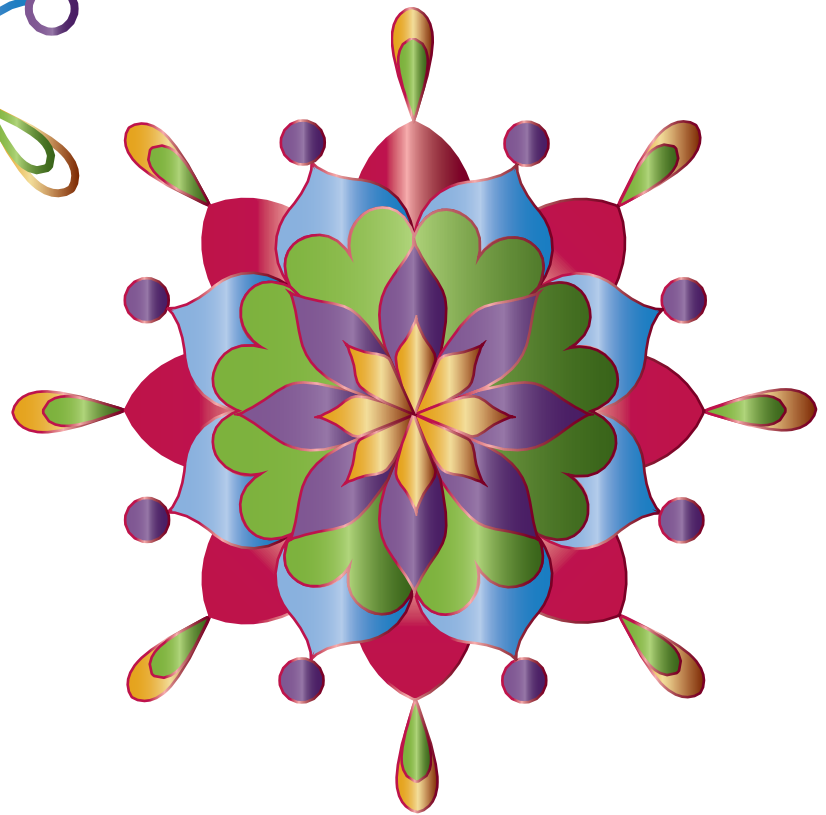
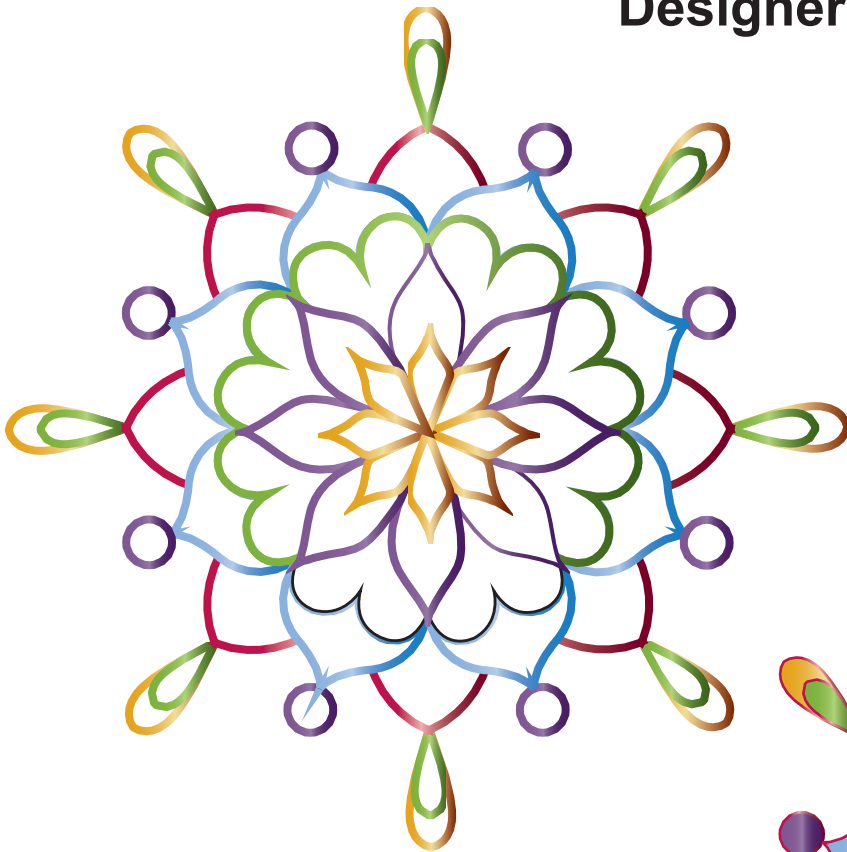


**Heart Mandala**  
**Free Motion Quilting & Appliqué**  
**15" x 15"**

**Edith Choinière**  
**Designer**



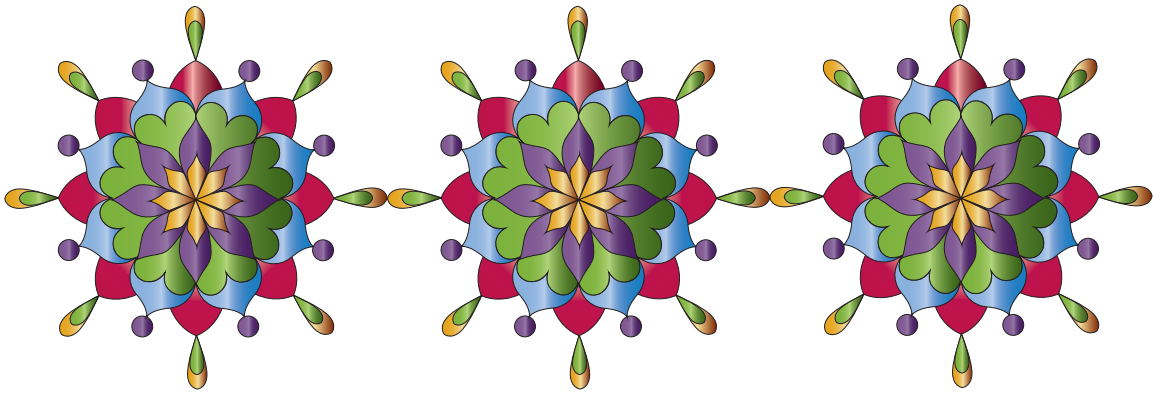
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## Heart Mandala

### Free Motion Quilting & Appliqué Templates

### 15" x 15"

**I offer this PFF (Pattern Free Forever) to everyone.**

My goal is to give you the push you need to start doing Free Motion Quilting so you can develop this amazing skill. It will give your projects the acknowledgement it deserves.

**This pattern comes with a "How to" video that shows the technique.**

If you like this pattern, drop me a line on my Facebook page. Your encouragements helps me to keep creating interesting and unique designs.

