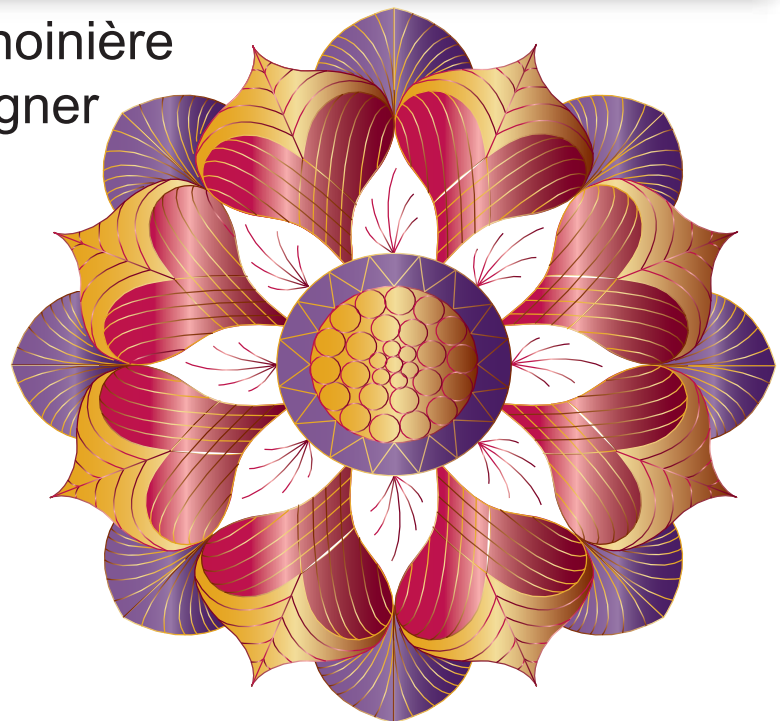
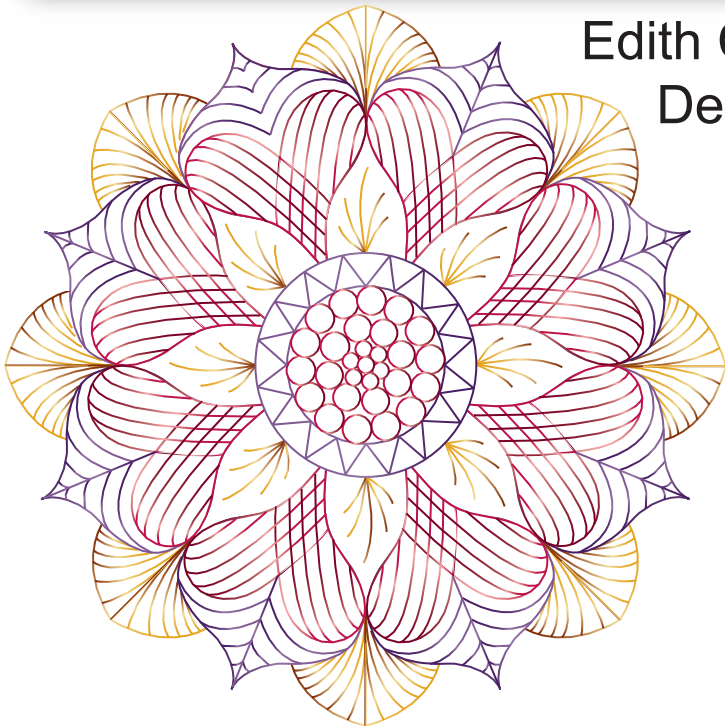


Mandala
Heart 2 Heart
Appliqué & Free Motion Quilting Design
Size : 8" x 8"



Edith Choinière
Designer



Mandala Heart 2 Heart

Appliqué & Free Motion Quilting Design Size : 8" x 8"

Graphic illustrations pictures and page set up
by Édith Choinière

Email: edith_choiniere@videotron.ca

Facebook: www.facebook.com/Collection.Inedith

Web site: www.collectioninedith.com

YouTube Channel: Collection Inedith

Instagram: [collection_inedith](https://www.instagram.com/collection_inedith)



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This project was done using a Tiara from Babylock. It's a sit down, mid-arm quilting machine. This project can also be done on any domestic sewing machine using a Free Motion Quilting foot.

