

# Basic Yoga Pants

Free PDF Pattern feat. mod basics knits



FREE  
PATTERN IN  
SIZES XS-XL

stephanie stanesby for

 **birch**  
organic fabric

# Basic Yoga Pants

Free PDF Pattern feat. Mod basics knits



Exclusively for Birch Fabrics, the basic yoga pants come in sizes XS-XL, and with just 1 pattern piece they are a breeze to sew up!



## SIZE CHART

Please reference the size chart above when choosing the size to make.

Size	Waist		Low Waist		Hips		Inside Leg	
	cm	inches	cm	inches	cm	inches	cm	inches
XS	63.5	25	74	29	89	35	79	31
S	66	27	79	31	94	37	79	31
M	76	30	86.5	34	102	40	79	31
L	84	33	94	37	109	43	79	31
XL	94	37	104	41	119.5	47	79	31

## SKILL LEVEL



### SUPPLIES

- 1.5-2 yards mod basics knit fabric
- 1" Elastic

### OPTIONAL

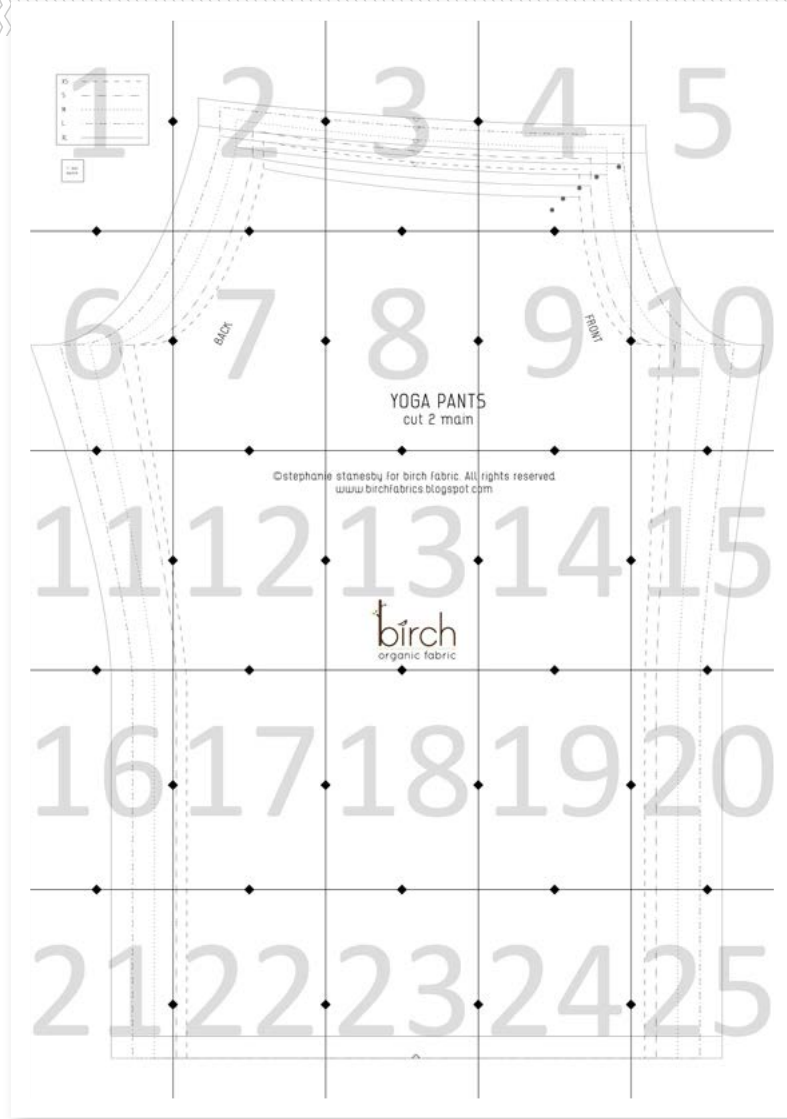
- 2 eyelets
- t shirt yarn or twill



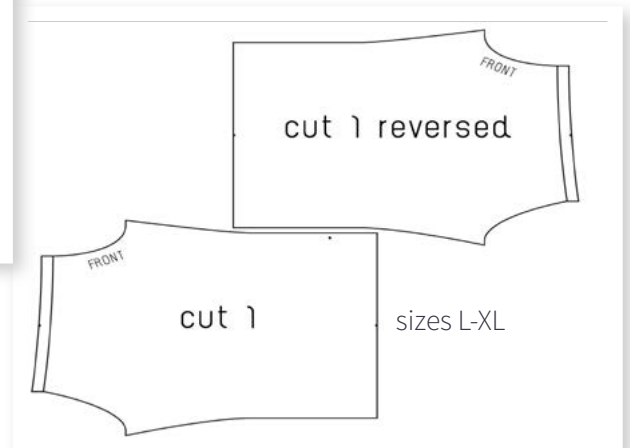
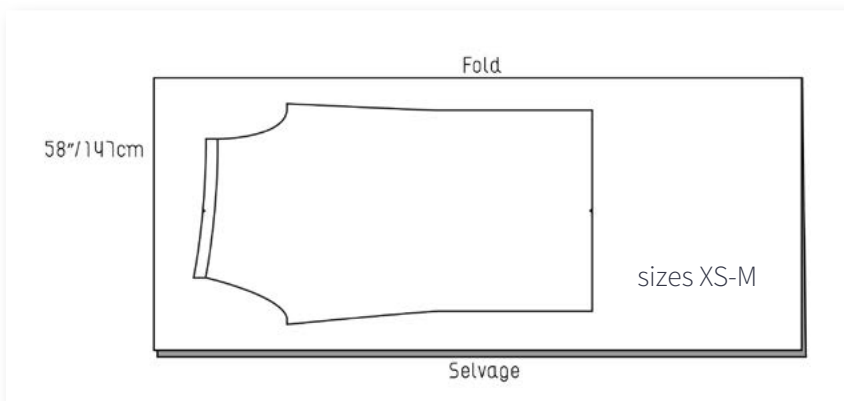
Mod Basics Knit  
in Teal  
Birch Fabrics

Size	Elastic		Fabric	
	cm	inches	m	yards
XS	65	27.5	1.4	1.5
S	75	29.5	1.4	1.5
M	85	32.5	1.4	1.5
L	90	35.5	1.85	2
XL	100	39.5	1.85	2