*Édith*



Graphic illustrations, pictures  
and page set up by Édith Choinière

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# Heart Mandala

## Free Motion Quilting & Appliqué

### 15" x 15"

This pattern was designed for Free Motion Quilting. This project was done using a Tiara II from Babylock, but it can also be done on any domestic sewing machine.

You will need a tracing table or a glass table top under which you can place a lamp. This will help you see the design through the fabric. It will be useful for tracing the design on the fabric for the Free Motion Quilting project and to position the appliqués on the background fabric at the right place and in just a few minutes.

**Material required:** Scraps of fabric, tracing table or light box, threads and Steam-A-Seam 2

### **Instructions for Free Motion Quilting (FMQ)**

Print the four quadrants on letter paper. Do not enlarge the design.  
Assemble the quadrants with Scotch Tape to get the image below.

Cut 2 pieces of fabric and one piece of bating 20" x 20".

Trace the design on 1 piece of fabric. Make sure that you center the design.

If you wish to see how I trace the fabric, look for the tutorial "[Collection Inédith - Block of month - June 2016 - Mandala #1 - Free Motion Quilting](#)" on my YouTube channel.

Once traced, add the bating and backing to the top layer. You're now ready to quilt.

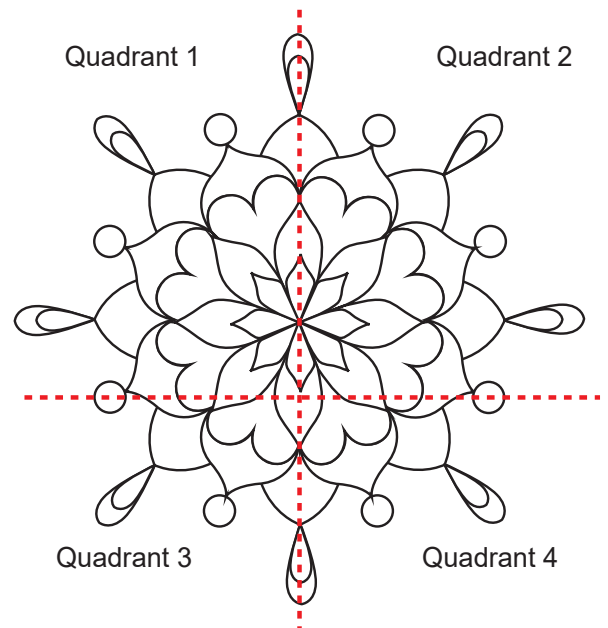
### **Instructions - Raw Edge Appliqué**

1. Print the templates on pages 6 to 11.
2. Trace the templates on "Steam-A-Seam 2".
3. Fuse them by pressing the Appliqué on the chosen fabric and cut each appliqué individually.

If it's your first experience working with this product, look for the tutorial on the how to work with the "Steam-A-Seam 2" and some tips on how to place the appliqués on the background fabric perfectly and in just a few minutes. To find the Tutorial on my YouTube Channel, look for :

### **Collection Inédith - Steam-A-Seam 2 - Helpful tips**

4. Cut 2 pieces of fabric and 1 piece of bating 20 x 20".
5. Place the taped quadrants on the tracing table.
6. Place the fabric on top of it.
7. Pin in place the fabric with the paper.
8. Turn on the light on your tracing table to see the design through the fabric and position the appliqués as you see them. When you are satisfied with the result, press to fuse the appliqués on the background fabric.
9. Add the bating and backing to the top layer. You're now ready to Free Motion Quilt your design.



**Keep in mind that some Appliqués must be placed behind or in front of other Appliqués.**

# Heart Mandala

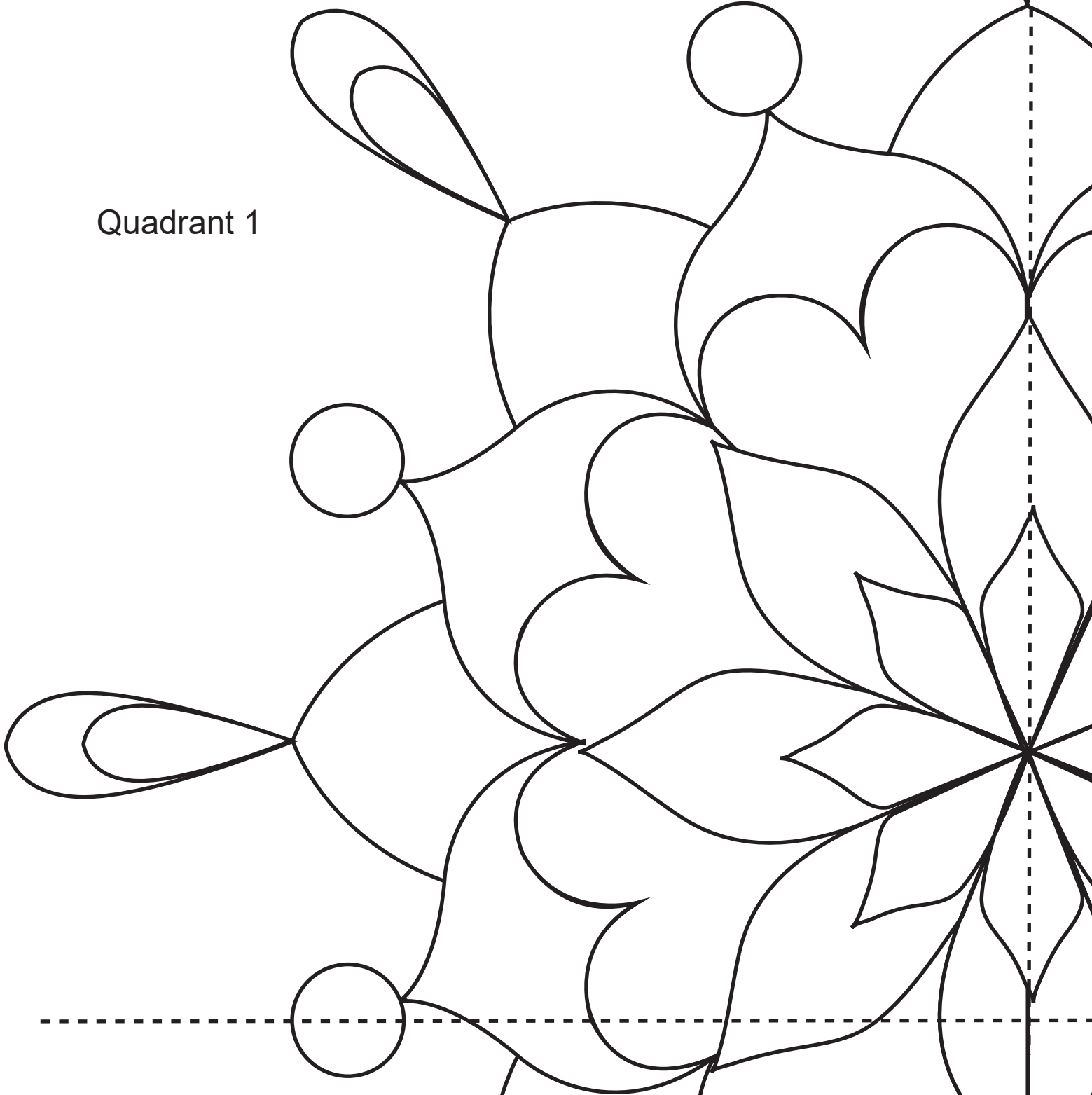
## Free Motion Quilting - 15" x 15"

The templates for the quadrants must be used only for the Free Motion Quilting project. Do not use them as templates for the Appliqués.

