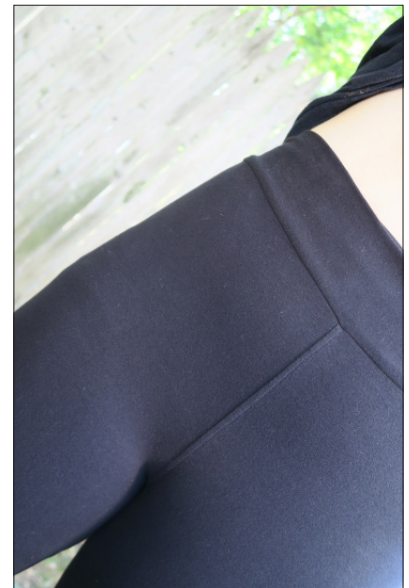


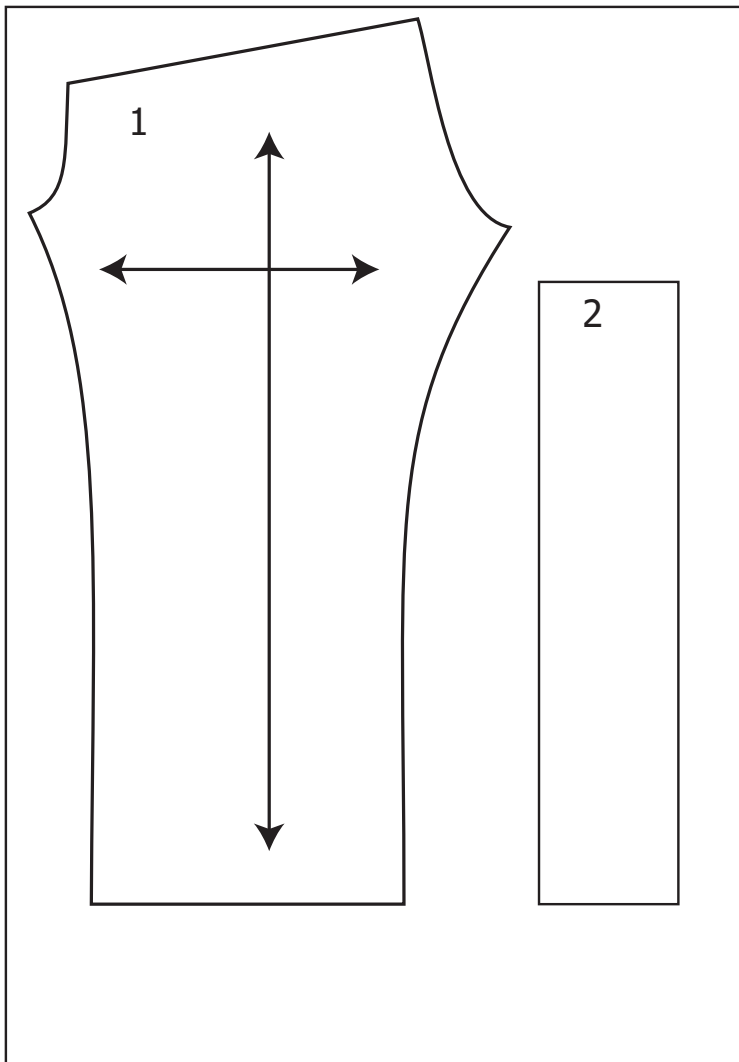
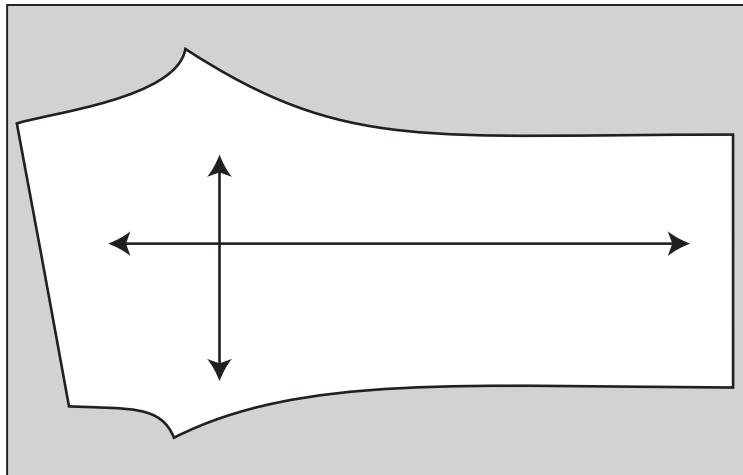
stern *J* designs

How to Sew Yoga Pants
Using Your Sewing Machine



Pattern Piece Layout Double Fold 4-Way Stretch Knit (60 wide)

Selvages



Pattern Pieces

1. Front/Back Leg
2. Waistband*

*Waistband:

There is no paper pattern piece for the waistband.