## TILING LAYOUT



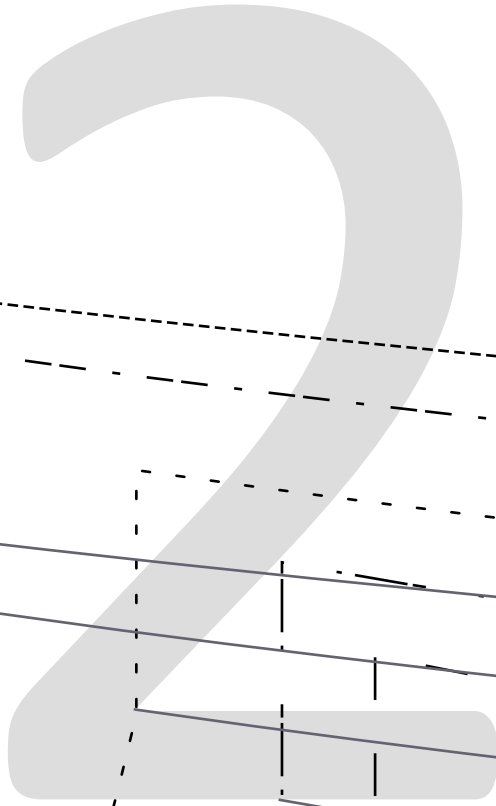
## CUTTING LAYOUT