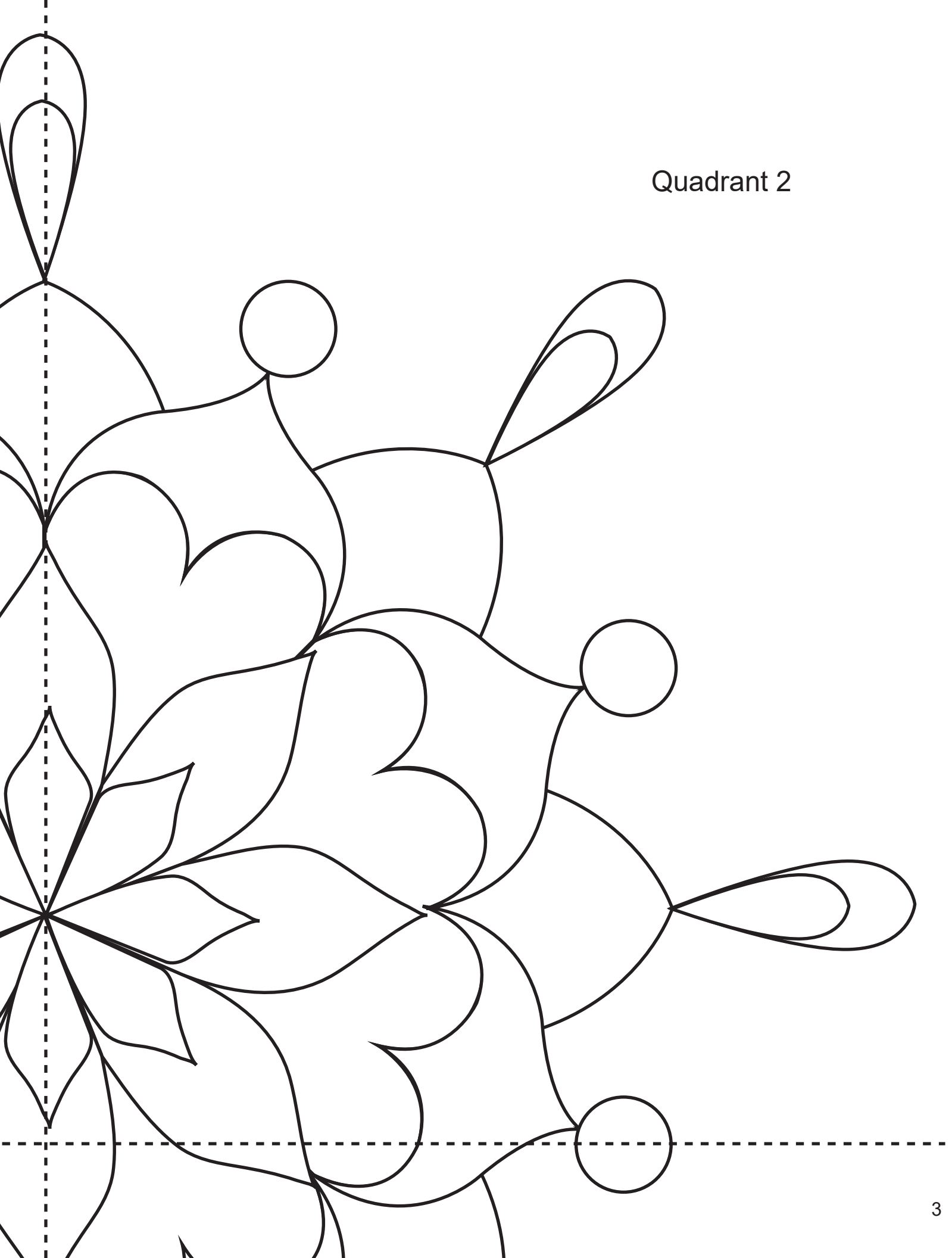
If you wish to do the Appliqué version of this design, use the templates on pages 6 to 11.

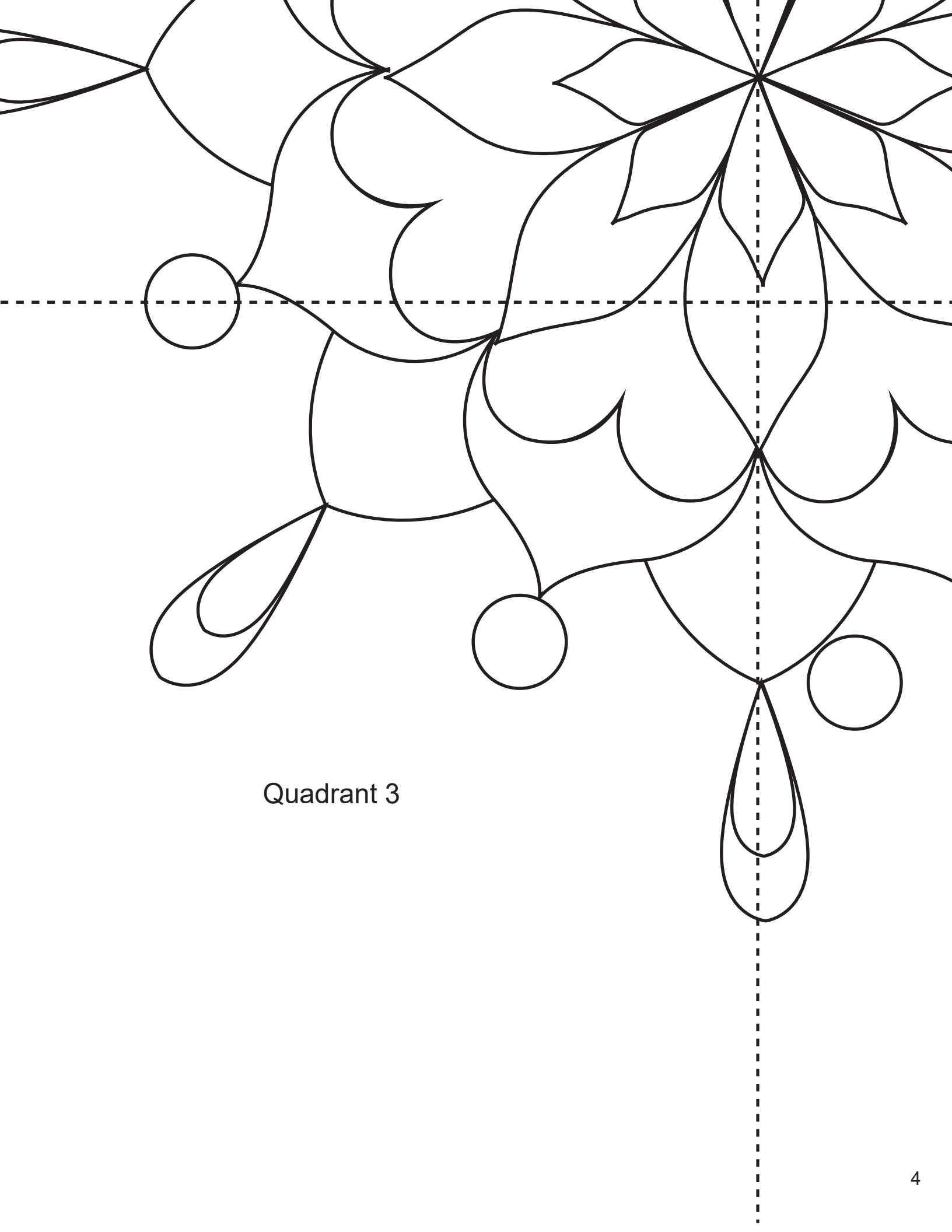
Print all four quadrants on letter paper 8½" x 11".

