

interactive

EMBROIDERY DESIGNS

Welcome to Sashiko Embroidery, part of the Interactive Embroidery Series from Designer's Gallery! Sashiko Embroidery includes an exclusive stitch that allows your machine to perfectly replicate the painstaking hand-stitch of traditional Sashiko. With the 12 projects in the Sashiko Embroidery collection, you can easily customize the size, stitch, design height and more. Create continuous borders and wallpaper designs with your choice of rows. Plus, add elements from other Interactive Embroidery collections for one-of-a-kind projects.

Meditation Mat



This Meditation Mat project includes detailed instructions to easily take you from design creation to the final assembly steps. All the software needed to customize this project is just a mouse click away. With the simplicity of Interactive projects you will be able to create a beautiful, one of a kind mat for meditation, yoga or journaling.

Skill Level: Advanced

Supplies:

Baby Lock® sewing and embroidery machine (160mm x 260mm)

Sashiko Interactive from Designer's Gallery®

Thumb drive or the USB connector cord (comes with the machine)

Baby Lock® Tear-Away stabilizer

3-½ yard pieces of solid or tone on tone fabric (light and dark green and black in the pictured sample)

2-½ yard pieces of print fabric (red and floral in the pictured sample)

1 yard natural color canvas

Warm and Natural™ Quilt batting (44" x 44")

Madeira sewing and embroidery thread

General sewing and embroidery supplies

505 Temporary Spray adhesive

Rotary cutter and mat

Straight edge ruler

Fabric marking pen or chalk

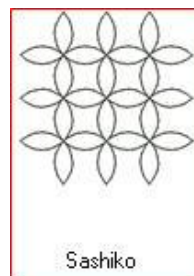
36" x 36" non-skip rug mat

Instructions

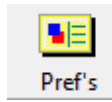
At the Computer:



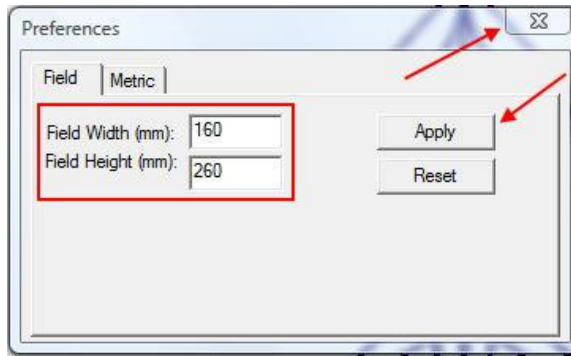
1. Open the program by clicking on the Interactive icon on the desktop.
2. On the left side of the screen, next to the workspace, the individual programs are listed. To select the program, slide the Scroll bar downward and left click on Sashiko. If you have more than one Interactive installed, they will be listed in alphabetic order.



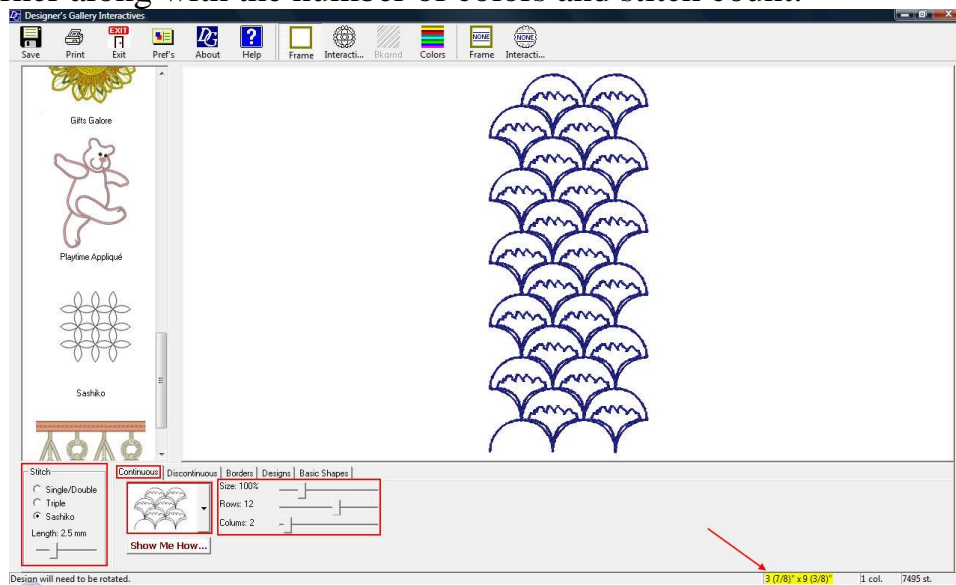
3. You will use a 160mm x 260mm hoop for this project. Check the Preferences to make sure Sashiko Interactive is set for the appropriate design page.



