



# prayer & meditation cushion

finished size  
22" x 15"

*This prayer and meditation cushion is the perfect size for kneeling or sitting during your practice, with cleverly placed piped seams that don't interfere with knees or ankles! The zipper insert allows you to launder the cushion cover separately. Fill with buckwheat hulls, stuffing, or even scraps—or add herbs to aid relaxation and focus.*

*A lasting addition to your spiritual journey!*



## Selecting and Preparing Your Fabrics

Choosing your fabric is the fun part! It also will decide the character of the final project. Do you want it to match a room in your house? Your yoga mat? Be adventurous!

A Note on care: The zipper on the side of the cushion means you can remove the insert and launder the cushion separately!

### Required Materials

- 1.25 yds fabric for main cushion
- 1.25 yds fabric for cushion insert
- 1/4 yd fabric for piping plus 2.5 yds piping filler cord OR 2.5 yds ready-made piping
- thread to match your fabric
- 12-16" polyester zipper

\*A small amount of additional yardage has been allowed for shrinkage & cutting errors.

### Recommended fabrics

twill, denim, home decor fabrics, linen blends, heavy wovens, corduroy

For insert: muslin or other lightweight cottons (any scrap or unused yardage will work here, as the insert will only be seen by you!)



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### Cutting instructions

For the best results when cutting out your pattern pieces from your fabric, I suggest TRACING the pattern pieces first. I like to use medical exam table paper (available on Amazon) or Swedish tracing paper for this. By tracing, you preserve the heavier printed copy of your pattern and make the pieces easier to work with. Your taped-up pages can then be rolled for storage & used again!

When your pattern pieces are traced out, lay them on your fabric, paying attention to the grainline arrows—they should lie parallel to the selvage edge of your fabric. Pin or weight the pattern pieces to your fabric, carefully aligning the "cut on fold" lines with the folded edge of the fabric. Ensure that all the points and edges are fully on your fabric before you cut!

When choosing thread colors, match the **DARKEST** color in your print to best hide your stitches.

## ● Printing Your Pattern Pieces

- This pattern is designed for use straight from your screen! Use the instructions digitally, but be sure to print your pattern pieces in order to cut out the pattern.

Like all Whipstitch Patterns, this one can be read equally well on a desktop computer, laptop or tablet!

### Printing Instructions ● ● ●

Load 8.5" x 11" or A4 paper into your printer. Then:

1. Select File -----> Print
2. Enter the page numbers you'd like to print in the dialogue box that appears, using the chart below as your guide.

BEGIN WITH THE TEST SQUARE ON PAGE 11 TO ENSURE CORRECT SCALING.