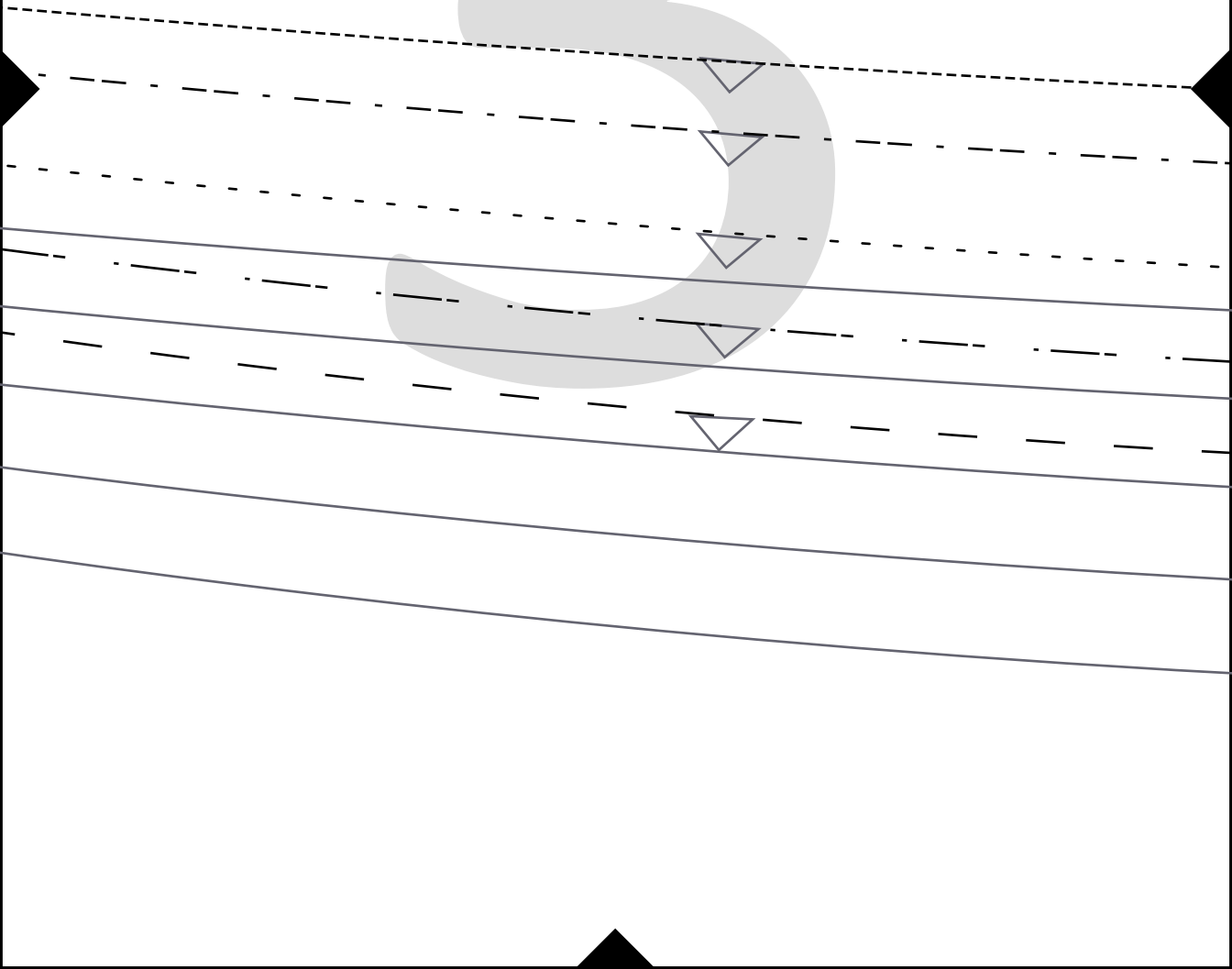
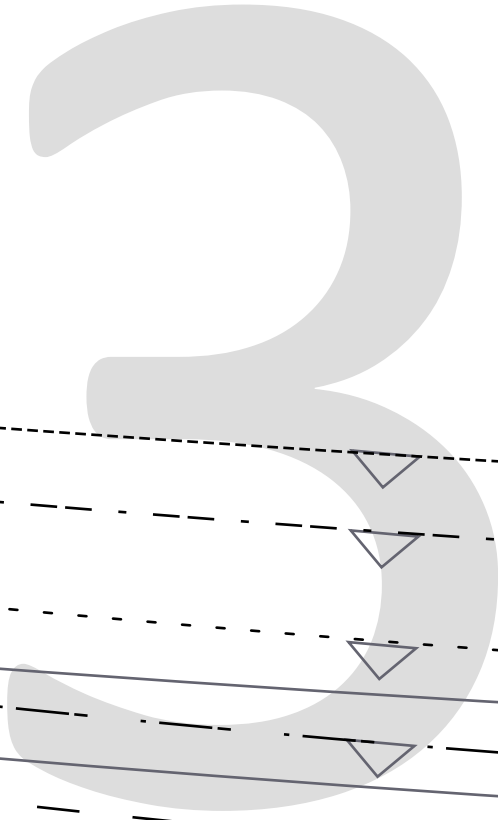