- Click on Preferences **Pref's** on the top toolbar.
- Type in 160mm in the Width and 260mm in the height fields.
Note: If your hoop is smaller multiple hoopings are required to create one area.
- Click on Apply.
- Close out of the field.

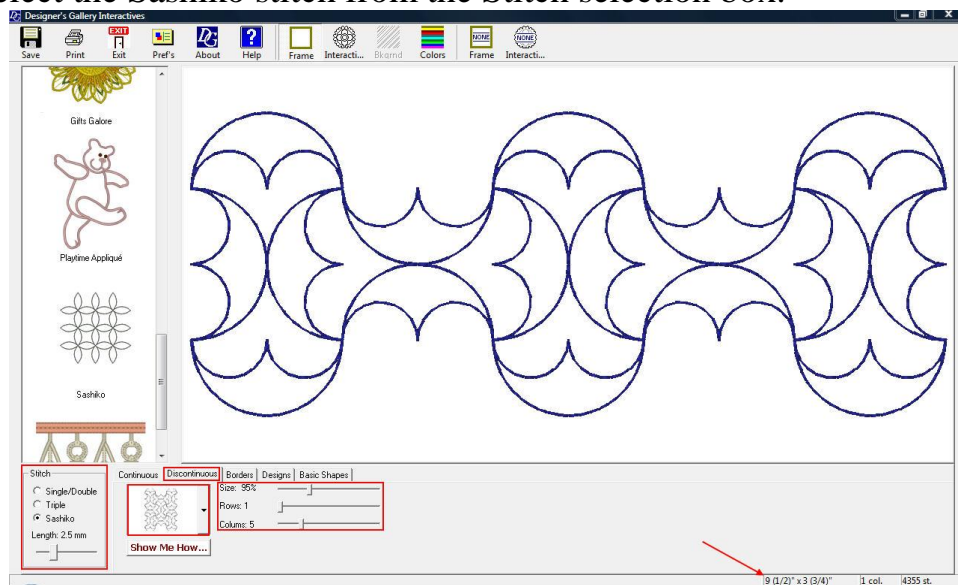


4. Select the Continuous tab found in the Project or Design window. Then, click the arrow on the Design selection box to view the list of available design options. Select Ginko Leaf from the list.
5. Using the Rows slide bar, set the rows for 12. Using the Columns slide bar, set the columns for 2.
6. Select the Sashiko stitch from the Stitch selection box.
7. This creates a design $3 \frac{7}{8}'' \times 9 \frac{3}{8}''$ (99.4mm x 238.7mm).
Note: The size (width x height) will be displayed in lower right corner along with the number of colors and stitch count.