Quadrant 1

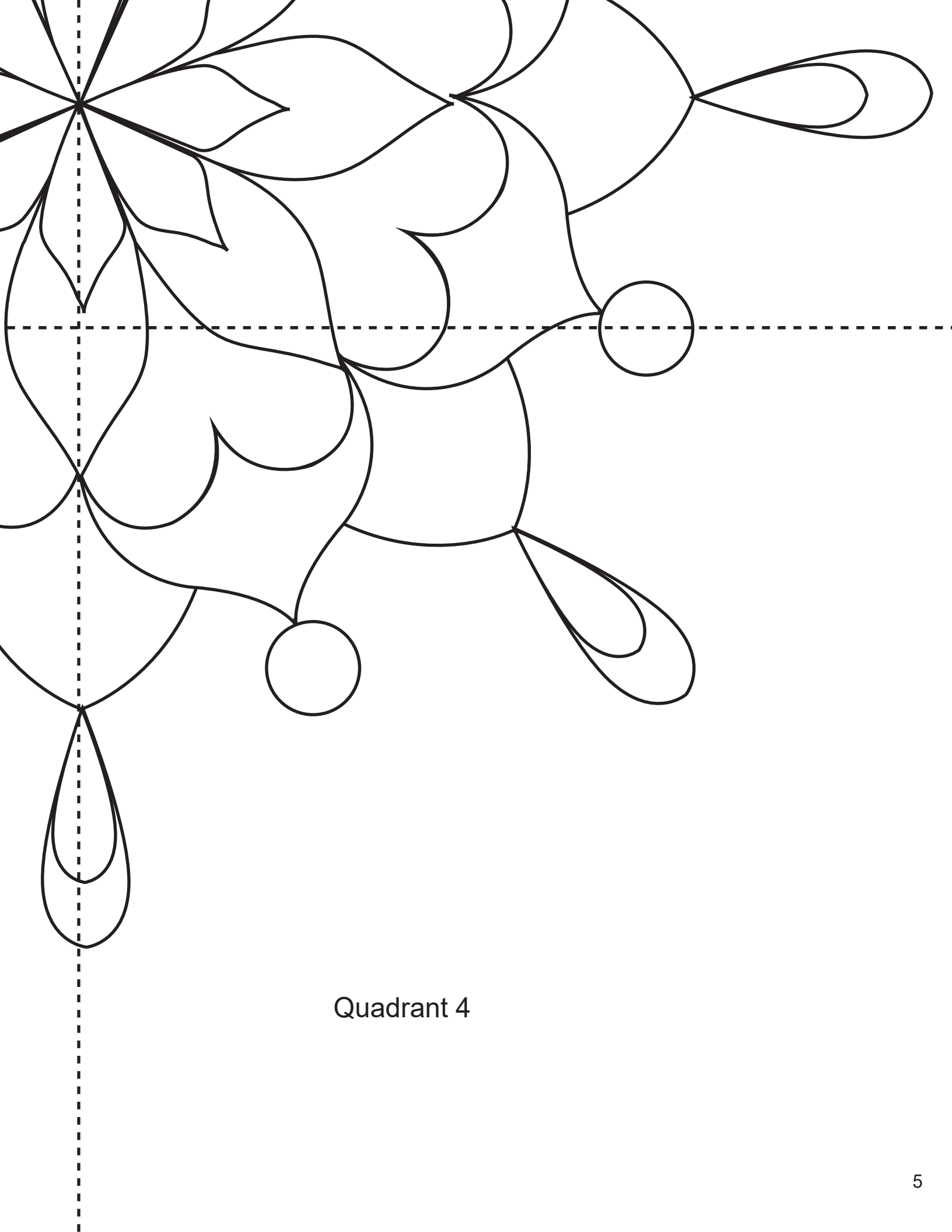


Quadrant 2





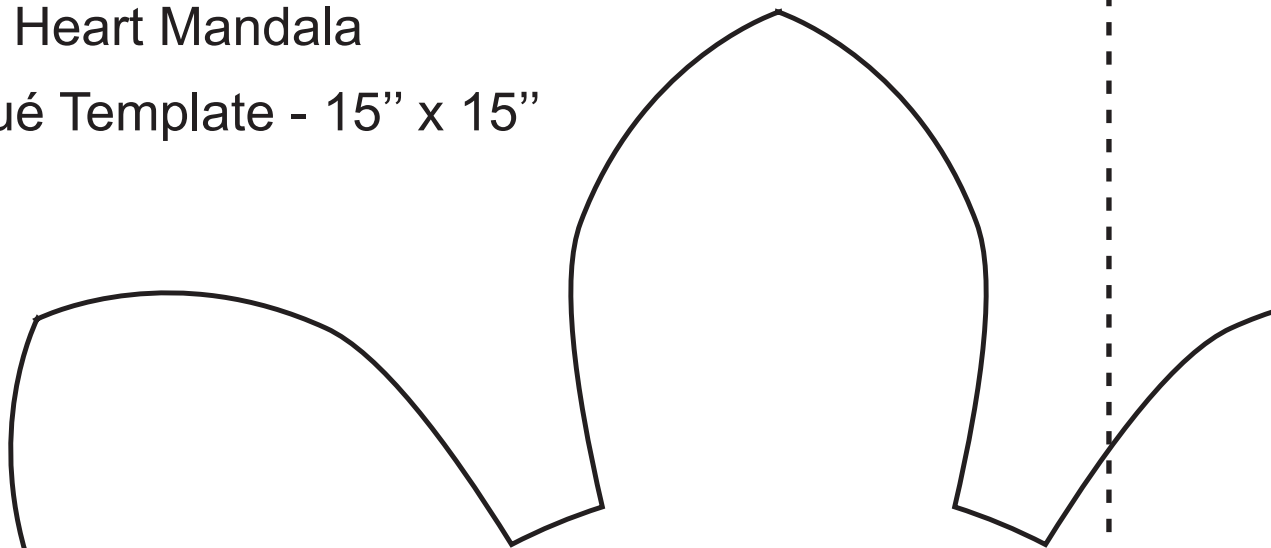
Quadrant 3



Quadrant 4