XS	-----
S	-----
M	-----
L	-----
XL	-----

1" test  
square





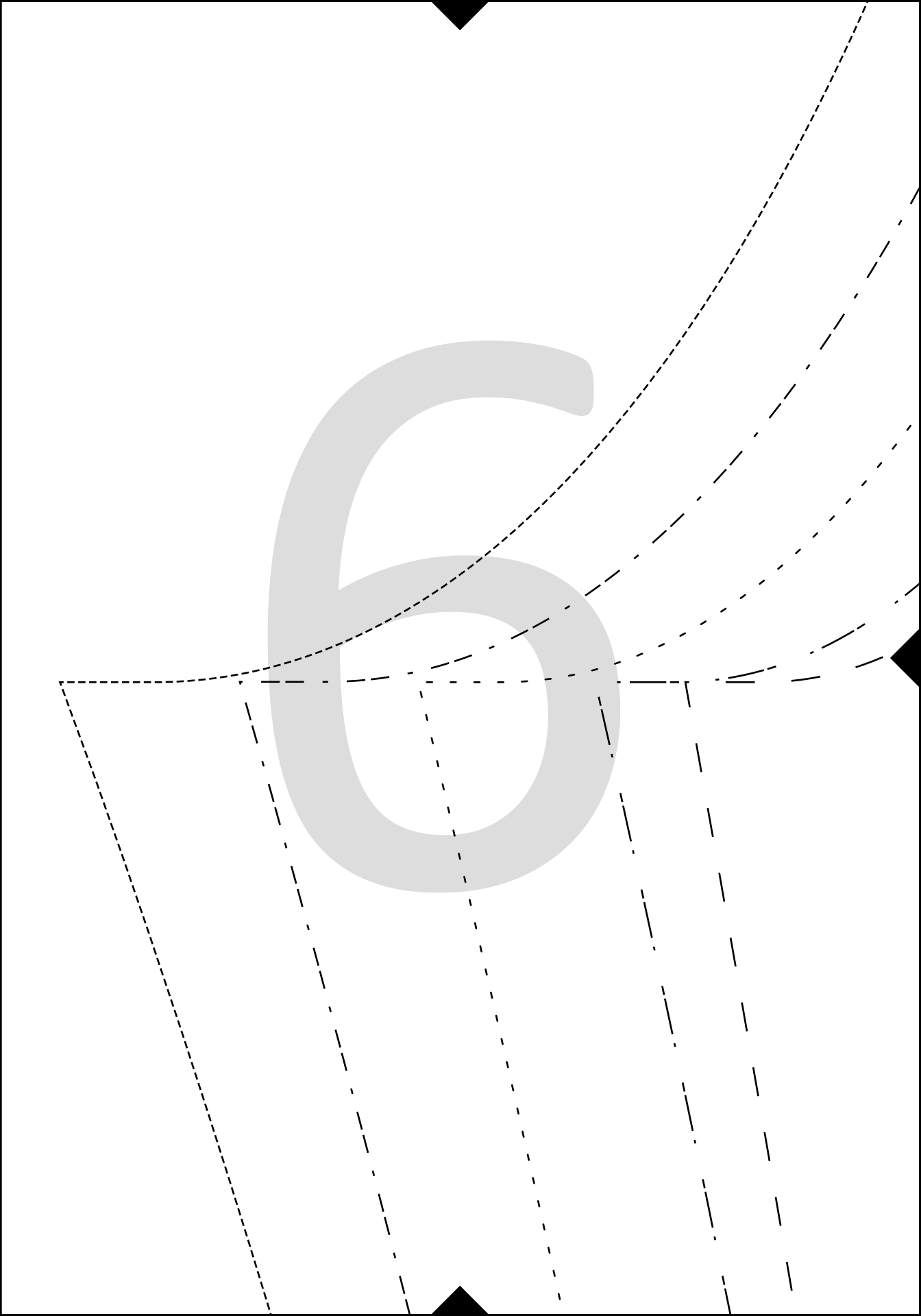