The waistband is created from a folded strip of knit. Customize the fit by wrapping a folded strip around your waist. Cut it to the length that fits the way you want it to.

Create a customized fit by adjusting the width of the waistband. For example, cut a wider strip (approximately 12") for a firm tummy control.

See instructions for detailed step-by-step instructions.

Tips for Fit and Sew Success

Use the right knit fabric

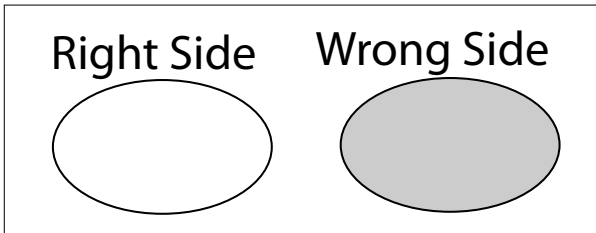
It's important to work with 4-Way Stretch Knit that has at least 50% Stretch. Test your fabric by folding a 10" section of fabric in half. Hold it firmly on your work surface. Stretch the fabric. If you can easily stretch the fabric at least 5", the fabric has at least 50% stretch. For the best fit, test your fabric in both directions.

Why is this important? This pattern is designed for stretchy fabric that will allow freedom of movement whether you're running errands or working out. The front and back crotch curves are more shallow than a pant pattern designed for woven stretch or non-stretch fabric. If you use 2-Way Stretch or fabric with less than 50% stretch, you will feel like you need to keep pull them up! (Plus, there will probably be lots of unwanted wrinkles in the back.)

You Can Sew Knits on Your Sewing Machine.

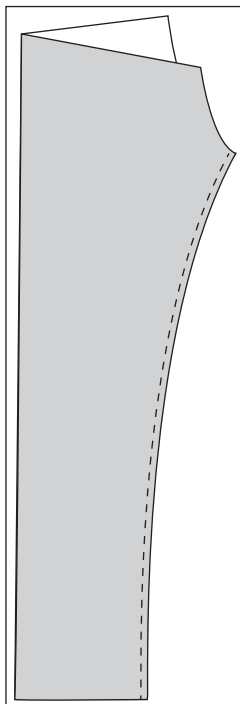
The cool thing about working with knit fabric is that it's very forgiving... and the raw edges do not fray. If you're working with your sewing machine, set the stitch length to 2.0 - 2.5. A shorter stitch length will have more built-in stretch. Hold the fabric in front and back of the presser foot and gently stretch it as you sew.* Test stitch on a double layer of scrap fabric. Play with gently stretching the seam a little bit as you sew. Then use your iron to steam the seam back into shape. Hover the iron over the fabric and give it some steam. Allow the seam to dry flat. If you get skipped stitches switch to a Stretch or Jersey Needle. (They have rounded points to don't catch on the surface of the knit.)

*If you're working with a stretchy thread, you don't need to stretch the fabric as you sew.



How to Sew the Yoga Pants

1. Fold the leg in half, right sides together. Align the front and back inseams, matching the ends at the crotch and hem. Pin in place. Sew inseam from hem to crotch.

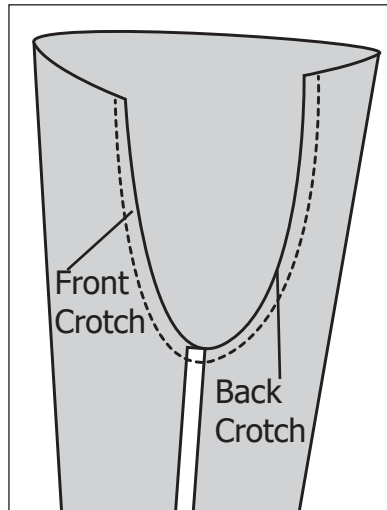


Tip for Perfect Results.

When you fold the leg in half, align the front and back inseams together starting at the hem. The leg should lay flat (without any diagonal wrinkles along the fold.) Sew the inseam, start at the hem and stitch up to the crotch. This will help ensure that the leg will hang straight.

Repeat for the opposite leg.

