

Yoga leggings

Level of difficulty



Time required

2-3 hours

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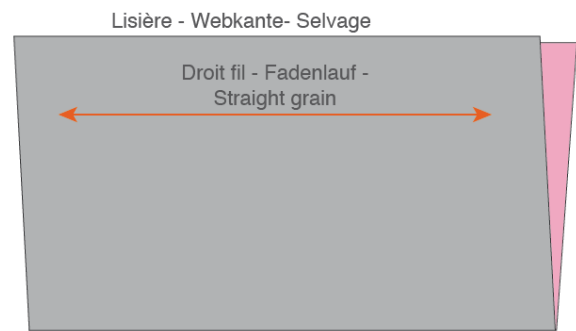
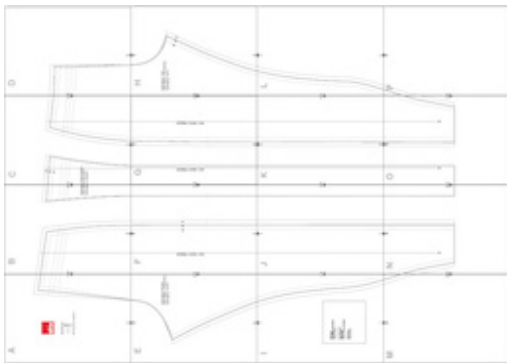
Materials

- downloaded sewing pattern
- 120 cm (47 1/4") of plain lycra of 140 cm width (55")
- 50 cm (20") of printed lycra of 140 cm width (55")
- 70 cm (27 1/2") of elastic band, 2.5 cm wide (1")
- 4 plain thread cones
- size 80 EL needle
- chalk
- scissors
- pins
- safety pin

Machines and accessories

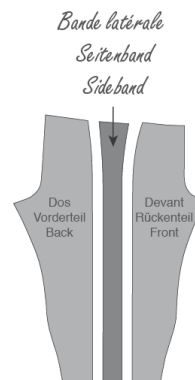
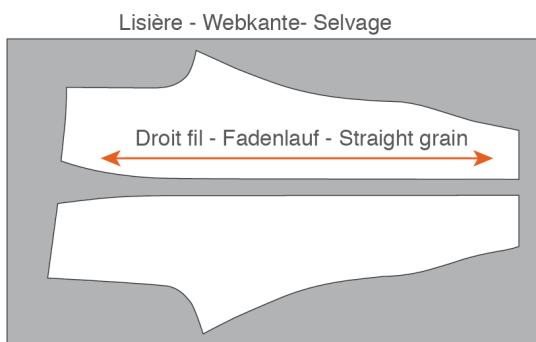
- eXtend 664PRO
- easycover
- Clear view cover stitch foot (Ref.: 795-818-118)

Instructions



1. Download the sewing pattern available on the elna website under the "Inspiration" section. To start, only print the page with the selection window. Using a ruler, check that the window measures exactly 10 x 10 cm (4" x 4"), then print the remaining pages.
The pattern is made up of several sheets that must be joined together using the markers (letters and lines). Once the pattern is assembled, adapt the pattern to fit your measurements and cut the pieces.

2. Fold the fabric in half, right side up, aligning selvages and secure with pins.

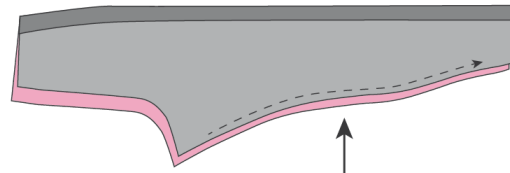


3. Place the pattern over the fabric with the centre back and centre front over the fold of the fabric. Cut the fabric, leaving 1 cm (1/4") of seam allowance width all around your pattern. Repeat this step for the side yoke.

4. Pin the side yoke to the back and front of the leg and use the 4-thread (extendible) stitch of your overlock to tack the yoke to the sides.

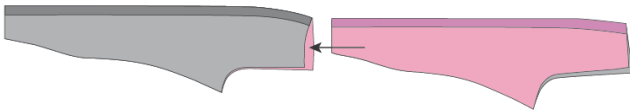


5. Set up the easycover to do a wide cover hem and attach the «Clear view cover stitch foot». On the right side, fold the fabric of the yoke and sew a coverstitch on the folded edge.

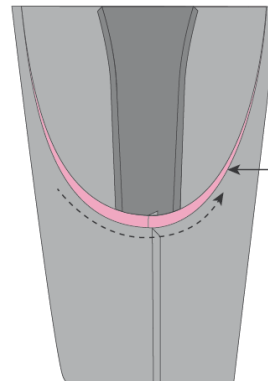


Intérieur de la jambe
Innere Beinnähte
Inside leg

6. With wrong sides together, sew the inside leg seam together with the 4-thread overlock stitch. Repeat this step for the other leg.



7. Keep the one leg wrong side out and turn the other right side out. Slide one leg into the other, right side up, ensuring that the markers and leg seams match.

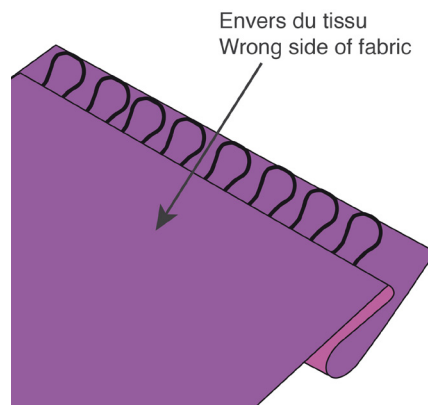


Entrejambe ou fourche
Schrittnaht
Crotch seam

8. Pin and tack the crotch with a 4-thread overlock stitch.



9. Fold the leggings down 4 cm (1 1/2") from the top. At 1 cm (1/4") from the bottom edge, hold with a basting stitch.



Envers du tissu
Wrong side of fabric

10. Fold your waist band over the right side of the leggings and stitch it all around using a 4-thread overlock stitch, leaving an opening of about 2 cm (5/8").



- 11.** Using a safety pin, slip the elastic band into the opening and slide it through the waistband.
 Measure your waist ensuring comfort, cut the excess and stitch the ends of your elastic band.
 With the 4-thread overlock stitch close the opening.

- 12.** Fold the hem of the leggings under 2.5 cm (1"), pin and stitch your hem with a cover hem stitch (narrow).

Congratulations, your leggings are all done!