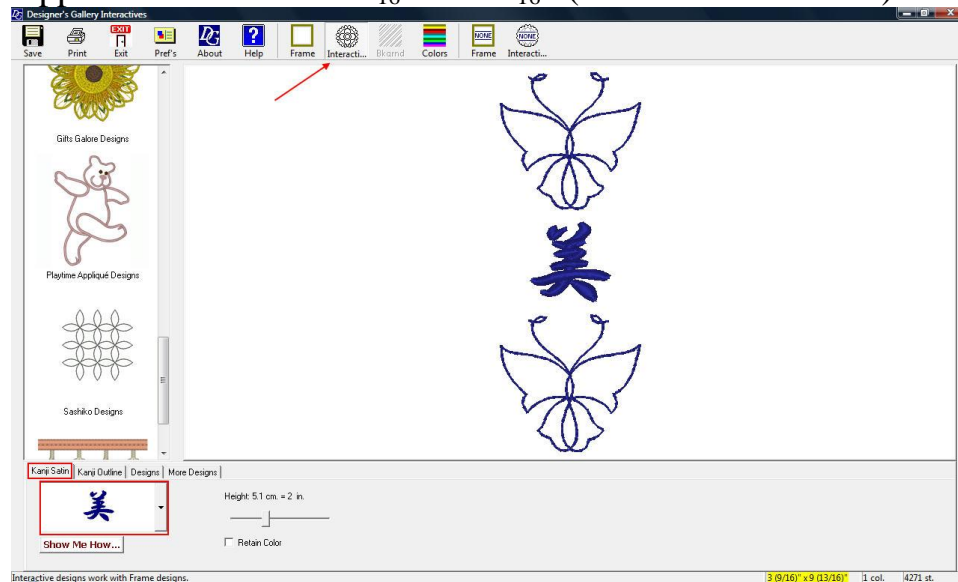


8. Click “Save” found in the tool bar. Name your file, select your USB drive or other location using the “Save in” drop down menu. Select the format from the list by clicking the down arrow on the “Save as Type” box and clicking the desired format. Click “Save”. If your machine requires media other than a USB drive, follow the manufacturer’s instructions to transfer the design to that media.
9. Select the Discontinuous tab found in the Project or Design window. Then, click the arrow on the Design selection box to view the list of available design options. Select Connected Semicircles from the list.
10. Using the Rows slide bar, set the rows for 1. Using the Columns slide bar set the columns for 5.
Using the Scale slide bar, size the design down to 95% or an approximate size of 9 ½” x 3 ¾” (241.5mm x 96.7mm).
Note: The size (width x height) will be displayed in lower right corner along with the number of colors and stitch count.
11. Select the Sashiko stitch from the Stitch selection box.

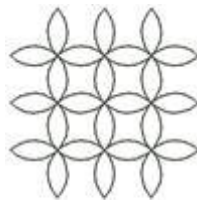


12. Click “Save” found in the tool bar. Name your file, select your USB drive or other location using the “Save in” drop down menu. Select the format from the list by clicking the down arrow on the “Save as Type” box and clicking the desired format. Click “Save”. If your machine requires media other than a USB drive, follow the manufacturer’s instructions to transfer the design to that media.
13. Select the Designs tab found in the Project or Design window. Then, click the arrow on the Design selection box to view the list of available design options. Select Butterfly from the list.

14. Using the Rows slide bar, set the rows for 2. Make sure the Columns slide bar set is for 1.
15. Using the V Space slide bar, set the spacing to 70.6mm.
16. Select the Sashiko stitch from the Stitch selection box.
17. Using the Scale slide bar, size the design down to 80% or an approximate size of $3 \frac{9}{16}$ " x $9 \frac{13}{16}$ " (91.6mm x 249.5mm).

