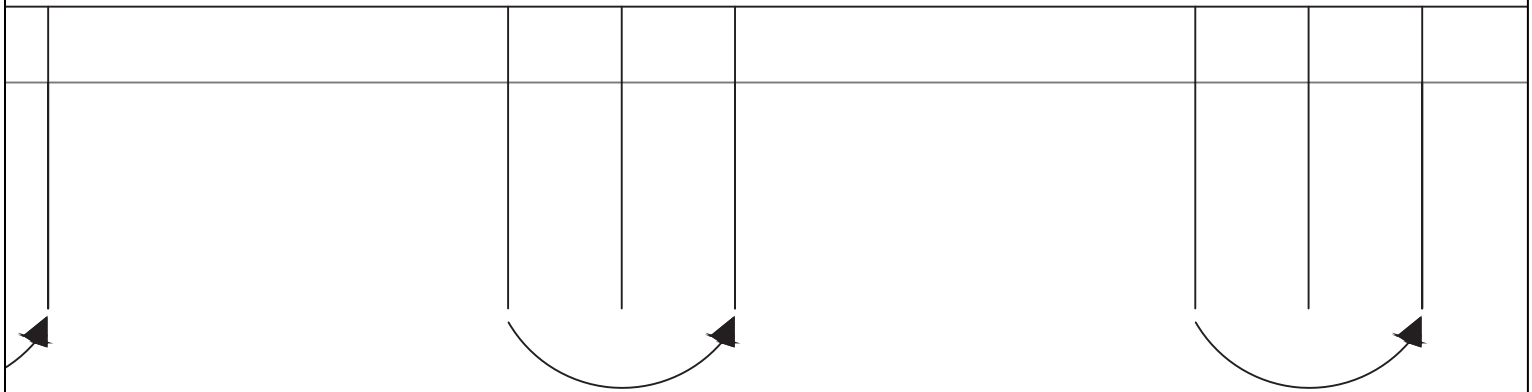




5x5 c

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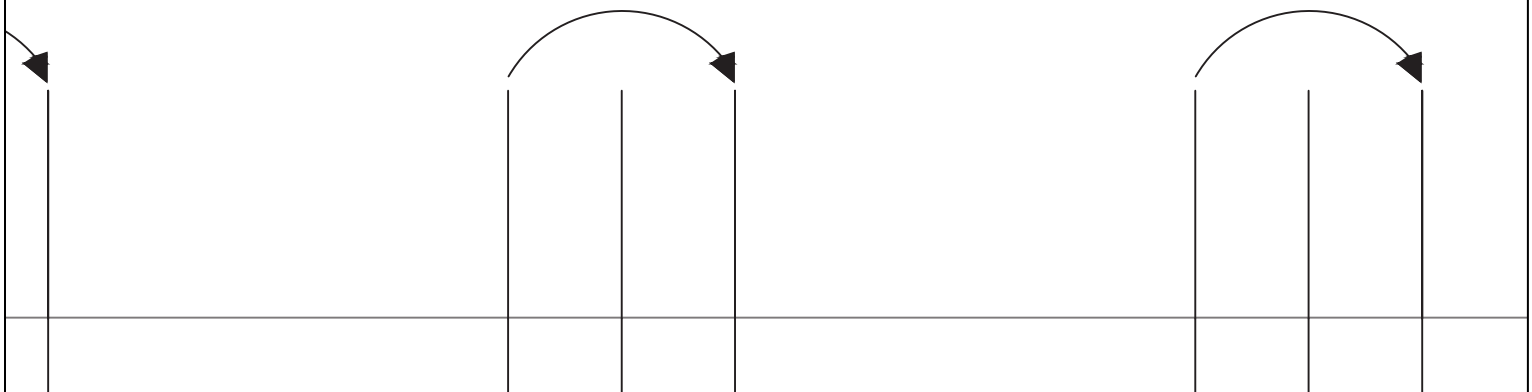
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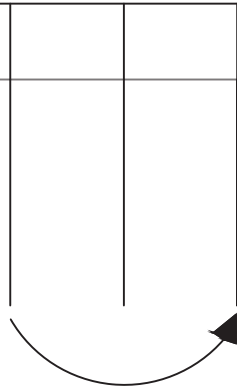


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Pattern Piece 2
cut one on fold
seam allowance

