

*What's good for the planet can be good for the body, too. You'll know it's true when you craft this cool, recycled yoga mat.*



To create, make a “fabric” from fusible interfacing and squares of plastic shopping bags—be sure to use layers of parchment paper to protect your iron and your ironing board from the melted plastic. Then follow *Simplicity pattern #4535* to construct the mat. The finished project is environmentally on-the-mark, and best of all, it's absolutely one of a kind.

*Tip: Follow our lead, and take recycling one step further, using repurposed old T-shirts as the lining for your yoga mat.*



meditation conservation

{CREATIVE INSPIRATIONS FROM HOBBY LOBBY®}

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