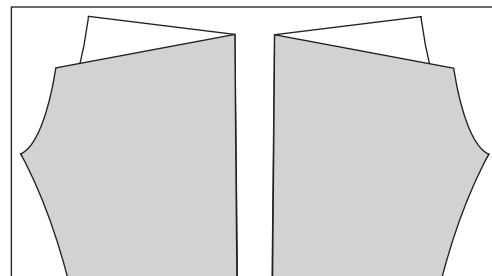
2. Essentially, you've created two tubes. Turn one leg right side out and insert it into the other leg. Match the inseams. The front and back crotches will also be aligned with each other.* Sew the crotch seam.



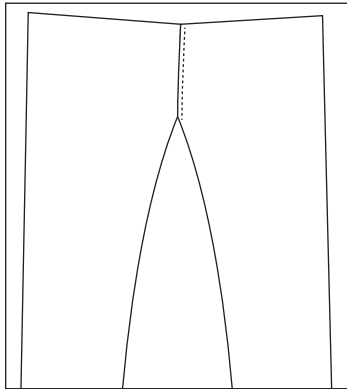
This is how your yoga pants will look when one leg is inserted inside the other leg (with right sides together).

*If the front crotch of one leg is matching up with the back crotch of the other, that means you've folded one leg in half with the wrong side of the fabric facing each other. This creates two left or right legs instead of one of each! Take a closer look to figure out which leg was sewn inside out, take out the inseam and fold it right sides together.

If you're working with a solid knit, it can be really hard to figure out which side is the right side of the fabric. An easy way to make sure that you end up with a right leg and a left leg is to lay the pieces out in front of you and fold them so that the crotch points are pointing in opposite directions... like this.



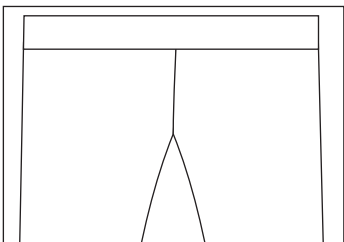
Turn yoga pants right side out. Here's how they look. Notice how low the rise is. Good news, you can customize how high the waistband sits by adjusting the width of the waistband.



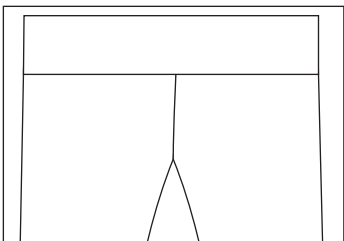
To reinforce the crotch, topstitch along the seam. Stitch through three layers of fabric - the yoga pants and both seam allowances.

How Wide Should Your Waistband Be?

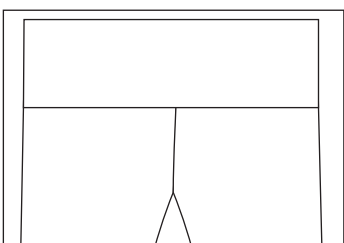
Here are some examples of how to customize the waistband for a comfortable fit.



Low Rise:
Cut a knit strip 4" wide. The finished waistband will be 1 5/8" wide.



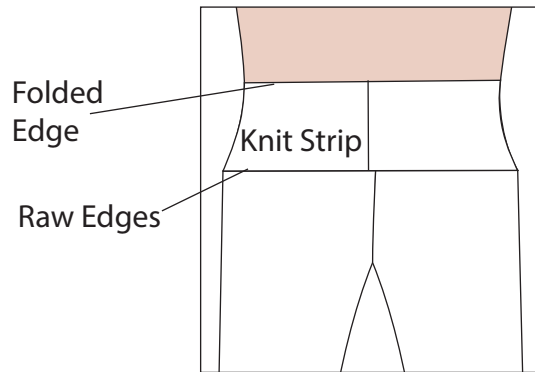
To the Waist:
Cut a knit strip 8" wide. The finished waistband will be 3 5/8" wide.



Total Tummy Control:
Cut a knit strip 12" wide. The finished waistband will be 5 5/8" wide.

How Long Should Your Waistband Be?

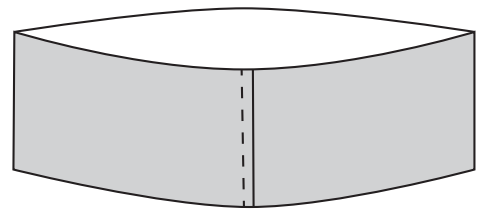
Cut a knit strip that is a little longer than you think you will need. Fold the strip in half and wrap it around your waist, or high hip (depending on where your waistband is going to sit. Adjust the knit band so that it fits snug. Cut the knit strip down to that length. (You don't have to add seam allowances to the ends.)



