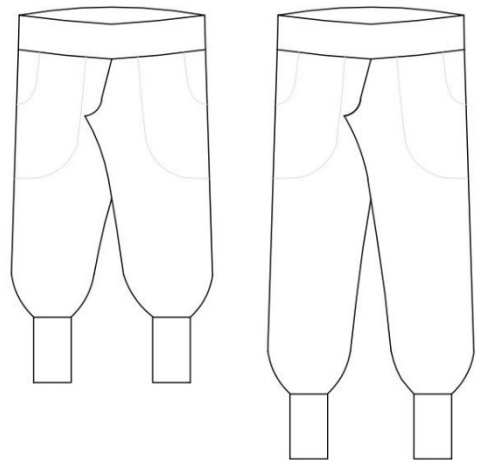


# tutorial

## inner peace yoga pants

eu size 32/34 - 60



This pattern is intended for knitwear / jersey and has a number of different possibilities for variation. High or low waist. With or without pockets. Two lengths, capri or full length.

Choose your body length on the pattern.

Seam/hem allowance is not included.  
Suitable for stretch fabrics.



[sewingheartdesign.com](http://sewingheartdesign.com)

# information

## **SALES LICENSE**

Included with the patterns is a sales license. That means that you as individual who sews as a hobby or owns a business have the right to use the patterns to sell clothes. The license applies only for the buyer of the pattern and the license terms cannot be transferred to a third party. Which means that you cannot let another physical or legal person produce clothes on a large scale on your behalf.

## **SEAM ALLOWANCE/HEM NOT INCLUDED**

You should add seam allowance on ALL patterns except where you intend to add binding or if the patterns says otherwise. I recommend that you read through the sewing instructions. Within it are instructions both in picture and text which will facilitate your sewing.

## **PAPER PATTERN**

The paper patterns are sensitive to moisture and tear. Handle with care. On certain paper patterns the parts are split due to lack of space. Read the instructions carefully to know if they are to be stenciled and put together in a certain way. When you sell your pattern, you must destroy all copies that you have made.

## **PDF-PATTERN**

Files are downloaded directly from your page on Etsy – after purchase they will be added to “purchases”. They are PDF-files and I recommend a pdf-reader with a setting to switch to “real size” and “automatic portrait/landscape” when printing. For example, Adobe Reader or PDF X-change. It is important to measure the control box so that it is exactly 30mm \* 30mm or your garment might not end up the way you imagine. PDF is easy to print. Utilize the layers to only print the page you want to sew and cut it directly. There are arrows on the pattern and they should align towards each other when you put the pattern together. There is also an overview of the pattern where you can see how the different pages should be positioned.

Because a PDF-pattern is a digital product there are no refunds or returns.

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## **LICENSE**

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I hope you will be satisfied with the pattern! Good luck with the sewing!

/Marie Sidén

Sewingheartdesign

# fabric requirement

Fabric required is calculated with pre-washed fabric, 160 cm with, seam allowance included (1 cm) and hem (3 cm)

Body length: 150/170/190cm

Low waist, subtract -10cm

<b>High waist</b>	<b>Capri</b>	<b>Long legs</b>	<b>Cuffs for legs/waist</b>	<b>Pockets</b>
32/34	70/80/85	90/100/105	110x35	35x35 cm
36/38	75/80/85	95/100/105	120x35	35x35 cm
40/42	75/80/85	95/100/105	130x35	35x35 cm
44/46	75/80/85	95/100/105	140x35	35x35 cm
48/50	75/80/85	95/100/105	150x35	40x40 cm
52/54	75/85/90	95/105/110	155x35	40x40 cm
56/58	85/90/95	100/110/115	165x35	45x45 cm
60	95/100/105	110/115/120	175x35	45x45 cm

## pages

SEAM/HEM ALLOWANCE NOT INCLUDED.  
Choose your body length on the pattern.  
Choose to hem or add cuffs to the legs.

POCKETS p 5

PANTS p 6

LEG AND WAIST CUFFS p 8



Cut out the pattern on folded fabric (right sides together).



# pockets

SEAM ALLOWANCE/HEM NOT INCLUDED.  
Choose your body length on the pattern.



Bind the pocket openings.



Put the front piece with wrong side up. Glue or pin the pockets and place the pockets on edge with the pant piece on both sides. Attach the pockets with a decorative stitch.

# pants



Place the front piece right sides together and stitch the crotch seam. Repeat with the back pieces.





Fold the fabric and make sure that the crotch seam fits. (Fabric right to right) Sew the inner leg seam together.



Fold the fabric and make sure that the crotch seam fits. (Fabric right to right) Sew the inner leg seam together.



# legs and waist cuffs



Stich the cuff.



Fold it and put it inside the shorts with raw edges out. Stich down the cuffs and fold out the pants.



Done!