

Bendable Yoga Dolls



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Materials Needed:

43 Plastic Pony Beads (1-neck, 7-each arm, 10-body, 9-each leg)

12 Chenille Stems (1 $\frac{1}{2}$ per doll)

Large Wooden Bead for the Head

Yarn for the Hair

Instructions:

Fold the long pipe cleaner in half

Put the loop through the wooden bead

Wrap yarn around your hand (about 8 times) and slide it through the loop

Pull it gently back towards the bead, pulling a little bit of the yarn into the hold in the bead so

that the pipe cleaner disappears. There should be enough yarn to make the hair stick into the

bead, but not slide through it completely. You can either cut the loops in the hair now or wait

and give them a haircut at the end.

Wrap the shorter pipe cleaner around the two attached to the head to make two arms.

Thread 7 beads on each arm and curl the end of the pipe cleaner so that the end is tucked into

the last bead to form an arm and keep the beads from slipping off.

Next, thread five beads on each of the two long pipe cleaners to make the torso and then twist

the pipe cleaners to create the hips and thread 9 beads on each leg.

Curl the ends of the pipe cleaners the same way you made the hands to form feet and keep the beads from falling off.