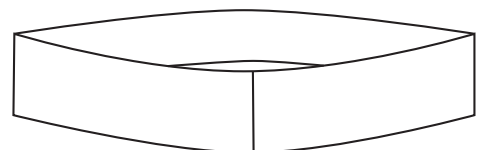
Keep in mind that you can use a different knit fabric for your waistband. While the legs have to be made from 4-way stretch with at least 50% stretch, you can use 2-way stretch with less give for the waistband (especially if you want to make a firm tummy control).

Sew Waistband into a Circle

Fold Knit strip in half lengthwise right sides together. Sew the short ends together.

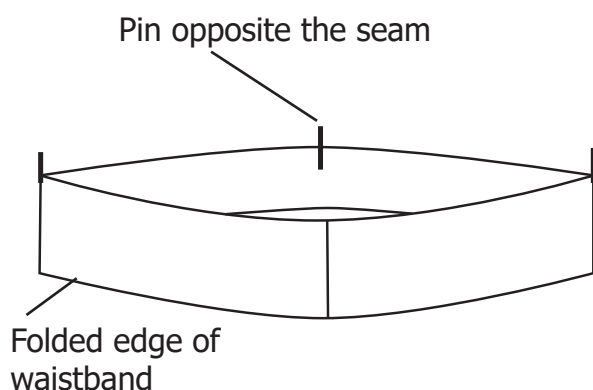


Then fold the band in half width wise wrong sides together.

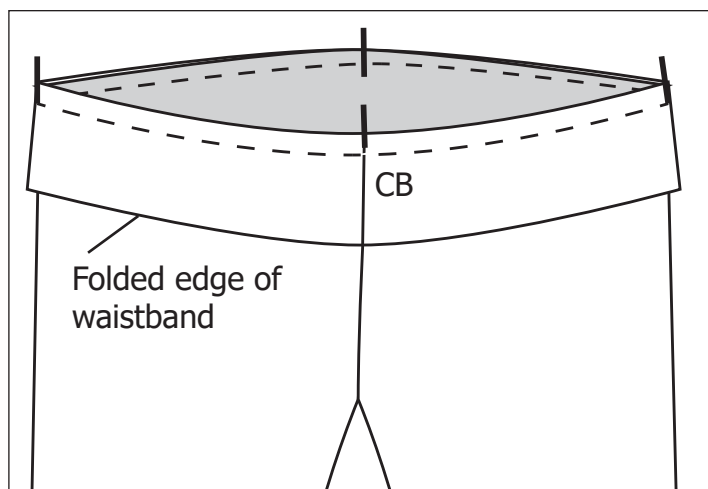


Sew Waistband onto Yoga Pants

1. Divide the waistband into quarters. Start by folding the band in half at the seam and put a pin at the opposite fold. Then fold the band so that the seam and the first pin are matching. Place a pin at each fold



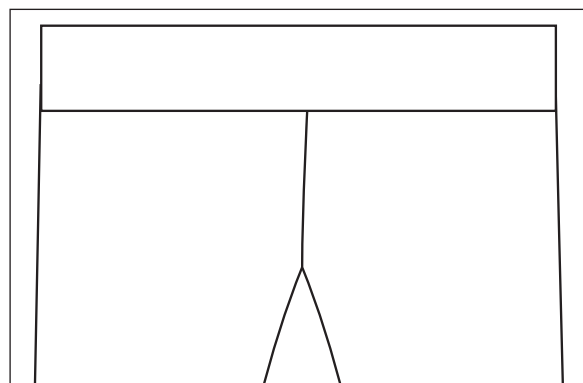
2. Position waistband along waist edge of yoga pants. Match the seam in the waistband with the center back seam. Match the pin opposite the seam with center front. Match the last two pins so they are centered between center front and back. Stretch the waistband to match the top edge of yoga pants, distributing the ease evenly, Add more pins as needed.



3. Sew the waistband onto the top edge of the yoga pants.

4. Lay the waistband flat as shown below. Hover your iron right above the fabric and steam the waistband and waistband seam. Finger press the seam allowance down.

"Test Iron" on a scrap of your fabric. Depending on the fiber content of the knit you're working with, you may burn or melt the fabric if you press down with the iron.



Hem Options

Depending on the knit you're working with, you may want to use a fusible tape to support the edge.

Scan QR Code or clicking on the link for a video tutorial showing how to use a twin needle to hem your yoga pants.

<http://bit.ly/EasyHem>