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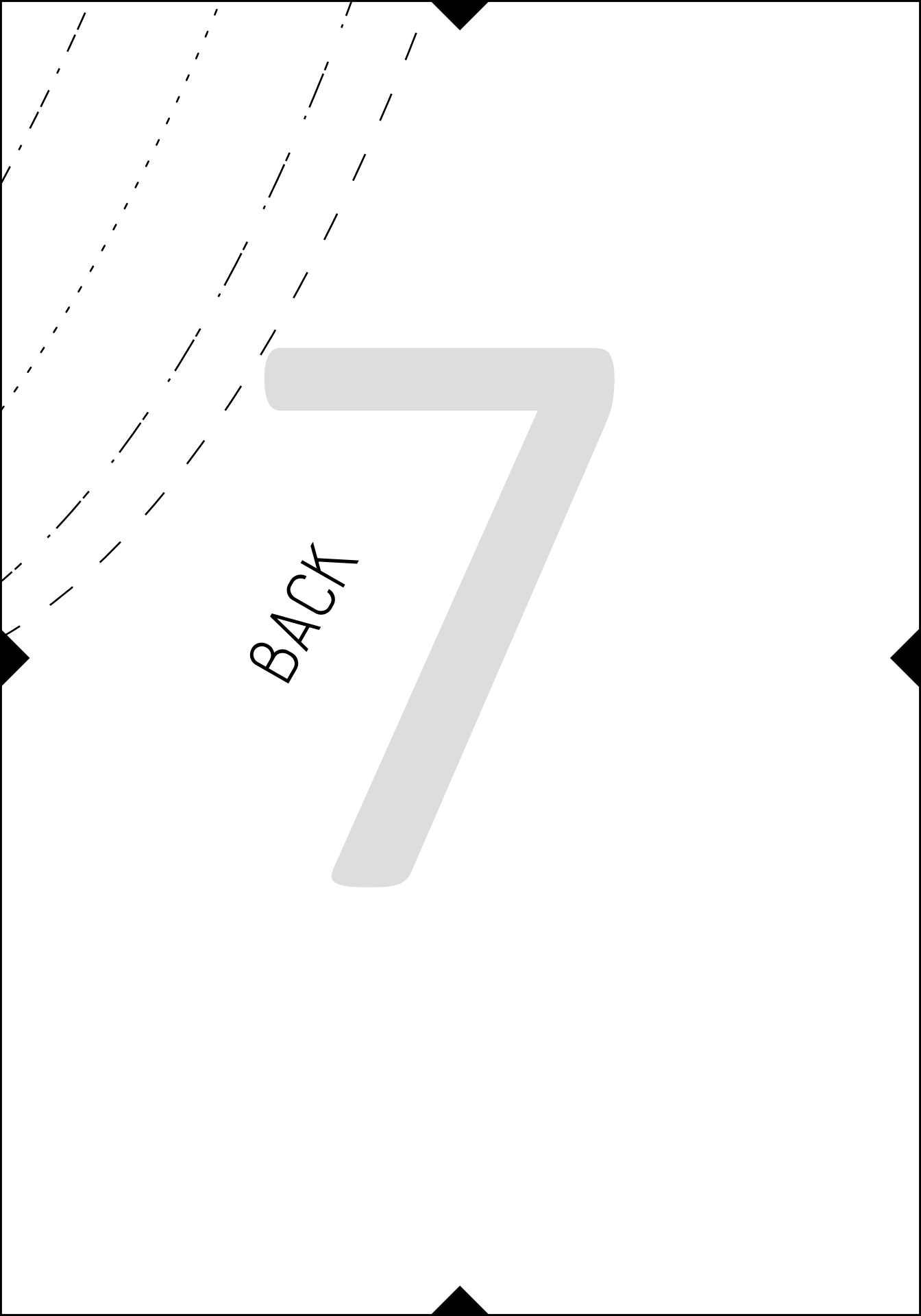


