

Make your zafu ... with a blanket



- 1.2 If your blanket is rectangular, fold one end of the long part to form a square. If your cover already has a square shape, you can skip this step.
- 3 Join the upper end on the right with the lower end on the left, as shown in the photo.
- 4.5 Start rolling from the base of the triangle to the top, forming a fairly tight band. The variation of the width of the strip allows you to control the final height of the zafu.
- 6.7 Roll in a spiral like a snail, little by little, firmly.
- 8.9.10 Insert the "snail head" in the last fold.
11. Turn it over.

When you have formed the triangle (3), try to join the two vertices of the base to make a smaller one. Continue from there; you will get a higher zafu.