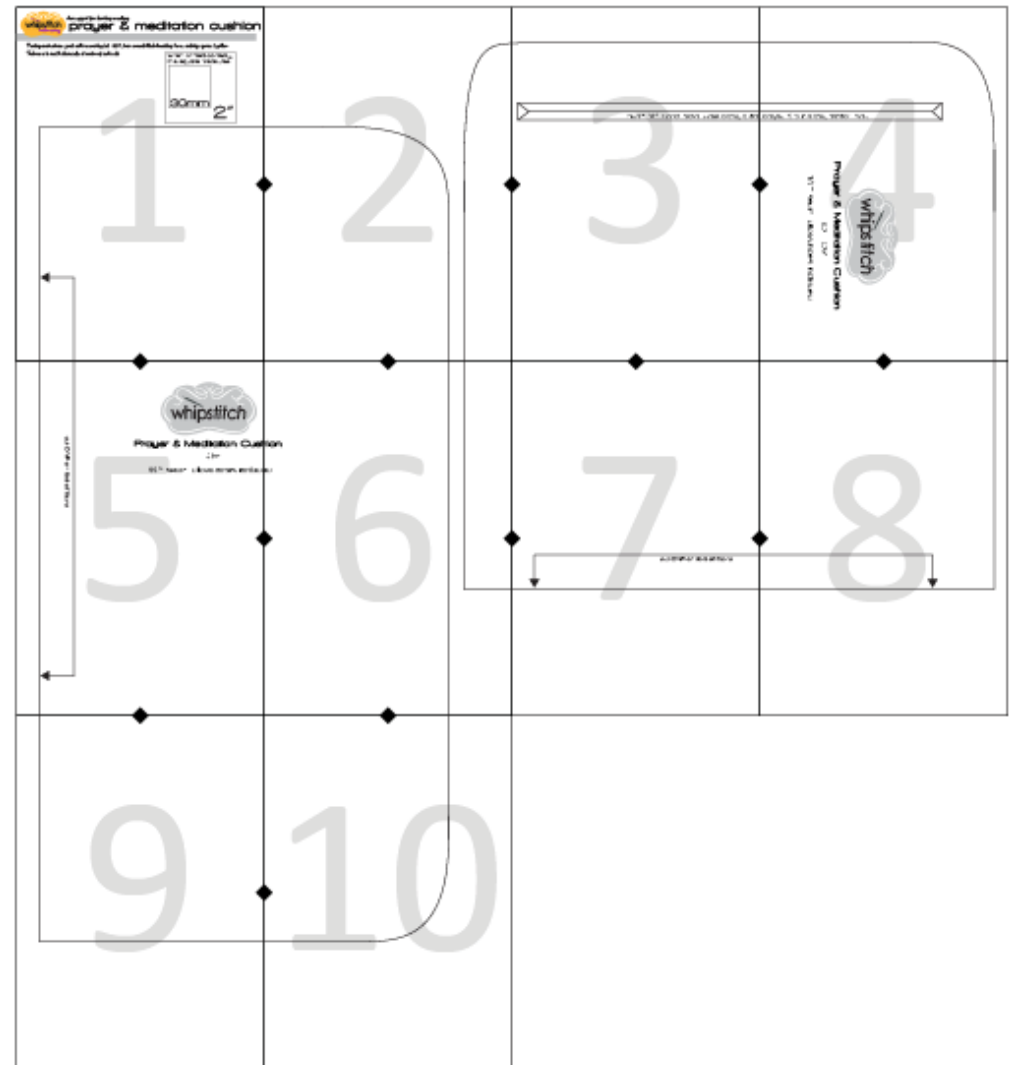
#### FOR THESE ITEMS:

Cushion Top & Bottom	Print Test Square	Quick Start Guide
PRINT THESE PAGES:	11-20	11 10

3. Set page scaling to "None" or "Actual size" or "100%." (Choosing "Shrink to fit" will alter the size of the pattern pieces and change the fit of your garment!)
4. If applicable, set margin width to ZERO.
5. Click "Print," and watch the magic happen!



### Pattern page assembly ● ● ●





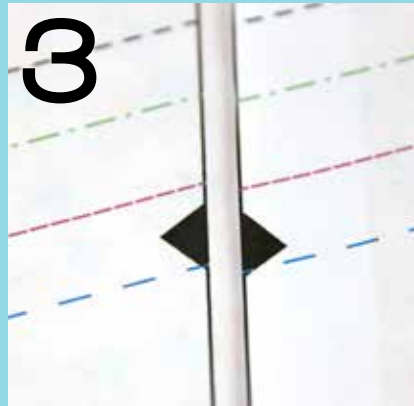
## ● ● ● How to assemble a printable sewing pattern



Begin by verifying that your pattern pieces have printed at the correct size. Measure the test squares on the first page of pattern pieces—they should be 3cm and 2 inches, respectively.



Trim each pattern page along two edges—one long and one short. This will give you a "shelf" on each page to connect pages together.



Line up the triangles at the center of each edge, matching them to the triangles on the adjacent page to create a black diamond. Pages are numbered in large, grey digits behind the pattern pieces.



Review the pages to be sure that every pattern piece is taped—some pattern pieces may not have a page-matching diamond within their borders, and taking care to tape each piece individually will make them less floppy as you cut them out.



