

Directions for Yoga Totebag / June 2003

(This project utilizes letters from our Yoga Monogram Set.)

Step 1. Print the instructions.

These are .pdf files, and require Adobe Acrobat Reader software in order to view and print.

Step 2. Review instructions and materials required (materials list at the end of these instructions).

Step 3. Merge Designs to create the monogram.

The Yoga Monogram Set consists of 52 designs (A-Z in two versions).

We used the larger size letters (2 1/4" - 57mm) from this style to spell "Yoga" as an interesting accent to the upper section of the totebag.

You might also want to consider creating an unusual three-letter monogram of your own, using the large size letters for your last name, flanked by letters from the smaller size for your other initials.

In any case, merge the letters of your choice together within your embroidery software program. Once you are happy with the placement of the various parts, save the design under a new filename.

Step 4. Embroider the design.

The denim totebag used for this project is made of prewashed 100% denim. Our example is Dark Denim, but the totebag also comes in Light Denim.

The bag has an area above the edge of the outside pocket, and between the strap, that is perfect for embroidery, and denim is very easy to sew on.

Our four-letter design is 6" wide (150mm), so it will require a hoop that is large enough for the design. Hoop the bag along with one layer of medium-weight tearaway stabilizer.

Remove the stabilizer after the design has been embroidered.

Tip: Hooping a constructed bag made from denim can be a bit of a challenge for home embroiderers with lightweight hoops. Here's a useful suggestion if you are having trouble hooping the bag:

Place a hoop large enough to sew the design on top of one layer of medium or heavy-weight stabilizer, and trace around the inside of the hoop with a pencil.

Cut two strips of double-sided carpet tape that will fit within this drawn shape. Remove the paper backing from one side, and stick the strips to the backing.

Cut a window in the backing that is larger than the design you want to sew. Depending on your hoop size, this may mean cutting away some of the carpet tape.

Put another layer of medium-weight tearaway backing underneath the layer with the carpet tape, and hoop both together.

Remove the paper backing from the top side of the carpet tape, revealing a sticky surface.

Stick the bag securely to this sticky tape surface, then sew the design.

Congratulations! Your project is complete.

Sources for Materials

Double-Sided Carpet Tape:

Widely available at hardware and home stores.

Denim Tote (20" X 14" X 5"):

Embroider This!

The company has secure online ordering:

<http://www.embroiderthis.com/bagsandtotes.html>