OM YOGA SKIRT | SEWING



Technique:	Pattern Drafting, Machine Sewing or Serger
Designed By:	Linda Turner Griepentrog
Skill Level:	Beginner
Crafting Time:	An evening

Featuring Coats Eloflex, Surelock

Whether you wear this flirty little skirt for yoga or just around town, it's cute as can be and whips up in no time. Make the pattern from your measurements, cut, sew and go!

If you don't have a serger, you can sew the seams in this knit skirt using Coats Eloflex stretchable thread It works well in both the needle and the bobbin on your conventional machine.

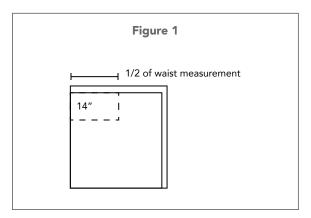
Supplies

- Coats® Surelock thread or
- Coats Eloflex® thread
- Coats Dual Duty XP® thread
- Ball point double needle (optional)
- 1 yd stretchable knit, 60" (152.40cm) wide*

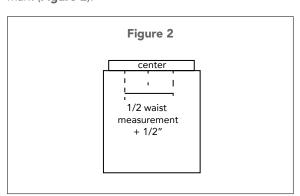
*This amount makes a skirt 18" (45.72cm) long. If you prefer a longer length, add 18" (45.72cm) to the desired finished length to determine the knit yardage needed.

Making/Cutting the Pattern

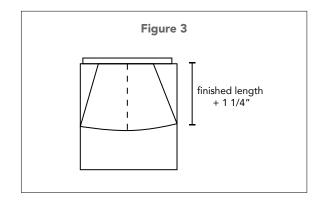
- Measure the desired finished skirt length and your waist measurement.
- 2. To make the waistband pattern, cut a rectangle along the original fabric fold 14" (35.56cm) tall and half your waist measurement wide (**Figure 1**).



3. To draft the skirt pattern, fold the knit as it came off the bolt and mark the center on the upper layer width (approximately 15" [38.10cm] in from one edge). Working out from that center mark, make a mark one half of your waist measurement plus ½" (1.27cm). Repeat for the opposite side of the center mark (**Figure 2**).



4. To shape the skirt, draw a line along the knit length at the center marking to the desired finished skirt length plus 1¼" (3.18cm) for a hem and seam allowance. Repeat for each side, at an angle to use the full width of the knit. Connect the side lines and lower center mark, curving slightly at the lower edge (**Figure 3**). Cut out the skirt front and back from the fabric.



Note: This skirt can be any length from mini to maxi, depending on how long you make it.

Seam allowances are 1/4" (.64cm).

Assembling the Waistband

- 1. Fold the waistband rectangle right sides together and serge the vertical seam. Note that the greatest stretch goes around the body.
- 2. Press the seam allowances in one direction, then fold the waistband in half and pin the lower cut edges together.
- 3. Quarter-mark the lower waistband edges.

Assembling the Skirt

- Serge both side seams and press the seam allowances to the skirt front.
- 2. Quarter-mark the skirt upper edge.
- 3. Matching the quarter markings, place the waistband right sides together with the skirt waist opening and pin. Position the waistband seam at either the center back or one side seam of the skirt.
- Serge the waistband to the skirt. Press the seam allowances toward the skirt.
- If desired, serge the hem edge. Thread sewing machine with Coats Eloflex® thread or with Coats Dual Duty XP® all-purpose thread. Press up a 1" (2.54cm) hem and topstitch one or two rows to hold the hem in place. If desired, use a double needle for hemming.
- The pull-on skirt waistband can be pulled snugly around the hip area, or it can be crushed around the waist.