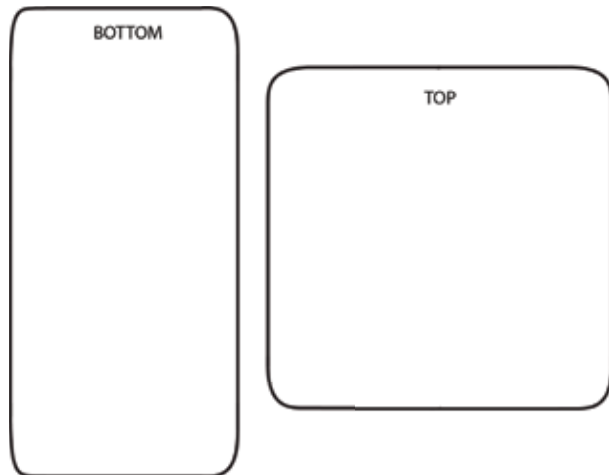
Using paper-cutting scissors (NOT your good sewing shears!), trim out your pattern pieces to sew. Alternately, use medical exam table paper or Swedish tracing paper to trace out your size and leave the printed pattern intact.



# Prayer & Meditation Cushion

## sewing instructions

All included seam allowances are 1/2" unless otherwise indicated.



This PDF is fully scalable! ZOOM in to see more detail on images and instructions, and move around in digital bliss as you work through the pattern.

□ right side of fabric    ■ wrong side of fabric

Cut all pieces from fabric. Take care place the pattern pieces along the fold line and cut through a double thickness of fabric. You will need to cut once from your main cushion fabric AND once from your cushion insert fabric.

You should have:

- 1 cushion top
- 1 cushion bottom
- 1 cushion insert top
- 1 cushion insert bottom

### INSTALL THE ZIPPER

On the cushion bottom, install the 12" zipper to allow you to put the cushion insert inside the cover.

Begin by transferring the markings from the pattern piece to the wrong side of your main fabric. Then, on the right side, place a scrap of fabric--anything will do, but some may show along the seamline so matching is preferred--over the box. Scrap should measure at least 4" x 15". Stitch around the entire box using your standard stitch length.

Cut the box open along the center line, angling the cuts at the corners for crisp edges.





Flip the scrap fabric to the wrong side and press, press, press. Make the new rectangular opening as crisp as possible, since it will frame the zipper on the finished cushion.

Place the zipper FACE UP beneath the opening you've created, inside the box. That is, the zipper pull should be sticking through the box to the right side of the fabric. A little glue stick on the zipper tapes can help to hold it in place for the next step. Secure the zipper tapes along the box edges along the entire length of the zipper.



From the RIGHT side of the fabric, stitch close to the edge of the box, through all layers, including the zipper tape. Keep the zipper pull as close to one end of the box as possible. If your zipper is longer than the box, simply stitch across the teeth when you get to the opposite end. Be sure to backstitch when you return to where you began, to firmly anchor the zipper in place.

For more photos of the zipper installation, see the Whipstitch blog!  
[whip-stitch.com/exposed-enclosed-zipper](http://whip-stitch.com/exposed-enclosed-zipper)





## MAKE PIPING FOR THE CUSHION TOP

*The following steps detail making your own piping for the cushion top. If you prefer, you can skip these steps and use store-bought piping. You will need approximately 2.5 yds, or one package.*

To make your own piping, begin by making a length of bias tape measuring 2.5" wide. You can find a tutorial for making continuous bias tape on my blog:

*[whip-stitch.com/continuous-bias-tape-tutorial](http://whip-stitch.com/continuous-bias-tape-tutorial)*

You will need approximately 2.5 yds of bias tape, as well as 2.5 yds of piping filler cord. I like the 16/32" size, but any thickness that satisfies you will work!



Place the piping filler cord on the **WRONG** side of the bias tape. Fold the bias tape around the cord so that the two long raw edges of the bias tape are even with one another. Using your zipper foot and basting stitch, baste as close to the filler cord as you can, through both sides of the bias tape, to make a snug piping.

Trim the seam allowances of the bias tape to 1/2" from the row of basting stitches, if they're wider than that. This will allow you to use the raw edge of the piping to guide your placement of it on the cushion top in the next step.



Pin the piping to the right side of the cushion top, around the entire edge. Keep the raw edges even all the way around.