This design can be enlarge and quilting lines can be modified and simplified to make the Free Motion Quilting look lighter. It's really up to you.

Material required:

You will need a light box/tracing table or a glass table top under which you can place a lamp underneath. The lightbox will be used to trace the Free Motion Quilting (FMQ) design on the fabric as well as placing the appliqués at the right place and quickly.

Option 1 - FMQ project without the Appliqué. You will need:

1. Two pieces of white fabric (tone on tone) 15" x 15" (one for the background and one for the backing)
2. One piece of cotton batting 16" x 16"
3. Embroidery threads for quilting: red, purple, gold or dark yellow. I use SuperB embroidery threads 40 wt from www.monfil.ca

Option 2 - Appliqué project with FMQ design. You will need:

1. Two pieces of green fabric or the background color of your choice, 15" x 15" (one for the background and one for the backing)
2. Three different colors of scrap fabrics for the Appliqué.
3. One piece of cotton batting 16" x 16"
4. Three sheets of Steam-A-Seam 9" x 12" (comes in a package of 5 sheets)
5. Embroidery threads gold and dark pink for quilting.

Mandala Heart 2 Heart

Instructions

Option 1: Instructions - FMQ project without the Appliqué

1. Print template A (page 2) on letter paper and place the paper on the lightbox or tracing table.
2. Place the white background fabric 15" x 15" on top of the paper.
3. Turn on the lightbox, center the design and pin the paper and the fabric together.
4. With a pencil trace the design you see through the fabric.
5. When the tracing is done add the batting and the backing and start quilting.

Option 2: Instructions - Appliqué project with FMQ design.

1. Print the Appliqué templates on page 6.
2. Trace them on Lite Steam-A-Seam.
3. Apply the templates that you just traced on the Steam-A-Seam on the wrong side of the fabric. Make sure you match the templates with your chosen theme of colors. Press to fuse the Steam-A-Seam on the fabric.
4. 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

5. Print the template B on page 4 and place it on the lightbox.
6. Take the green background fabric or the fabric you chose as the background (15" x 15") and place it on top of the paper template B.
7. Turn on the lightbox, center the design and pin the paper with the background fabric together.
8. Place the Appliqués on the background as you see them through the fabric.
Start by placing Appliqués number 1, then 2 and 3 and finish with appliqués number 4 and 5.
When you are satisfied with the position of the Appliqués on the background fabric, press to fuse the Appliqués to the background.
9. To trace, use a pencil for light colored fabric or a mechanical chalk pencil for dark fabric.
Trace the Free Motion Quilting design free hand. Use Template A on page 2 as a guide.
10. Add the batting and the backing and start quilting.

Note that certain appliqués will be placed either in front or behind other appliqués.