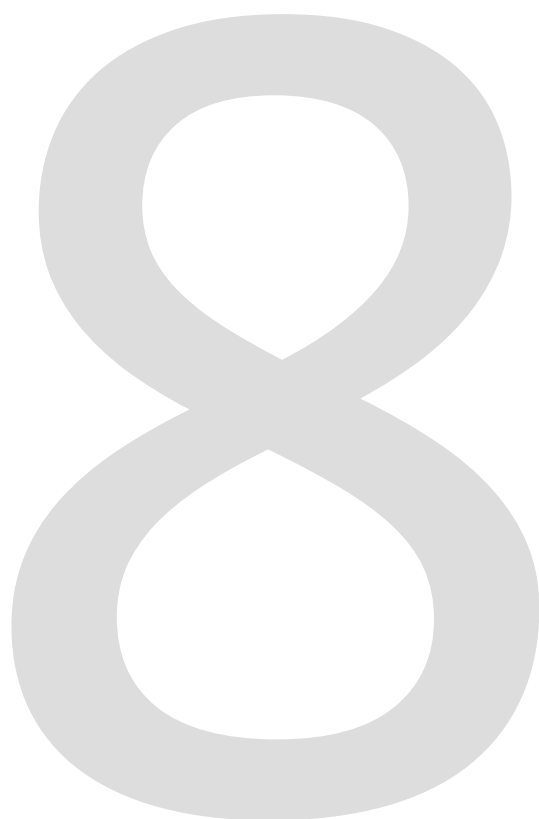
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BACK



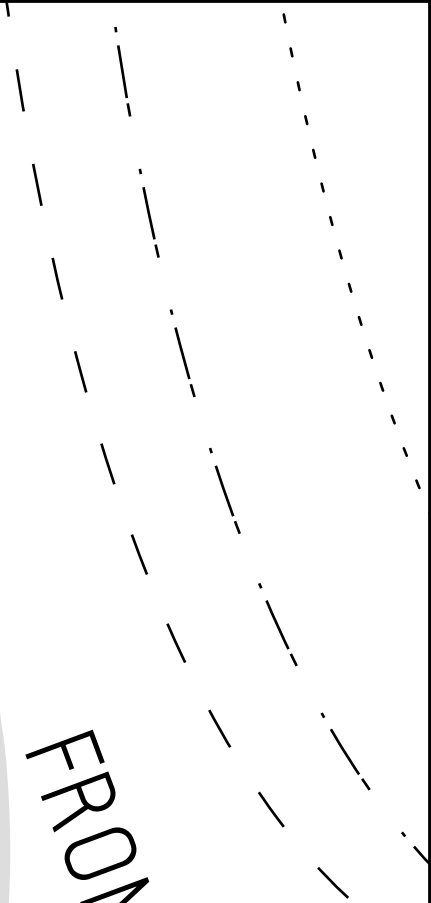


YOGA PANTS  
cut 2 main

9

FRONT

5





1

1

©stephan

12



e stanesby for birch fabric. All  
[www.birchfabrics.blogspot.com](http://www.birchfabrics.blogspot.com)