# Heart Mandala

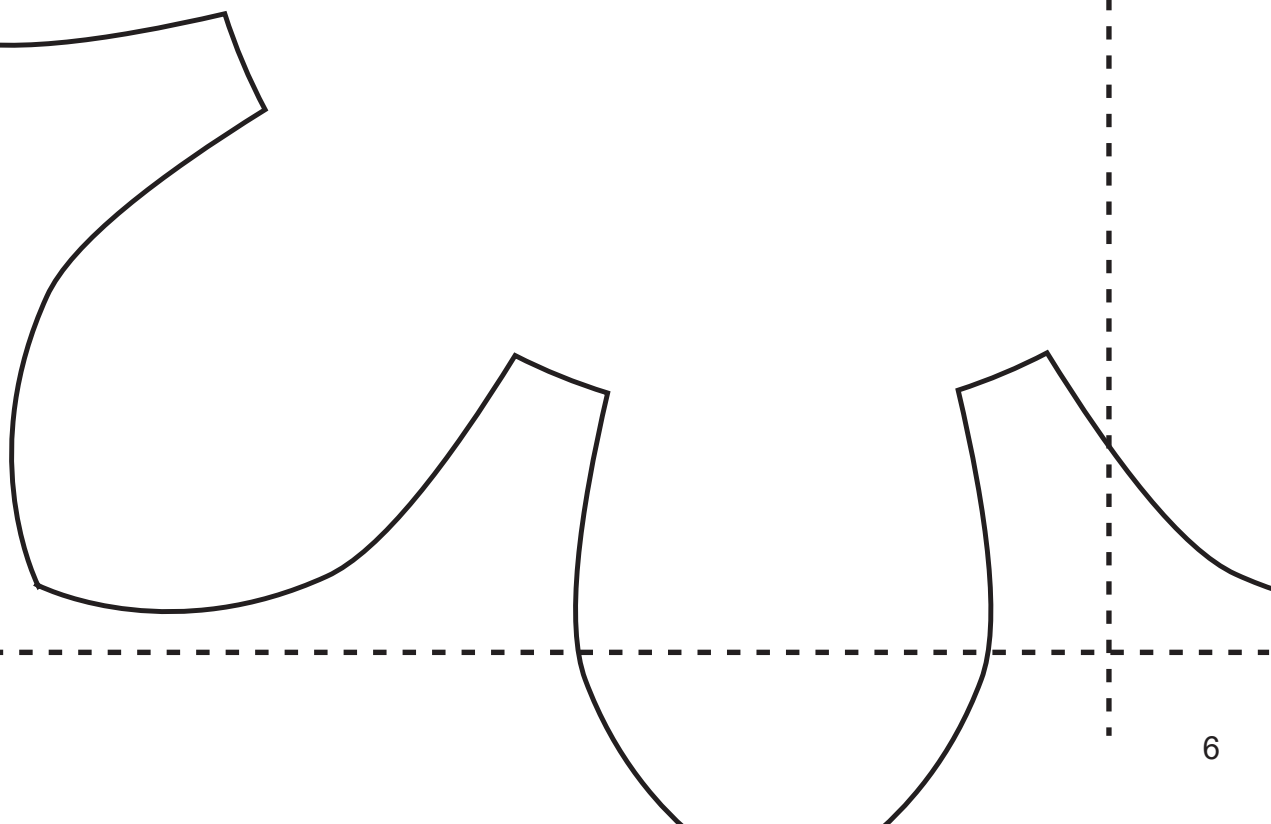
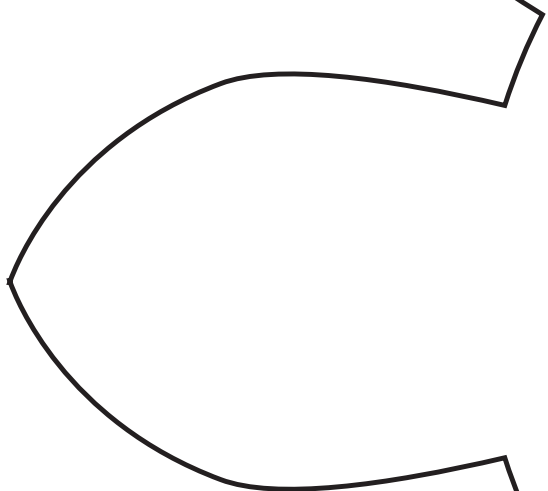
Appliqué Template - 15" x 15"



