

#2345 – ENGLISH  
Loungewear/Yoga Pants and Shorts

**How to choose the appropriate size:**  
Use the size corresponding to your hip measurement.

**Seam and hem allowances are included.**

**Stitch this garment at 6 mm (1/4") from the edge (unless otherwise indicated).**

**Pieces are stitched with right sides together (unless otherwise indicated).**

Pattern pieces

- A) Front X2  
B) Back X2  
C) Waistband X1  
D) Casing X1

1. Jalie's sewing technique for stretchable fabrics (if you do not have a serger)
  1. First seam: a large zigzag stitch directly on raw edge of fabric, without stretching the fabric (fig. 1).
  2. Second seam: a straight stitch at 6 mm (1/4") from the edge of the fabric, stretching the fabric lightly (fig. 2).
2. Front and back
  - Pin front to back and stitch side seam (fig. 3) and inseam (fig. 4). Repeat for the other leg.
  - Turn one leg right side out and place it inside the other. Stitch crotch (back and front) (fig. 5).
3. Waistband  
WAISTBAND
  - Mark the band centre (fig. 6) and the placement for buttonholes (fig. 7) and eyelets.
  - Use adhesive tape or fusible interfacing to reinforce the fabric prior to make buttonholes (fig. 8).
  - Make buttonholes (fig. 9) and slit it open.
  - Set eyelets (fig. 10) as shown.CASING
  - Pin wrong side of casing to right side of waistband as shown (fig. 11).
  - Fold to wrong side by 6 mm (1/4") and topstitch 3 mm (1/8") from the fold (fig. 12).
  - Fold free edge or casing (fig. 13) and topstitch.
  - Fold waistband to right side (fig. 14) and stitch.
  - Fold to wrong side, matching raw edges and baste with wide zigzag stitch (fig. 15).
  - Insert drawstring into buttonhole through the eyelet (fig. 16).
  - Pin waistband (side with eyelets) to right side of waist (fig. 17) and stitch.HEM
  - Pants: Fold to wrong side by 4 cm (1 1/2") and double topstitch (fig. 18).
  - Shorts: Fold to wrong side by 2 cm (3/4") and double topstitch (fig. 19).

*Thank you for sewing with Jalie*