Mandala Heart 2 Heart Template A and FMQ Guide

Appliqué project with the FMQ design

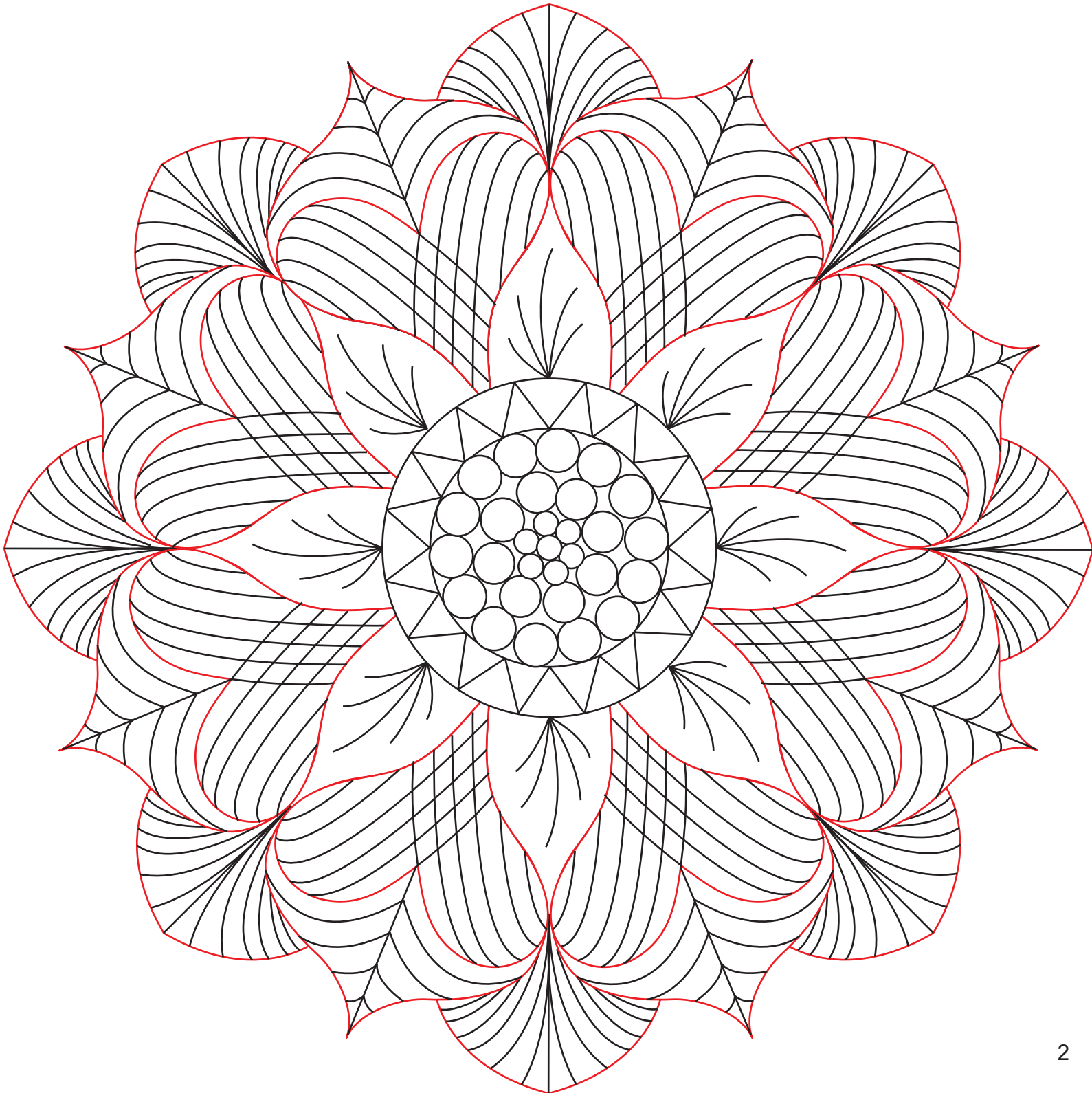
This guide will be used to draw free hand on the appliqués after they are fused to the background fabric.

Free Motion Quilting Project without the Appliqué

This guide will be used to trace the FMQ design on the background fabric using the lightbox or tracing table.

