

g'ROUND: Meditation Cushion Pattern

To extend the life of end-of-life textiles in your home use them to stuff sturdy cushions. The weight of shredded fabric is perfect for dog beds, yoga bolsters, and meditation cushions. Cut or shred worn clothing, towels, yarn scraps, etc. into small, "scrunched up" pieces and stuff them into forms such as the one described here. Keep it dry and clean it regularly with a vacuum or by shaking and pummeling it outside. Its contents can be removed and replaced as needed.

This pattern for a round meditation cushion (often called a "zafu") is based on The Daily Sew post "[How to Make a Meditation Cushion](#)". Check their post and video if these instructions are not clear. These instructions have been modified to make two cushions from one yard of fabric (60" width – see cutting layout below).

Sewing Instructions:

- Cut 4 circles (each 14 inches in diameter) for the top and bottom of each cushion.
- Cut 3 strips 7 inches by 60 inches for the sides. Each cushion needs a strip about 70 inches in length. Use the extra strip to add length to the other two and to make two handles (5-inch-wide pieces).
- Overlock the short ends of the strips and the sides of the handle pieces.
- Make the handles by sewing the length together in a seam and turning right-side out, or simply fold the overlocked edges to overlap in the middle and topstitch the length over the overlapped edge and about a ¼" from each edge.
- The side piece of a meditation cushion is pleated. Mark on the wrong side of the strips with pleat marks. Start with the first mark 6.5 inches from left edge. Then make the next mark at 1.5 inches. Then the next mark should be at 3 inches. Repeat the 1.5 inches and 3 inches marks 13 times. Leave the last 6" with no marks. (This will result in 13 pleats.)
- Fold your pleats by matching the first mark to the second mark (1.5 inches) and pin to the circle: Starting in the center of the side piece pin the top piece to the side piece lining up the raw edges. Pin in one direction until you reach the last pleat. Start pinning the top in the other direction until the last pleat.
- Pin a handle between the circle fabric and the pleated strip. It should sit right over a pleat with its right side facing the right side of the circle piece.
- Looking at the direction of your pleats decide which end of the side will overlap the other end. The end that overlaps is folded (wrong sides together) and pinned to the circle first. The end being overlapped will be folded and pinned down second. Make sure there is at least a 4" overlap so that the opening will close when the cushion is filled.
- Sew (and overlock) the top to the side piece and handle.
- Pin and sew the bottom to the side piece as you did the top.
- Stuff the cushion through the opening made by the overlap.
- Leave it open to maintain the stuffing (if the overlap is deep, no sewing required).

Cutting layout for 2 cushions from 1+ yard fabric (for 60" width fabric):