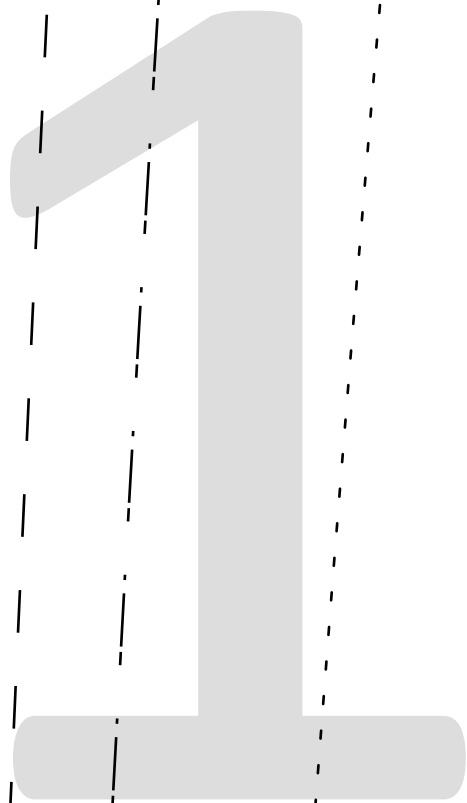
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birch  
organic fabric

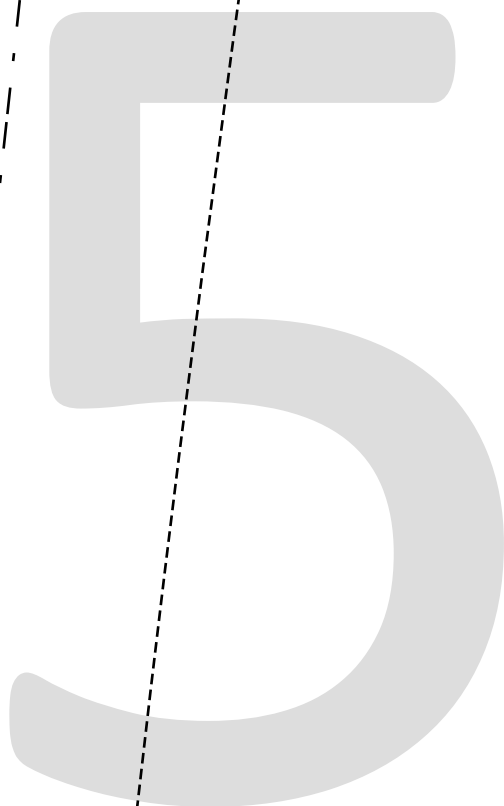
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14



1

A large, light gray number '1' is centered on a set of three vertical dashed lines. The top line is solid, the middle is dashed, and the bottom is solid. A black arrow on the left points to the top line, and a black arrow at the bottom points to the bottom line. The number '1' is positioned between the top and bottom solid lines, with its top slanted to the left and its base horizontal.




5

A large, light gray number '5' is centered on a set of three diagonal dashed lines. The top line is solid, the middle is dashed, and the bottom is solid. A black arrow at the top points to the top line, and a black arrow at the bottom points to the bottom line. The number '5' is positioned between the top and bottom solid lines, with its top horizontal and its base curved to the left.

1

6



A handwriting practice sheet for the number 1. The sheet features a vertical dashed line on the left side. The number 1 is written in a large, light gray font, positioned to the right of the dashed line. The number 1 consists of a vertical stem and a horizontal base. The top of the stem is slightly curved to the left. The sheet is framed by a solid black border with black triangular corner markers.