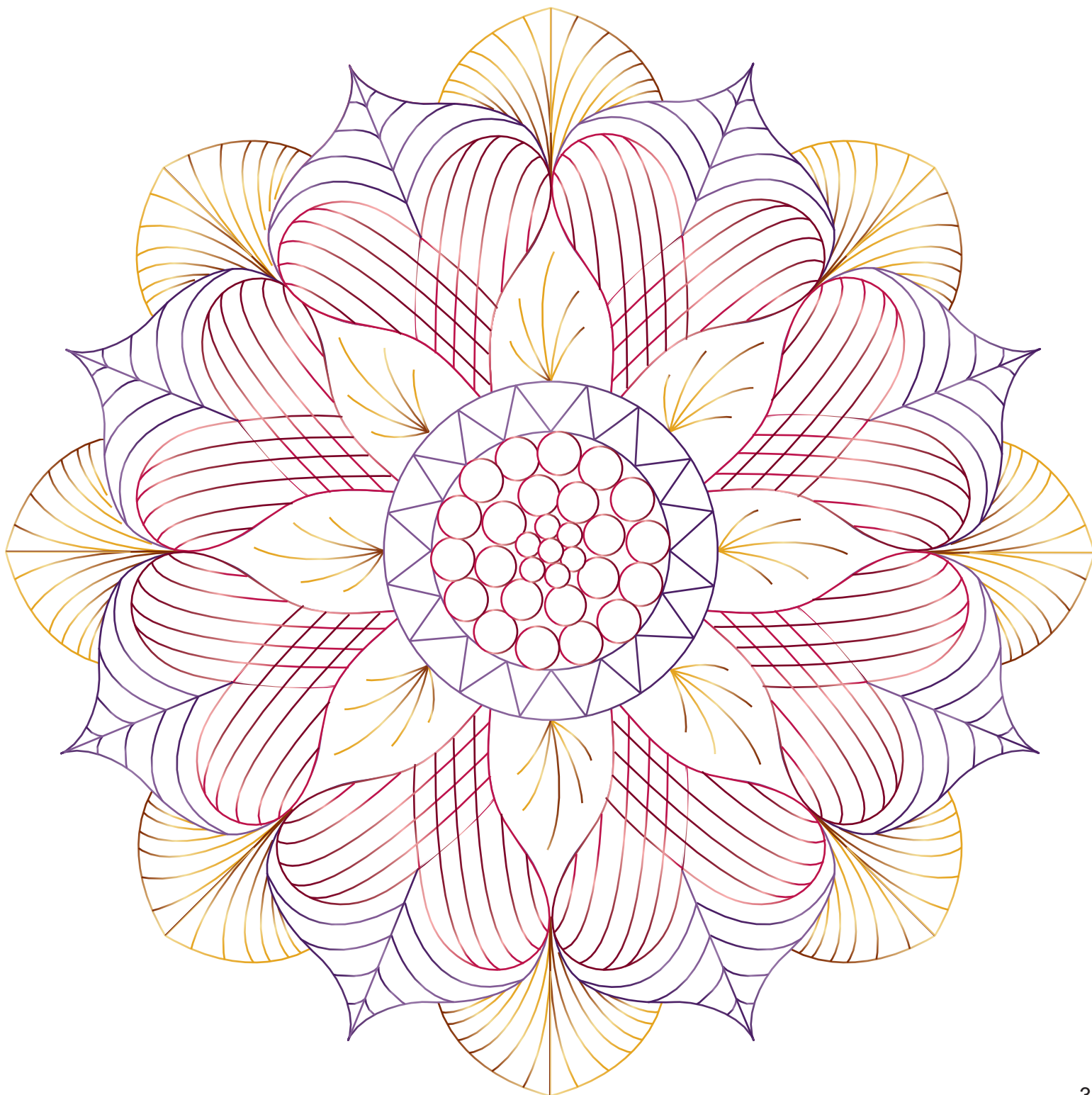
The red lines represents the appliqués

The black lines represent the Free Motion Quilting design



Mandala Heart 2 Heart Colored Embroidery Thread Guide

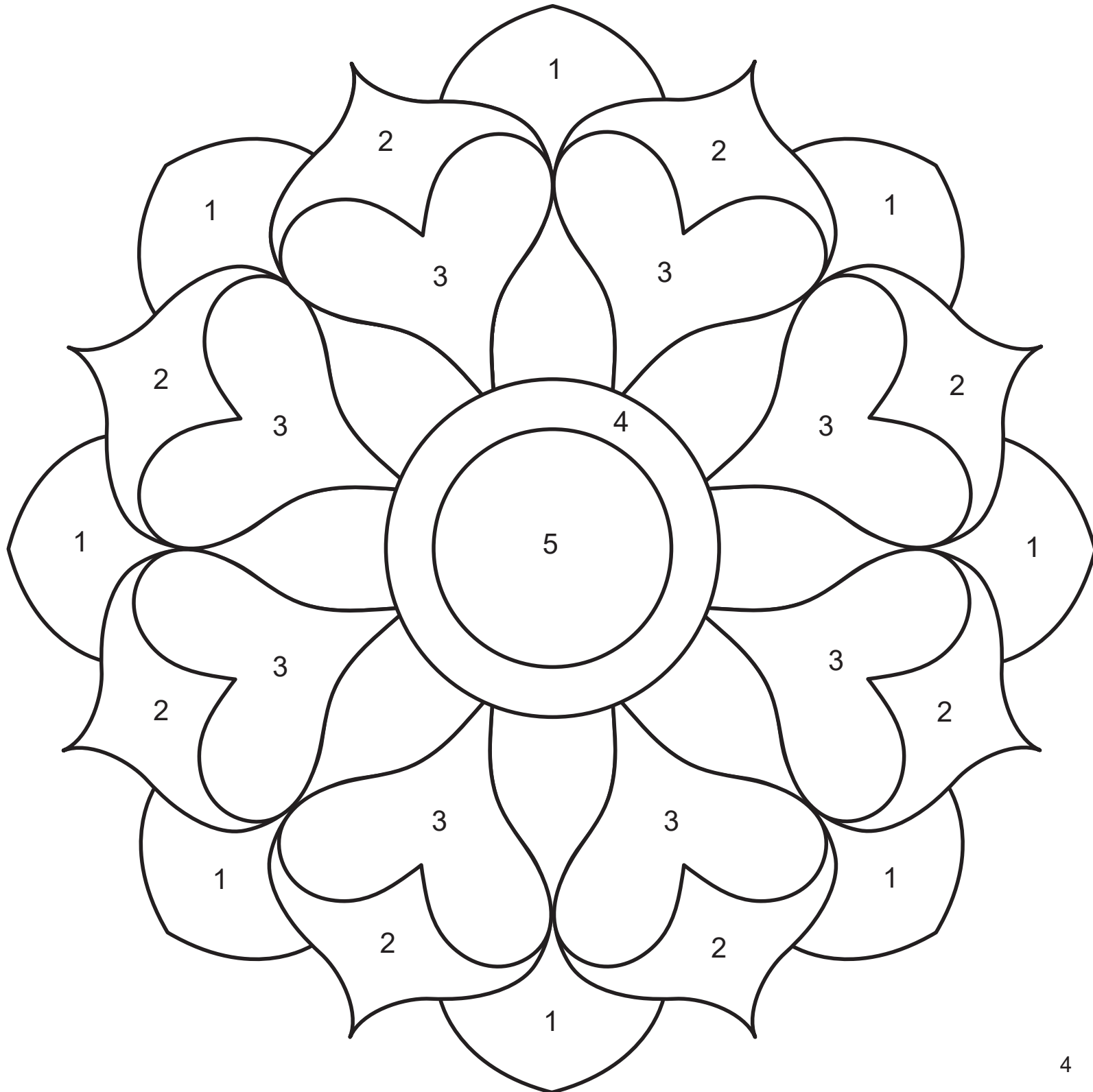
FMQ project without Appliqué: You will need the red, purple and gold or dark yellow.



Mandala Heart 2 Heart Template B

Guide to position the appliqués on the background fabric

1. Print template B and place it on the lightbox.
2. Take the green background fabric or the fabric you chose as the background (15" x 15") and place it on top of the paper template B.
3. Turn on the lightbox, center the design and pin the paper with the background fabric together.
4. Place the Appliqués on the background fabric as you see them through the fabric.
Start by placing Appliqués number 1, then 2 and 3 and finish with appliqués number 4 and 5.
When you are satisfied with the position of the Appliqués, press to fuse the Appliqués to the background.