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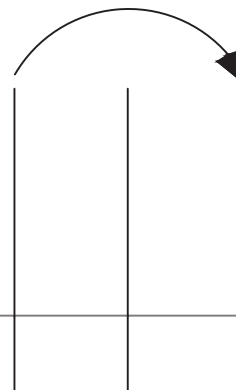
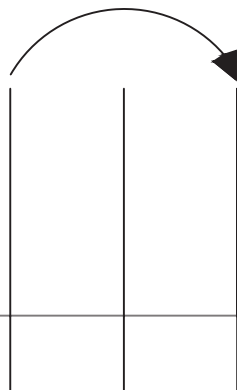


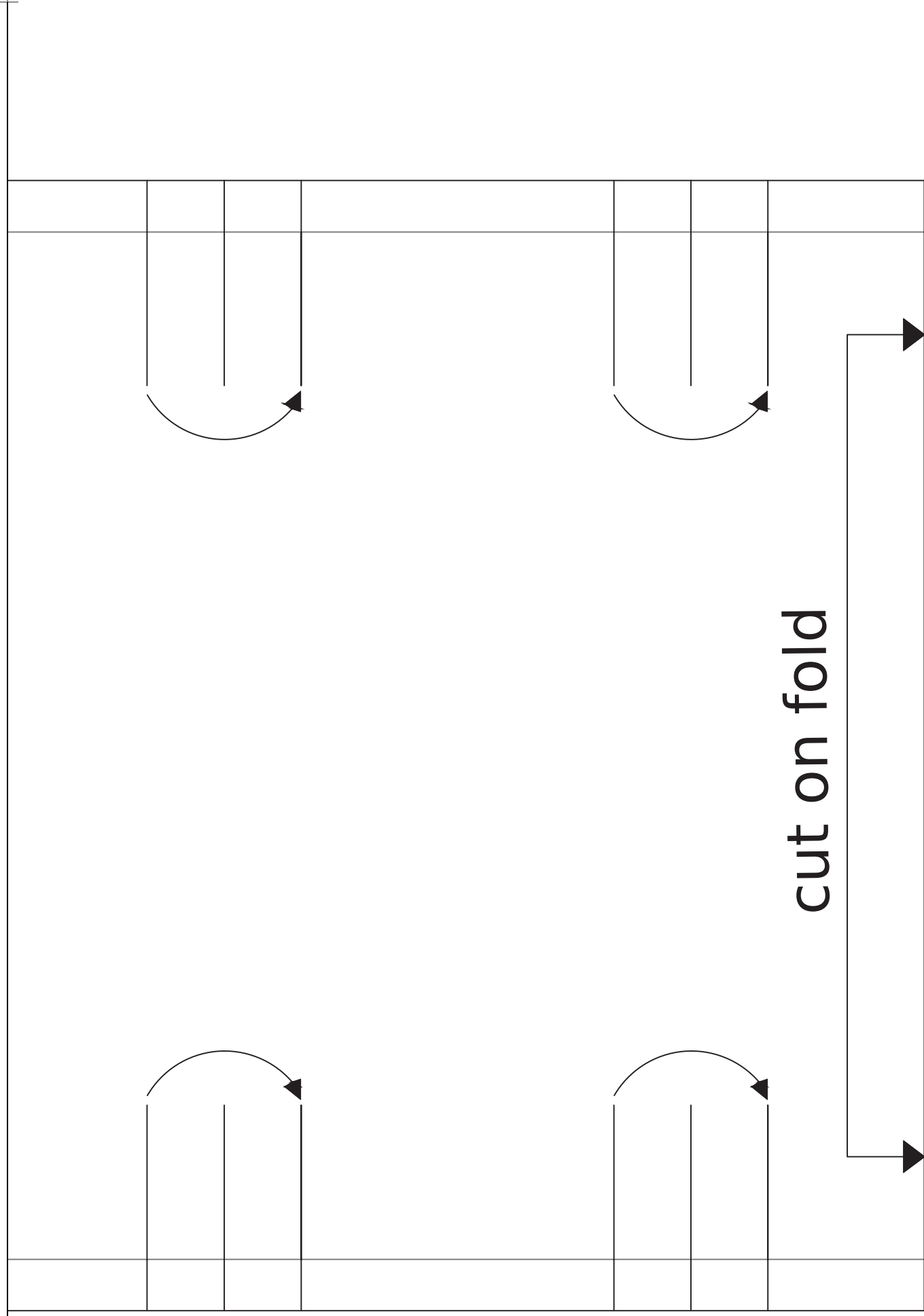


2 - Side

d

ces (1 cm) included in pattern





cut on fold