



Simple Knit Yoga Skirt

Stay cool and stylish this summer with this easy to make knit skirt. The fold over waistband allows for easy movement during the active days of summer while keeping you looking your best.

Simple Knit Yoga Skirt

Materials:

- jersey knit with spandex

Tools:

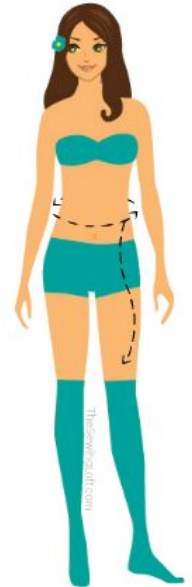
- drafting paper
- clear ruler
- flexible tape measure
- pencil/marking tools

Measurements:

Before we get started a few basic body measurements are needed. Use your flexible tape measure and measure your body per sketch.

- waist (where you would like the skirt to rest or sit on your body)
- hip (around the widest point)
- length

Write these measurements on a separate piece of paper and set aside.

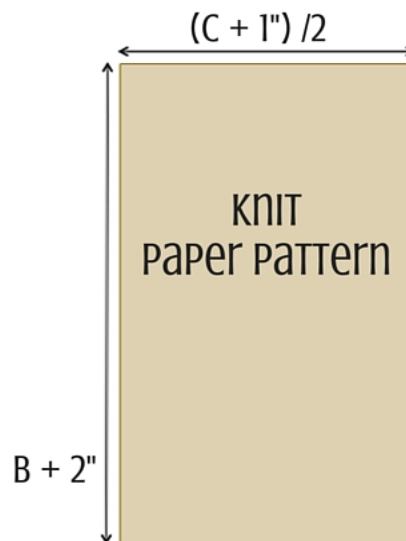


Pattern Drafting:

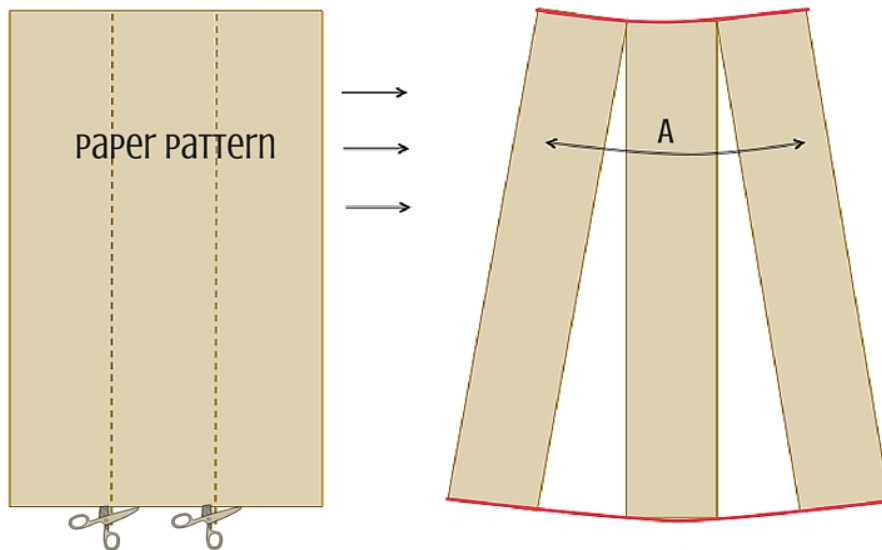
1. Add 1" to your waist & hip; divide number in half. Determine your length from waist; add 2" to the total length for seam allowance and hem turning. These measurements will become part of your pattern.

SIMPLE YOGA SKIRT by THE SEWING LOFT

A: HIP CIRCUMFERENCE
B: LENGTH OF SKIRT
C: WAIST CIRCUMFERENCE



2. Using the waist and length measurements create rectangle; this will become the base of your pattern in the shape of a rectangle. Now, on first sight this looks nothing like the skirt on the form but have no fear, we are about to make magic!



3. Slash and spread your rectangle in three places from the bottom to the top stopping about $\frac{1}{4}$ " from the top edge. Then grab a fresh piece of drafting paper and lay it over the top. We need to spread our side panels to meet the hip measurement and trace. This will become our finished pattern.



4. To create the pattern for waistband, reduce your total waist measurement by 3". This will allow for the stretch of fabric to secure to your body and determine your finished height times 2. Personally, I like to create my waistband 10" high. This allows for approx. 4 1/2" fold over when sewn.

Cutting:

- cut 2 pieces of skirt
- cut 1 waistband

Sewing Instructions:

1. Join your front and back skirts **right sides together** with the overlock stitch.
*Note that if you do not have a serger, this step can be done with your standard machine. Set your machine to a stretch stitch. This will allow your seams to stretch and move with the fabric.
2. Fold up hem 1" and secure with pins. Stitch in place.
3. Fold waistband in half lengthwise with **right sides together** to create a smaller rectangle and stitch. This seam will create a tube. Fold waistband in half again, **wrong sides together**.

4. Divide your waistband into 4 equal parts, mark with pins. Overlap on the top of skirt fabric by ¼” and stitch in place. You will notice that the skirt is larger than the waistband. While stitching, you will need to slightly stretch the waistband to meet the skirt markings.

Additional Notes:

- It is important to use a ballpoint needle when working with knits. This will allow the needle to pass through the fabric without cutting or nicking the fibers.
- Using a flexible thread with a polyester base is extremely important when working with knits. This will allow the thread and fabric to move/stretch as one without snapping a stitch.
- If using a serger, be sure to tuck your tail in. Instead of trimming the thread tails with a scissor, consider threading them back into your finished seam with a needle.
- If concerned about security, elastic can be added to the waist seam. I would recommend thin transparent elastic such as [Dritz 9346C Lightweight Elastic, Clear, 3/8”](#).

Pop your skirt on with your favorite tee and enjoy your new outfit!