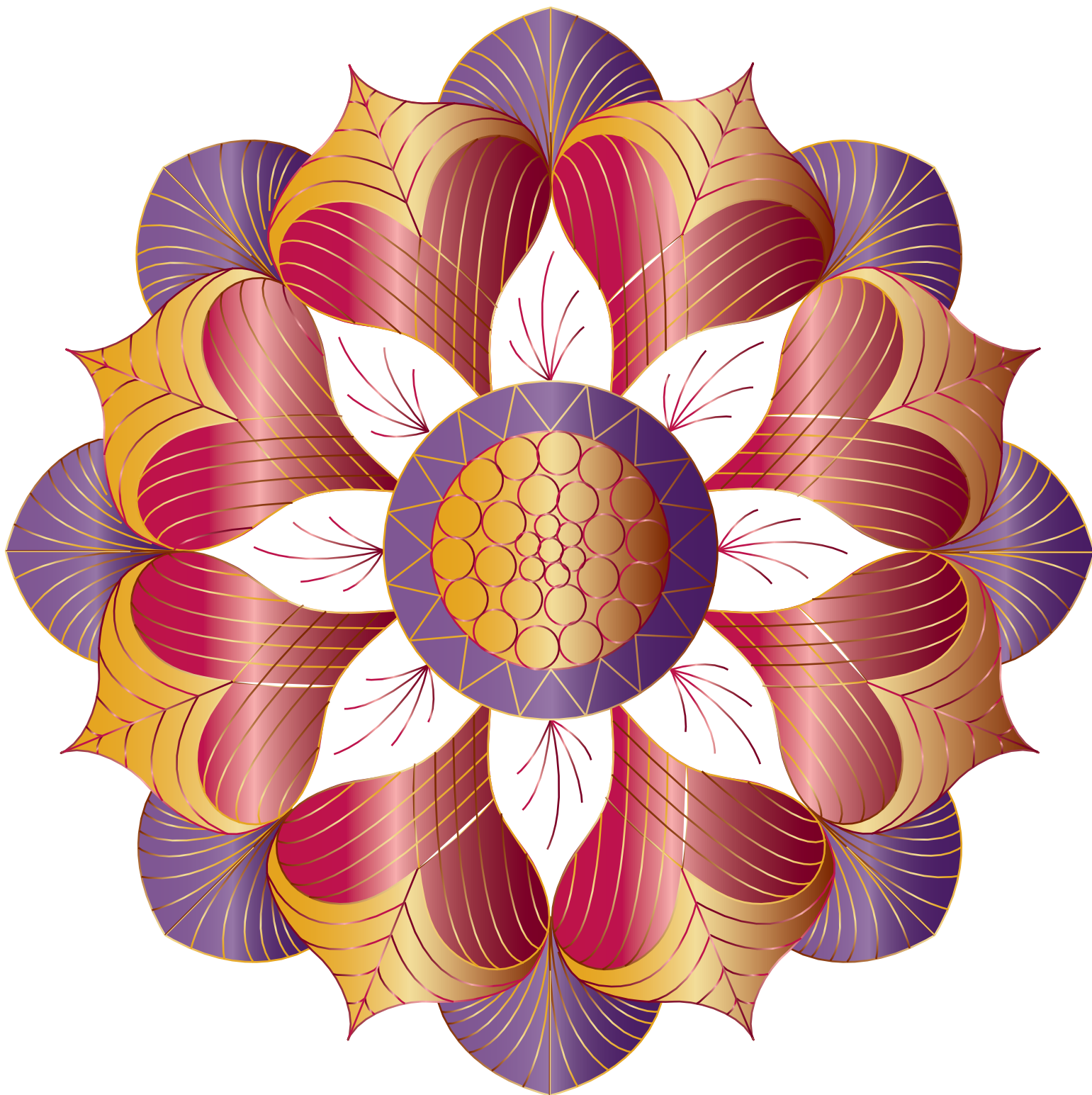


Mandala Heart 2 Heart Appliqué Guide for choice of fabric

When all the appliqués have been fused to the fabric of your choice, trace free hand, the FMQ design using the Guide on page 2.

To trace: If you have chosen dark fabric, use a mechanical chalk pencil and,
if you have chosen light colored fabric trace with a pencil

Note that certain appliqués will be placed either in front or behind other appliqués.



Mandala Heart 2 Heart Appliqué templates

On Lite Steam-A-Seam, trace :

Eight times, templates 1, 2 and 3.
One time, templates 4 and 5.

