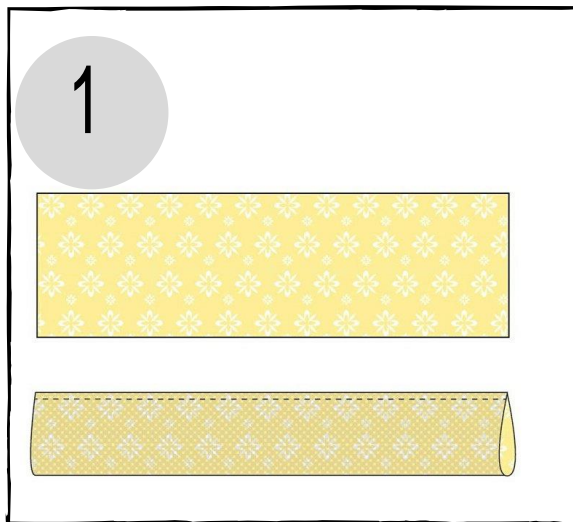


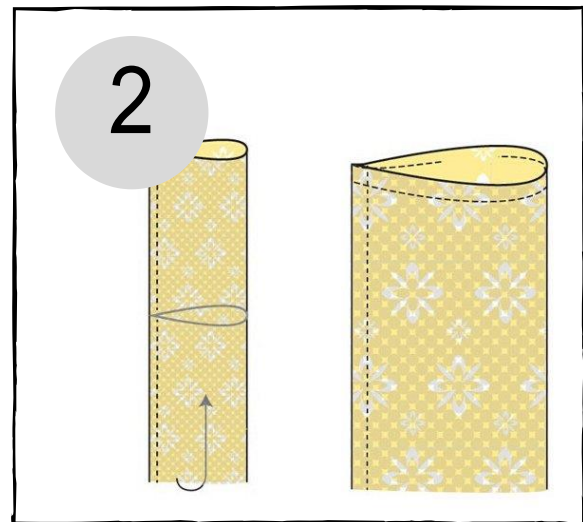
# infinity scarf POSTURE REMINDER



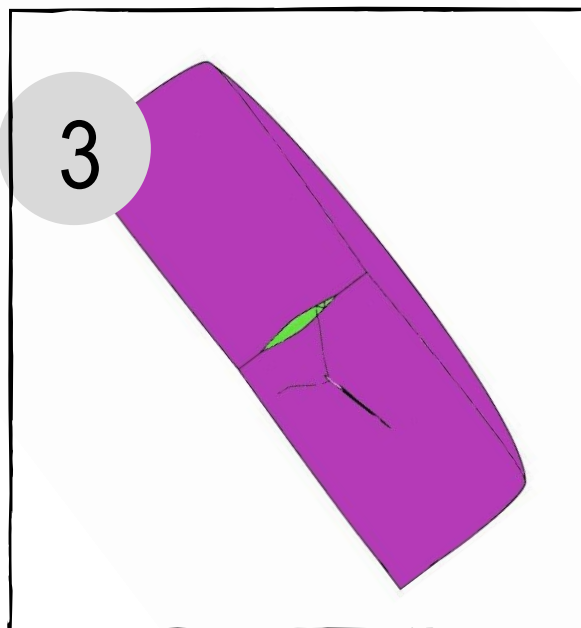
Approximately 20 x 60"- 80"of fabric or 3 - 4 fat quarters.



1  
Fold fabric in half, right sides together. Sew long sides together. Press seam open.



2  
Start turning scarf right side out, stop halfway, when short ends meet. Sew short ends 2/3 together leaving an opening to pull scarf through.



3  
Hand stitch the opening closed.



4  
Cross scarf and wear like a vest, feel a gentle reminder of where your shoulders should be.