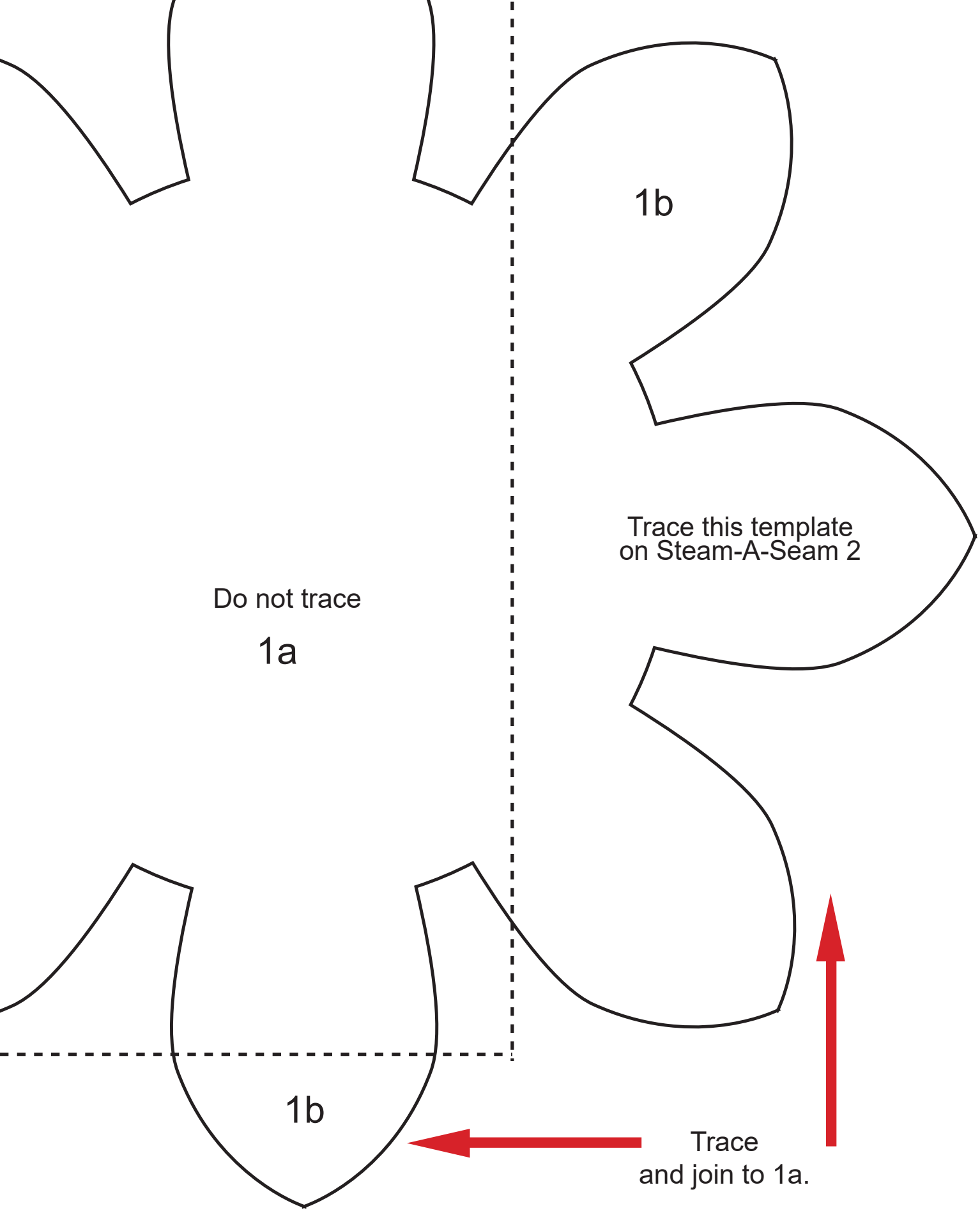
Trace this template on Steam-A-Seam 2

1a

Join 1a to the appliqué 1b.







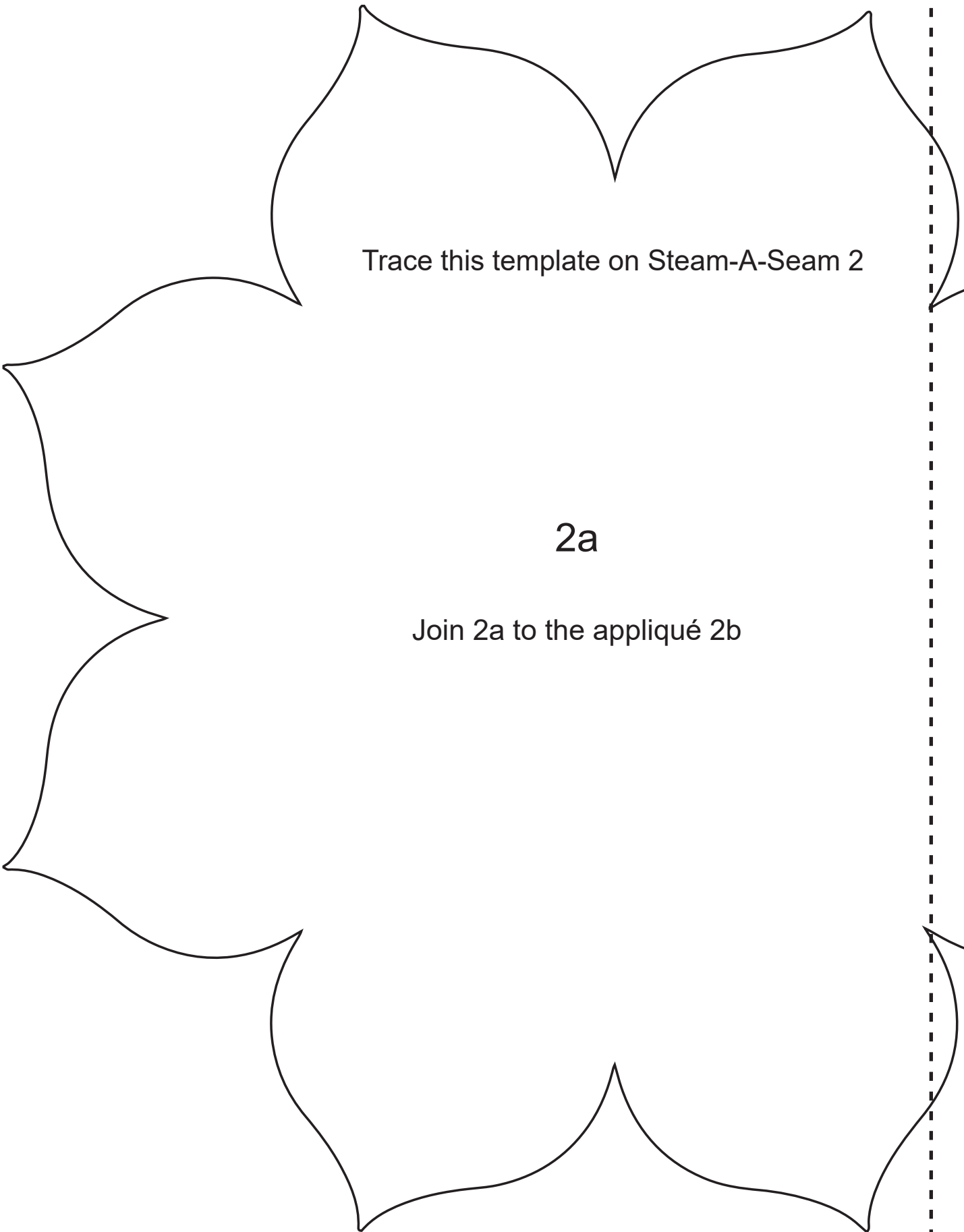
Do not trace  
1a

1b

Trace this template  
on Steam-A-Seam 2

1b

Trace  
and join to 1a.