When you get to the point where the beginning and end of the piping will meet, fold under 1" on the lower end of the piping, where it touches the cushion top. Trim out the cording so that the two ends of cording just kiss one another where they meet, to create the illusion of one continuous piece of piping around the cushion. Then, lay that end **INSIDE** the folded bias tape and wrap it neatly. Finish your basting stitches to anchor this section of piping in place.

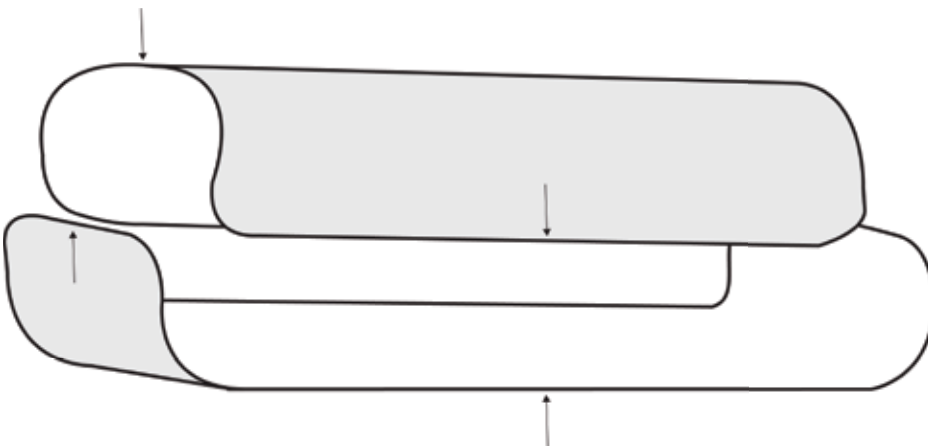
For more photos of this step, see the Whipstitch blog!  
[whip-stitch.com/applying-piping](http://whip-stitch.com/applying-piping)

## ASSEMBLE THE CUSHION

*NOTE: From this point on, the piping and zipper will not be shown. Open the zipper at this step to ensure you're able to turn the cushion right side out at the end!*

To assemble the cushion, begin by marking **CENTER** on each edge. These centers must line up in the final seam, in order to create the curved single seam of the cushion.

Pin centers on all four sides of the cushion top to centers on all four sides of the cushion bottom. Corners **WILL NOT MEET**, so don't be concerned about that for now.







Pin around the entire circumference of the cushion, snipping into the seam allowance of each straight edge when it meets a corner to allow the curve to meet the opposite edge more neatly.

Using your standard stitch length, sew around the entire outer edge of the cushion, through all thicknesses: the top, the bottom, and the piping seam allowances. **DO NOT** sew through the piping filler cord--use the basting stitches as a guide while you sew, and your zipper foot to ensure you get as close to the cord as possible and create a snug seam.

Reach through the zipper opening and turn the entire project right side out.



Repeat the steps to assemble the cushion, not including the zipper and piping, for the cushion insert. Leave a 6" opening on one straight edge to fill and turn. Fill with buckwheat hulls, fiberfill, or even fabric scraps. Hand-sew the opening closed on the insert to complete it.

Through the cushion zipper opening, place the insert inside the cushion. Zip shut and enjoy!

See details on the blog for adding herbs and scents to make your meditation and prayer even more relaxing!  
[whip-stitch.com/relaxing-herbal-pillow-fill](http://whip-stitch.com/relaxing-herbal-pillow-fill)



**Share your finished project!**  
**#meditationcushion**

# Prayer & Meditation Cushion *quick start guide*

All included seam allowances are 1/2" unless otherwise indicated.



Cut all pieces. Cut main fabric for outer cushion, cut lightweight fabric for cushion insert.

Place a scrap of fabric measuring at least 4" by 15" on the RIGHT side of the cushion bottom. Sew along the marked lines for the zipper box from the WRONG side. Open the box along the marked center line, snipping into the corners at a 45-degree angle.

Flip the scrap fabric to the WRONG side of the cushion bottom and press, press, press.

Apply a small amount of glue stick along the zipper tapes, both left and right. Place the zipper right side up INSIDE the zipper box, with the zipper pull very close to one short end of the opening. Zipper teeth should be centered within the box. Keep the zipper shut as you work.

