

Yoga Pants Masterclass

Day I

Day I Supply List

- 2-3 knit pants that you like how they fit in the hips
- Tape measure
- [Silhouette Patterns Yoga Pants #3400](#)
- Scissors (for cutting paper and fabric)
- Knit, test fabric, amount as shown on the back of the envelope (*see picture below if the link above doesn't work*)
 - *Try to use something with similar stretch to the fabric you plan to use in your actual pants*
- Contrasting thread (makes the fitting process easier)
- Seam gauge or ruler (needs to have at least 5/8" marking, i.e. don't bring a 1/4" ruler)
- **Sewing machine** (a sewing machine is required to baste the test garment together)
- Pins
- French curve (if you have one, do not buy one for the class)
- Misc. sewing notions that you prefer to use while sewing

What to Expect:

Day I: Test Garment (aka muslin) Creation

- We'll start by measuring the pants you will bring to class.
 - Note: If you don't have any pants that you like how they fit in the hip area (doesn't matter how they fit anywhere else), bring your final fabric if it's different from your test fabric
- We'll choose your size, then add extra seam allowance to the pattern at the side seams, inseams, waist, and crotch seam before cutting the test fabric.
- Finally, you'll cut out and baste the trial/test garment (with extra-wide seam allowances) – front/back and waistband.

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Day 2

Day 2 Supply List

- Test garment from day 1
- Pins (LOTS of pins)
- [Silhouette Patterns Yoga Pants #3400](#)
- **Sewing machine** (a sewing machine is required to baste the changes after draping/fitting)
- Scissors
- French curve (if you have one, do not buy one for the class)
- Tape measure
- Seam gauge
- Misc. sewing notions that you prefer to use while sewing
- Knit fashion fabric yardage to make your final pants (as denoted on the back of the pattern)
- Matching thread
- Optional: Serger/overlocker (if you want to use a serger to construct your final pants)

What to Expect:

Day 2: Fitting, Final Pants and Personalization

- Now the fun begins! Prepare to have your test garment custom fit to your body (this is where lots of pins may be needed)
 - You'll put on the pants, wrong sides out (seam allowances to the outside)
- After fitting, you'll baste in the changes, then come back for a final check.
- Turn your test garment/muslin into your pattern –
 - Cut the extra seam allowances back down to 3/8".
- Cut out your final pants using your fashion fabric using your custom pattern.
- Serge or sew your final pants.

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Garment Measurements:

This garment is for knits only. To select the correct size, because all knits are different, wrap the knit around your body, with the greatest amount of stretch going around you, and decide how many inches you like on yourself. Then select the closest number from the chart below. The following numbers are finished garment measurements.

Size 4-18

Size 14w-28w

	4	6	8	10	12	14	16	18	14w	16w	18w	20w	22w	24w	26w	28w
waist*	28"	29"	30"	31"	32 ^{1/2} "	34"	35 ^{1/2} "	37 ^{1/2} "	32"	34"	35"	36"	38"	40"	42"	45"
hips	37"	38"	39"	40"	41 ^{1/2} "	43"	44 ^{1/2} "	46 ^{1/2} "	41"	43"	44"	45"	47"	49"	51"	53"
45" wide	2 3/4 yards								2 3/4 yards							
60" wide	1 1/2 yards								2 yards							

*Some stretch is wanted 2" below natural waist

*Because this pattern is for knits only, there is little difference between the 4-18 & 14w-28w size range

Notes:

Bottom of hem is approximately 17"

Notions:

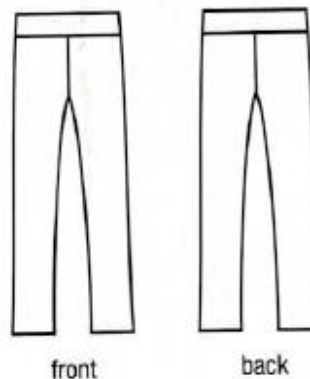
thread

Elastic - 2" wide, equal to waist measurement in inches.

Materials:

any knit

pattern is designed for any fabric with stretch, such as fleece, minky, etc.



front

back



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This is one of the best patterns you will ever use. Well organized instructions and pattern guides allow you to sew a professional looking garment. No other pattern will enable you to easily adjust for your body type. Only Silhouettes™ includes uncomplicated directions to create the length and cup size for your perfect fit. And only Silhouettes™ provides the first B, C, & D cup sizing® available to you.

If you have any questions, please call me at 1-800-STITCH-5 (1-800-784-8245).

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