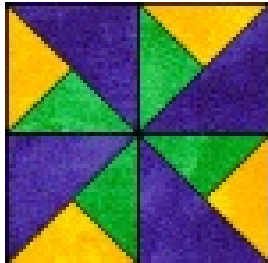


# *“Inner Peace”*



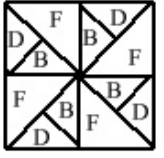
## *“Spinning Wheel”*

*October 2008*

### *Individual Block instructions*

<b>Spinning Wheel</b> (12" finished block, Make one block)		
(B) Green	Cut 1 square 7 1/4", cut twice diagonally	
(D) Yellow	Cut 1 square 7 1/4", cut twice diagonally	
(F) Blue	Cut 2 squares 6 7/8", cut once diagonally	

### *Assembly & Block Construction of the Spinning Wheel*

<p>Diagram 1</p>  <p>Diagram 2</p>  <p>Assembly Diagram</p> 	<ol style="list-style-type: none"> <li>1. Sew one (1) Green (B) quarter square triangle to one (1) Yellow (D) quarter square triangle. See diagram 1 for placement. Repeat three more times for a total of 4 units.</li> <li>2. Press. Your block should measure 6½”.</li> <li>3. Sew one unit from step 1 to one (1) Blue (F) half square triangle. Repeat for the remaining 3 units.</li> <li>4. Refer to assembly diagram to sew the block together.</li> </ol> <p>Assembly</p> <ul style="list-style-type: none"> <li>• Sew the rows together as shown in diagram.</li> <li>• Press and YOUR block is complete.</li> </ul> <p>Block should measure 12½" square.</p>
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