From the RIGHT side of the cushion bottom, stitch all the way around the zipper box very close to the pressed edge, catching all layers: the cushion fabric, the scrap fabric, and the zipper tapes.

Apply piping to the cushion top, either by making your own or by purchasing ready-made piping. (For full instructions to make piping, see the main pattern instructions.) Place piping along entire edge of cushion with raw edges together.

At the point where the piping ends overlap, trim the two ends of cording (NOT the bias tape) so they butt up against one another and create the illusion of a single line of piping around the edge of the cushion. On the lower end of the piping, fold under 1" of the bias tape to create a finished end. Lay the other end of the cording and bias tape inside this fold, trimming any excess, and wrapping the folded end around it to make a clean finish. Baste around the entire edge using a zipper foot, close to the cording for a snug fit.

Mark center on each straight edge of the cushion top. Repeat with cushion bottom.

Place cushion top right sides together with cushion bottom, matching centers. Pin around the entire outer edge. Corners will NOT MATCH,, so as you pin each curved corner, clip into the seam allowances to allow the curve to shape to the straight edge of the opposite piece.

Using the zipper foot still, stitch around the entire perimeter of the cushion, as close to the basting line as possible. Be sure to backstitch at the end of your seam.

Repeat the above three steps with the cushion insert pieces, using a standard presser foot and ignoring instructions for the piping.

Fill the cushion insert with buckwheat hulls, fiberfill, or scrap fabric.

Place the insert inside the cushion through the zipper opening. Zip shut and enjoy!

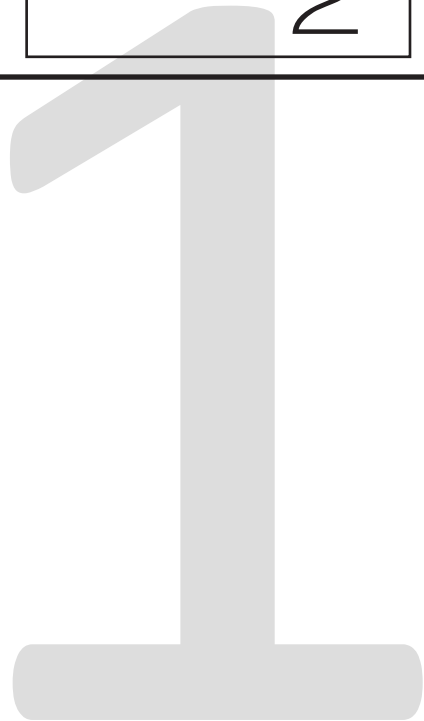
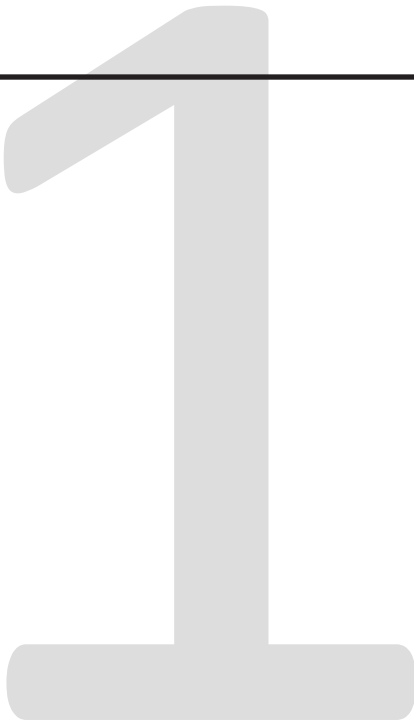
Printing instructions: print with no scaling (at 100%), trim around black bounding boxes, and tape pieces together.

Take care to match diamonds at center of each side.

when printed correctly,  
this square measures

30mm

2"





1

2

insert 12" zipper here--sew along outer

13

edges & cut along center lines



## Prayer & Meditation Cushion

BOTTOM

1/2" seam allowances included





## Prayer & Meditation Cushion

TOP

1/2" seam allowances included



cut ONE on fold of fabric



nion

ed

16



cut ONE on fold of fabric



18



19

20