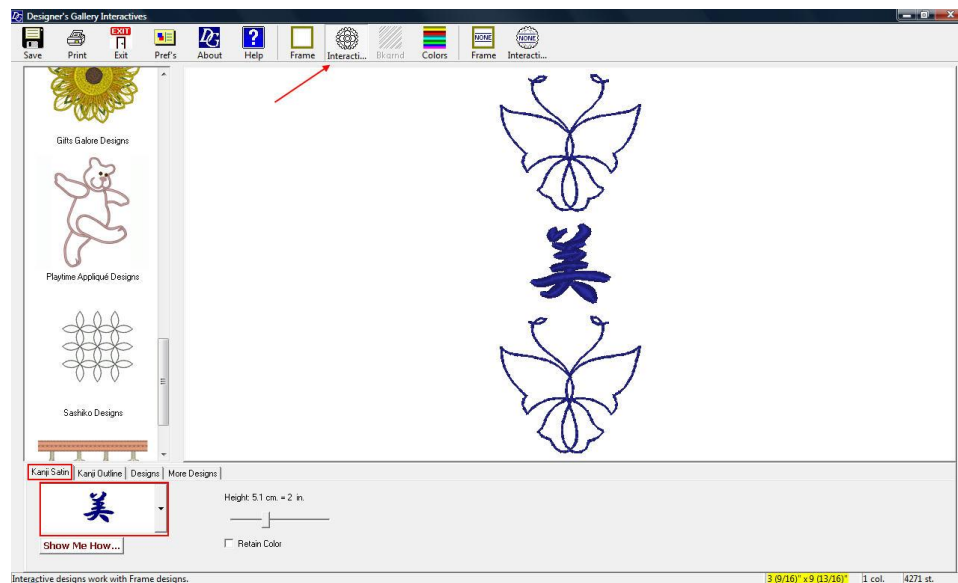


18. Select the Interactive tool **Interacti...** from the toolbar.
19. On the left side of the screen, next to the workspace, the individual programs are listed. To select the program, slide the Scroll bar downward and left click on Sashiko Designs. If you have more than one Interactive installed, they will be listed in alphabetic order.



Sashiko Designs

20. Select the Kanji Satin found in the Project or Design window. Then, click the arrow on the Design selection box to view the list of available design options. Select Beauty from the list. This will place this design in the center between the butterflies.



21. Click “Save” found in the tool bar. Name your file, and save this design as you saved the previous designs.

Note: While you can complete this mat with the three designs created here, 10 different designs were used to create the sample shown. Follow the steps above creating additional designs to make this mat your own personal creation. Keep the size of the designs within 4” x 10” area to ensure they will fit nicely on the blocks when they are stitched together.

At the Cutting Table:

1. From each of the three ½ yard pieces of solid fabric cut nine 5” x 11” blocks. These groups of blocks will be referred to as 1,2, and 3. These blocks are the ones that will be embroidered.
Note: Nine blocks of each color are used to complete this mat. It is a good idea to cut some extras while you are cutting.
2. Using the ruler and fabric maker or chalk, mark the center of each of these blocks.
3. From each of the two prints cut twelve 5” x 3 ¾” blocks. These groups will be referred to as A and B. These smaller blocks are not embroidered. They will be alternated between the embroidered blocks.
4. From the remaining print fabric, cut four 2” strips the entire width of the fabric (selvage to selvage) from one print only. Cut four 3 ¼” strips from the remainder of the second print. This will be used for the binding.
5. Cut both batting and canvas 44” x 44”.

At the Embroidery Machine:

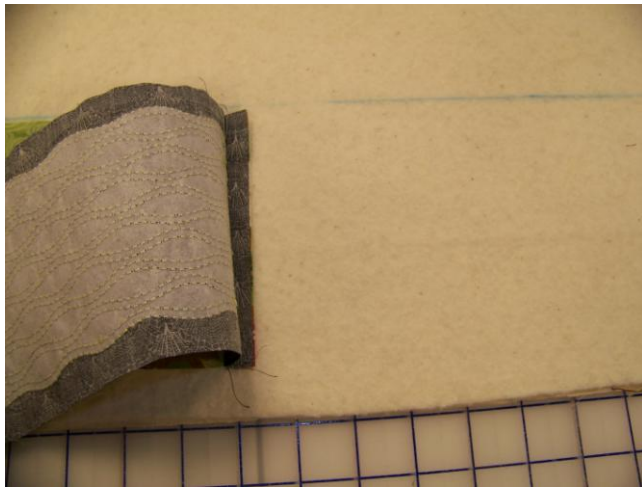
1. Hoop the Baby Lock Tear-Away stabilizer. Lightly spray the hooped stabilizer with spray adhesive. Attach one of the 5" x 11" blocks to the stabilizer; centering it in the hoop.
2. With the machine set up for embroidery, thread the machine with desired thread.
3. Load the designs onto the machine. Use embroidery edit or similar feature on your machine to center one of the designs onto the fabric.
4. Stitch the design in the center of the block.
5. Remove the hoop from the machine and gently remove the stabilizer from the back of the block.
6. Repeat this until all 27 blocks have been embroidered.

