

[www.thelaststitch.com/2015/09/sewing-buff.html](http://www.thelaststitch.com/2015/09/sewing-buff.html)

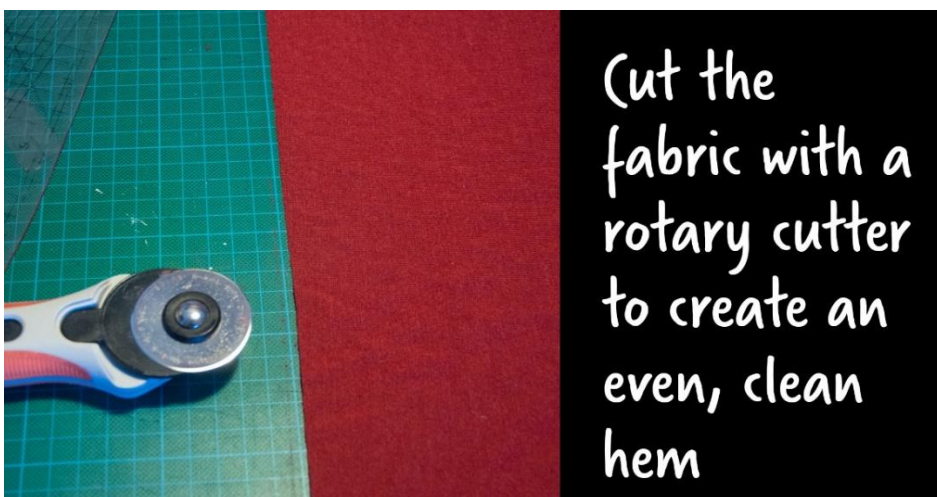
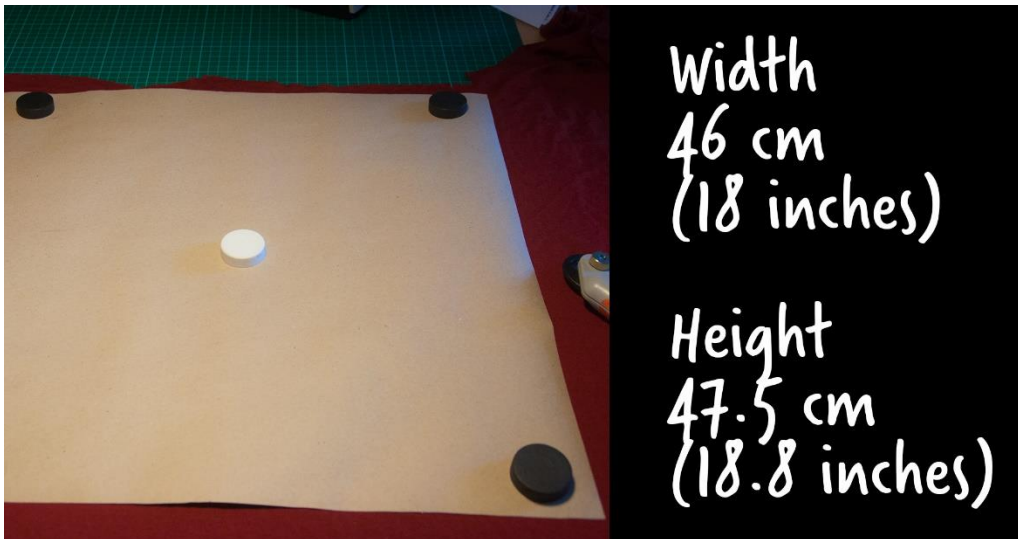
I wear the buff when I'm teaching Beginners Yoga for Low Back Pain. It is now Online on Mondays at 6PM Central Time. There is also a video playback for those who cannot come live to the Zoom Yoga Room. If you are one that has challenges with back pain, please come try a class. Class fee is \$10, and you keep the video! Here's the payment link, and then you'll get the registration for the Zoom Yoga room. Thank you for supporting my site. Payment Link → <https://paypal.me/Yogawithgail/10>

p.s. Part of your class fee goes towards my church's support of the weekend feeding of kiddos. Back Pack Food Ministry at Wesley UMC. Again, THANK You! Experienced Yoga Teacher Gail Pickens-Barger

## Sewing a buff - a pictorial

### You'll need:

- A stretchy knit with good recovery (a lycra jersey or rib knit is recommended). The piece should be about 50x50 cm (~20x20 inches).
- A rotary cutter
- A serger set up for a flatlock seam





Sew the side seam with a flatlock seam for a smooth finish



Attach the loose thread ends with a few needle stitches.



No need to sew the hem. The original buff has raw edges.