1

7

18

19

2

0



2

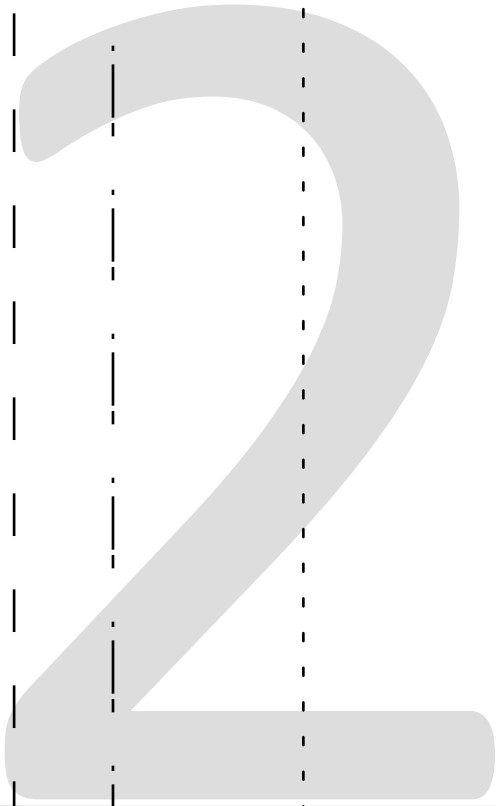
1

2

2

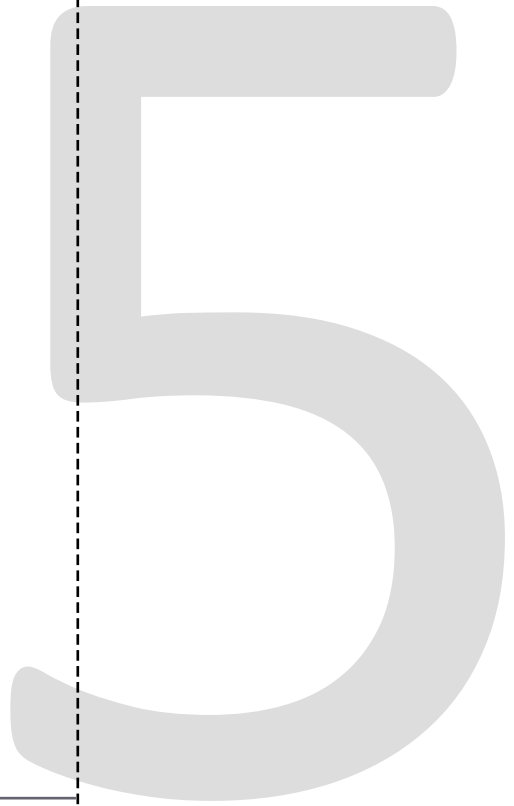
23

24



2

A large, light grey number '2' is positioned on a set of handwriting lines. The lines include a solid top line, a dashed middle line, and a solid bottom line. A solid horizontal line is also present below the bottom line. A black arrowhead points to the left at the top of the first vertical dashed line, and another black arrowhead points to the right at the top of the second vertical dashed line. The number '2' starts at the top of the first dashed line, curves to the left, then down and right, crossing the middle dashed line, and finally down to the bottom solid line.



5

A large, light grey number '5' is positioned on the right side of the handwriting lines. It starts at the top of the second vertical dashed line, goes down, then right, then down again, crossing the middle dashed line, and finally curves to the left and down to the bottom solid line.

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organic fabric

## ABOUT STEPHANIE

eco crafter, eco mama

Stephanie writes sewing and craft tutorials for grown ups and for kids, online and in print. She likes to work with organic, sustainable, recycled and repurposed materials!

Find her online at [www.thecraftykitty.co.uk](http://www.thecraftykitty.co.uk).

**THE**  
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