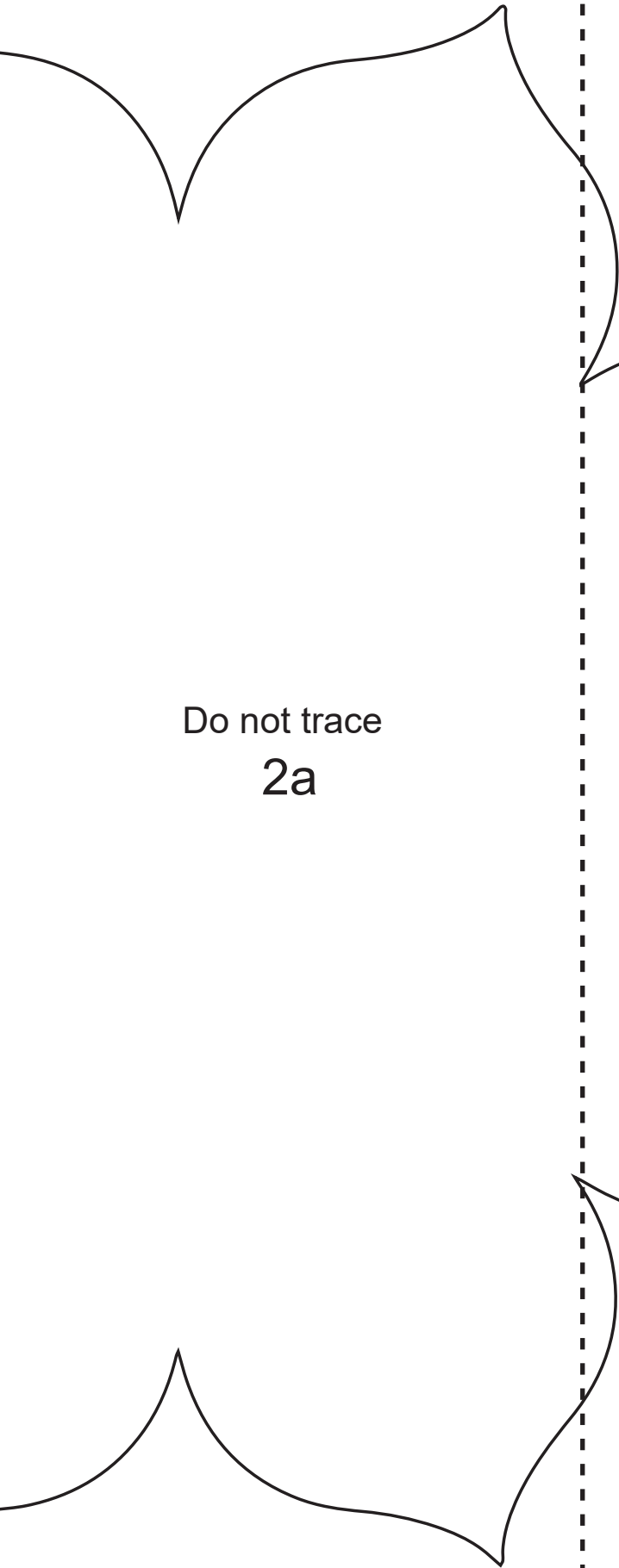


Trace this template on Steam-A-Seam 2

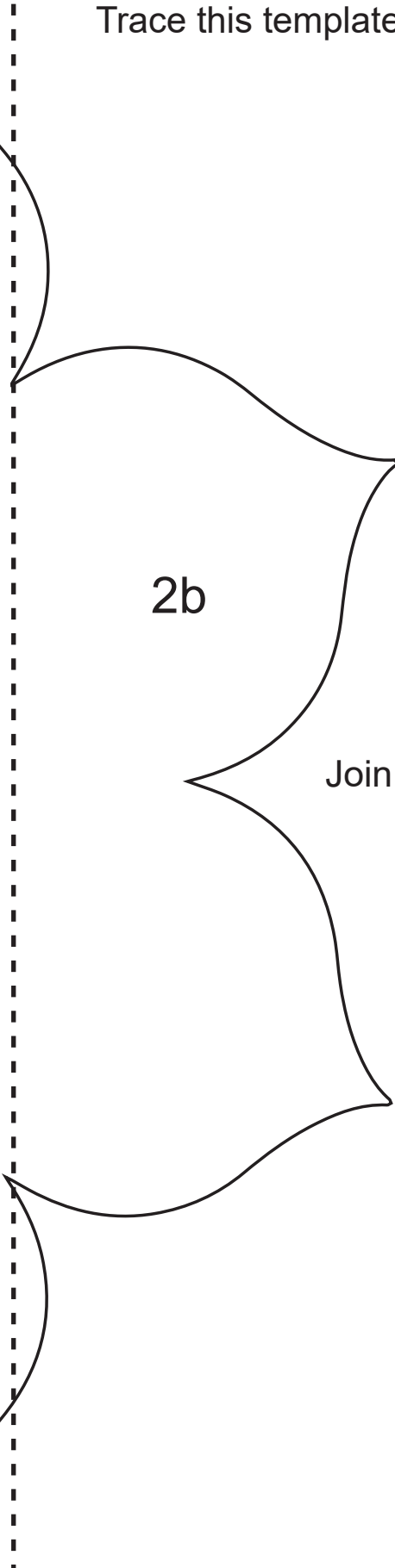
2a

Join 2a to the appliqué 2b

Trace this template on Steam-A-Seam 2



Do not trace  
**2a**

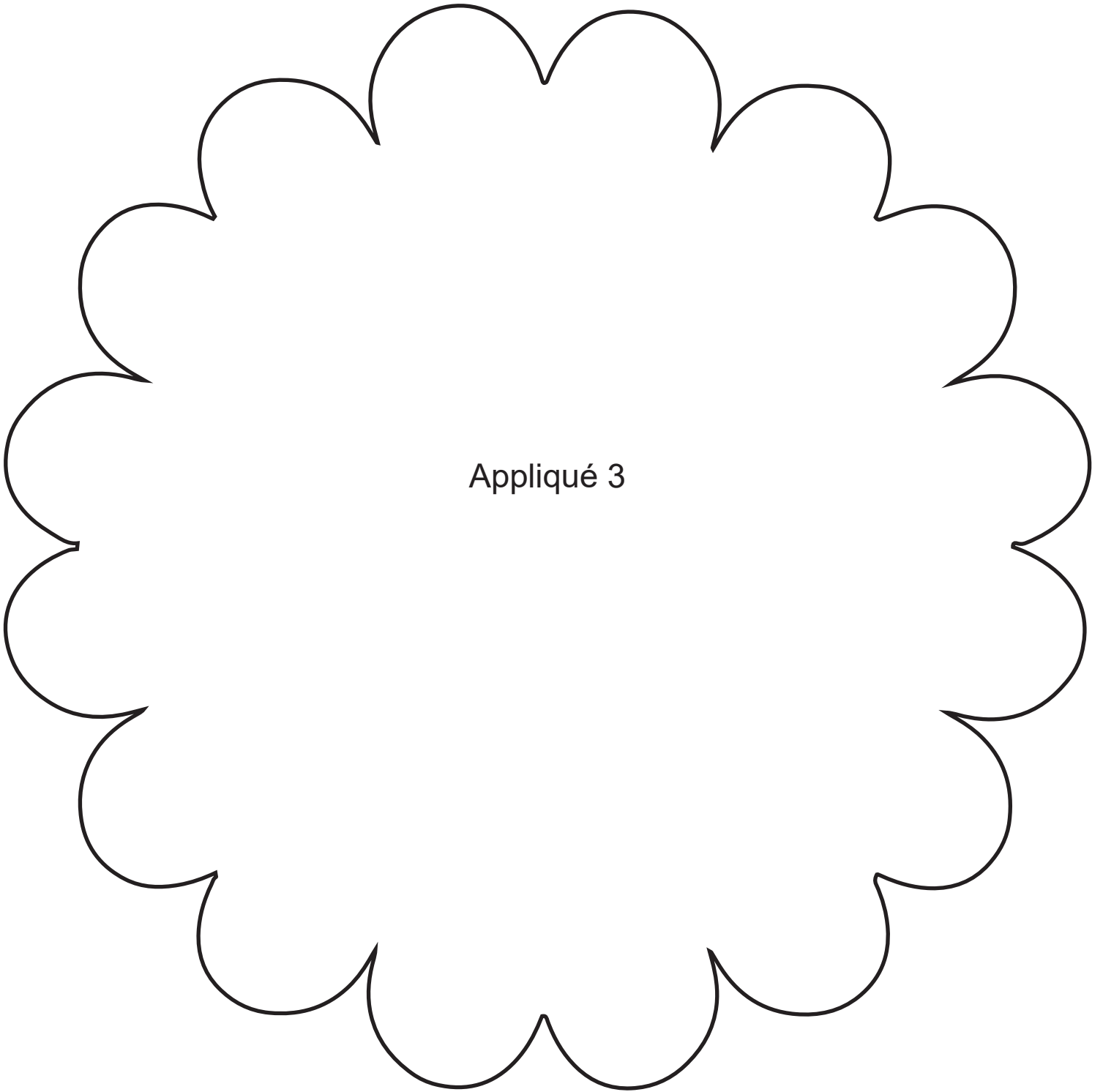