Assemble the Meditation Mat:

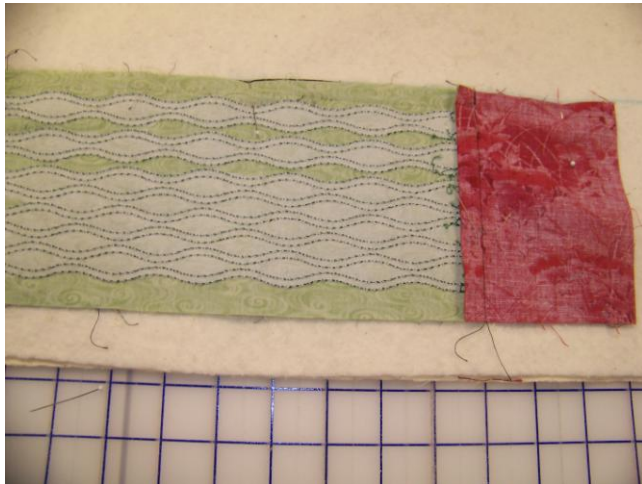
1. Set up machine for a straight stitch using All Purpose thread in both the needle and the bobbin.
Note: A ½" seam allowance is used for all seams.
2. Starting with a small block from group A, stitch it to a large block from group 1, matching the 5" edges. Follow this with a block from group B and group 2, then group A and group 3. This completes the first strip for the mat.



3. Repeat this step above rotating through the blocks to alternate the colors. You should have nine rows when you have finished.
Note: If you have the space, you may want to lay out all of your rows to ensure you have the perfect layout. If you do this, stitch one row at a time and label the rows to maintain the proper order.
4. Lay canvas out flat and spray with Temporary spray adhesive. Attach batting on to the top of the canvas.
5. Using a ruler and straight edge, measure up 6" from one of the edges. Mark a guideline here using chalk or fabric marker.
6. Lay the first row on top of the batting facing up, aligning top edge with the guideline.



7. Lay row 2 on top of row 1, right sides together. Stitch along the top edge, joining the strip and attaching them to the batting and canvas.



8. Fold row 2 open and press. Lay row 3 on top of row 2 right sides together. Stitch along the top edge, joining the strip and attaching it to the batting and canvas.



9. Continue attaching the remaining rows in the manner.



10. Along the outside edges, use a straight edge and ruler to draw a guideline. This will square up all the sides of the mat and prepare for the border.



11. Using the four 2" strips, attach on both the left and right side. Align along the guidelines, right sides together. Stitch along the raw edge, joining the strip and attaching them to the batting and canvas. Trim any excess at the top and bottom. Fold out and press.
12. Follow the same steps attaching a 2" strip to the top and bottom.
13. Trim the excess batting and canvas from all sides of the mat.
14. Using the 3 1/4" pieces cut for the binding, stitch them together along the short side, making one continuous strip. Press the seams open.
15. On one short end, turn under 1/2". Then fold the strip in half along the entire length of the strip.
16. Working from the center bottom front of the mat, pin the folded binding all the way around the mat. Start with the folded end, match raw edges and be sure to miter the corners.
17. On one side start 1/2" down from the corner and stitch down stopping 1/2" short from the corner. Stitch all four sides in this manner.

18. Press the binding to the outside and wrap the folded side of the binding to the back of the mat.
19. Pin to hold in place while stitching in the ditch from the front securing the binding at the back.



You have a beautiful, one of a kind mat for meditation, yoga or journaling. Lay this on the non-skip mat when using this for yoga.