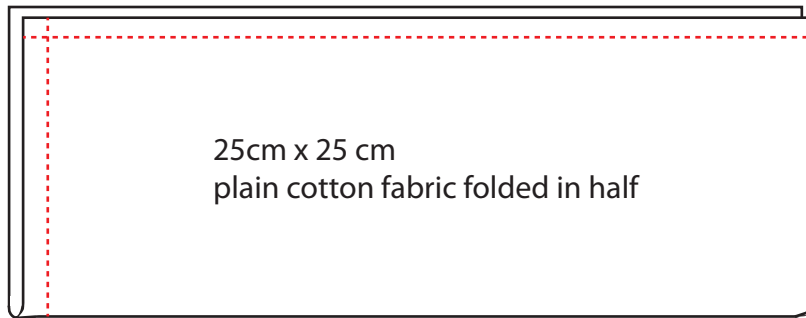


Yoga Eye Pillow Sewing Tutorial

By Hanri Shaw - yogahound.co.uk ©

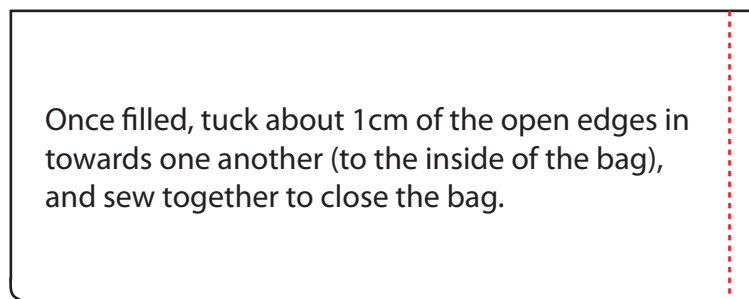
Note: Measurements include a 1cm seam allowance.

1





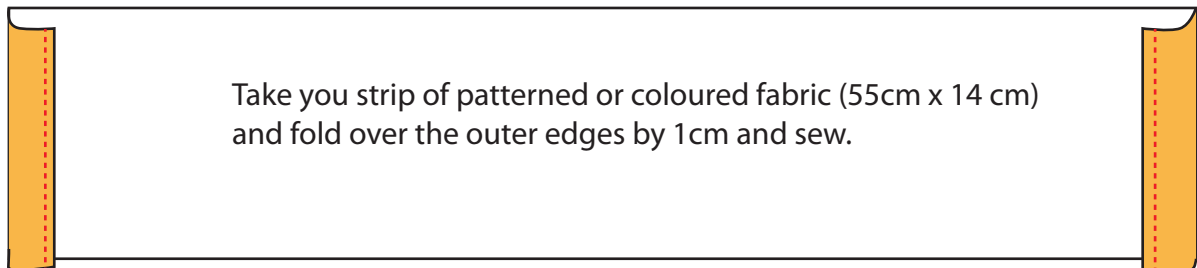
- Sew along the one side and the top.
- Turn inside out & fill with the flax & lavender mix.

2



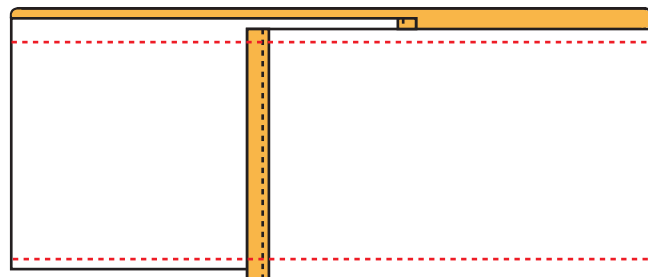
3

-  Wrong side of fabric
-  Right side of fabric



4

With the wrong side of the fabric out, fold the strip into 3 so that when folded up it measures 24 cm from one end to the other. Pin in place, and sew a 1cm seam at the top and a 1cm seam at the bottom.



5

Turn the pillowcase inside out and put the filled cushion into the pillowcase. Now place the pillow over your eyes, and relax.