



## Deep Breath

*Napping size 56" x 84"*

### Fabric requirements

Field fabric – 3¾ yds

Colored Bars – 1 yd total scraps

Binding fabric – ½ yd

Backing fabric – 5¼ yds

### Cutting

From field fabric, cut:

48 pieces – 14½" x 6½"

From Assorted Colors:

about 168 pieces, each

2½" high by 1½"–3½" wide

### Assembly

1. Piece together assorted 2½" high colored fabric pieces to make a striped strip measuring 14½" x 2½".



2. Piece a 14½" x 6½" field rectangle to each side of a 14½" x 2½" strip of colored fabrics.



3. Repeat to make 24 blocks.

4. Sew blocks together in rows.

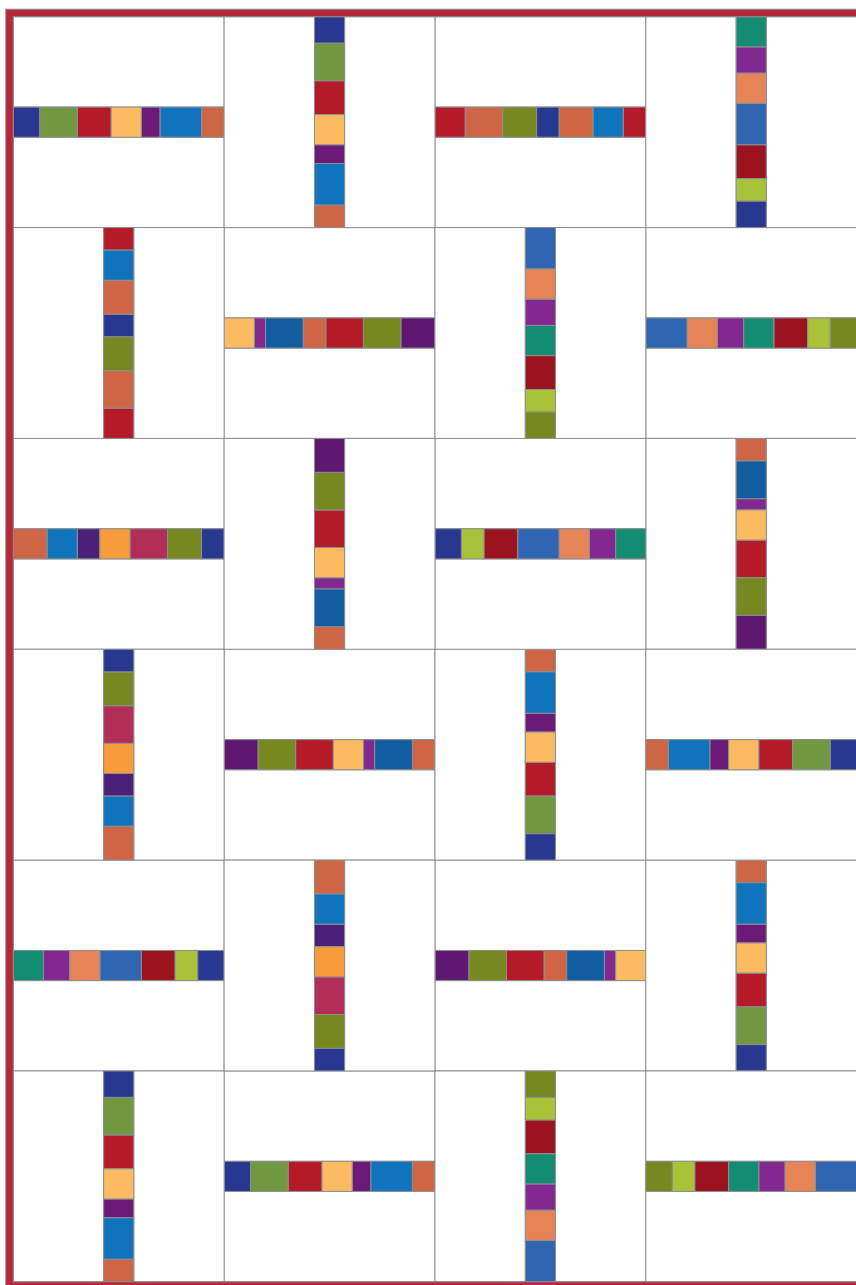
5. Sew rows together.

### Finishing

1. Layer front, batting and backing.

2. Quilt.

3. Bind.



If you have enjoyed this pattern, please consider making a donation at [www.cowalunga.com](http://www.cowalunga.com) as Weeks rides 130 miles to raise money and awareness in the Respiratory Health Association of Metropolitan Chicago's CowalUNGa event.