

# DIY Yoga Strap Tutorial

By Marianne Jeffrey

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## Requirements:

- D rings 2" wide
- Up to 10" of medium to heavy weight fabric such as twill or denim

## Length of Strap

You can choose the length of the yoga strap, many commercially available products are 6 foot long.

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Twill fabric is a terrific medium weight for this project, but you could also use denim. For the example I used **Harmony Art Organic Design organic twill in the Lichen print. That fabric is available 60" wide.**

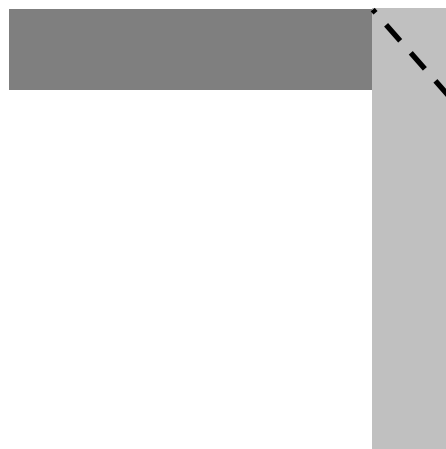
**Option 1** — Cut one 5" wide width of fabric strip will yield a strap close to 5' long

**Option 2** — Cut two 5" wide WOF strips you can make your strap up to 10" long

For this example I made a simple 5' strap which I personally find is long enough for all the poses that I require a yoga strap for.

If you choose to join two WOF strips to make a long strap ensure that you place them at 90 degrees then stitch as shown to ensure the seam isn't too bulky later when the strap is constructed.

**This ensures the resulting seam is at a diagonal as shown below:**



# Step 1

## Strap Construction

Denim or twill fabrics ensure the strap has the required strength!

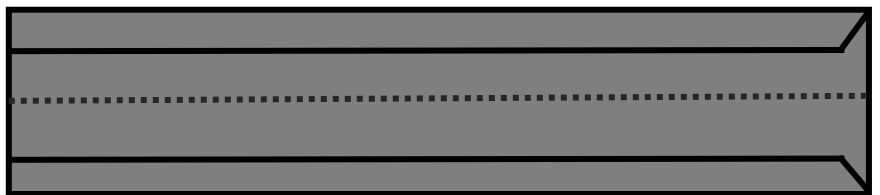


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Fold in half lengthwise and press then re-open

Fold 1/2 inch of the lengthwise edges in towards the centre fold



Fold **up to** 1/2 inch of both ends over, press, if the end is a selvedge that looks neat and tidy you can skip this step:



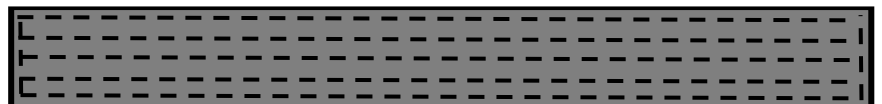
Fold in half lengthwise, pin as needed. Raw edges will be enveloped inside the strap



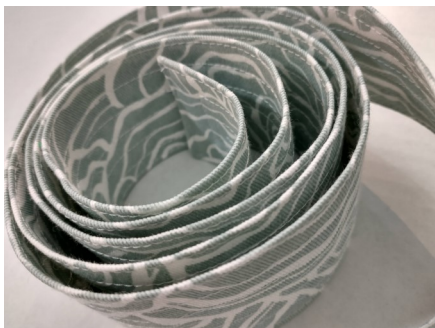
Stitch close to the folded edges all the way around to close the strap.



Stitch a series of rows along the length of the strap 1/4" apart



This step simply reinforces the strap and keeps the layers together





## Step 2

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### Attach the Buckles



Place both D ring buckles on top of the strap, fold over 1" of strap through the buckles



Stitch as shown through both the strap layers to complete the buckle attachment



**Your strap is  
ready to use!**