**2b**

Join 2b to the Appliqué 2a

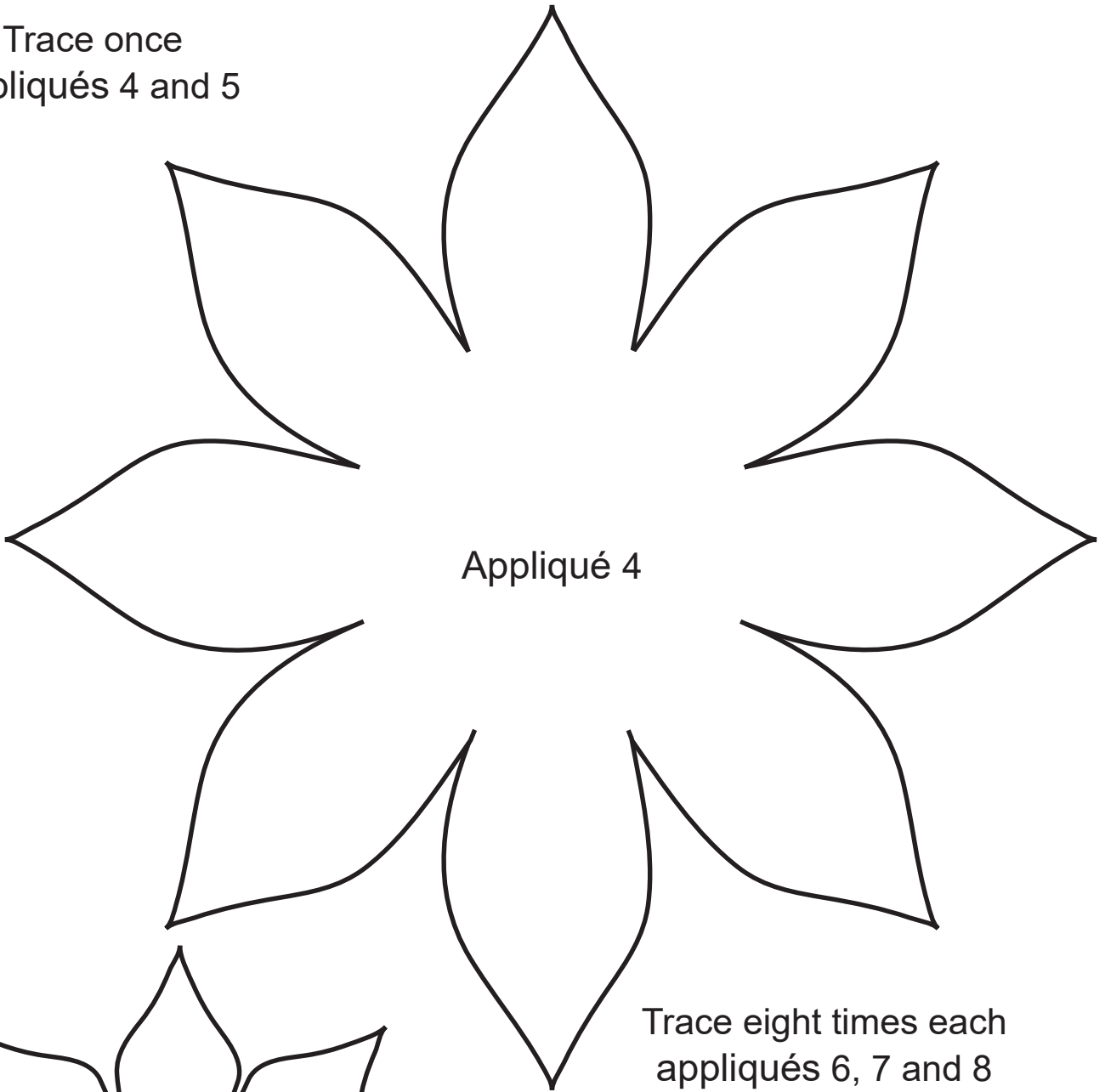
Trace this template on Steam-A-Seam 2

Appliqué 3



Trace these templates on Steam-A-Seam 2

Trace once  
appliqués 4 and 5



Trace eight times each  
appliqués 6, 7 and 8

