

### Step 1:

The first step to making these pants is to lay out your fabric and fold it over to create one of the legs. Measure around the thickest part of your thigh and add a couple inches and that is how wide you will want to make this piece. When the fabric is folded over, it's going to be half the thigh measurement. For example, I measured about 26 but I cut mine 29ish inches (14.5 because the fabric is folded over - as shown on the clear ruler). This is where intuition comes in. Remember it's just a sewing project and you can always come back and cut fabric away if it's too big. You'll want the length of this fabric to be from the spot on your waist that you'll want the pants to sit all the way to the floor and beyond about an inch. We will make them about 3 inches too long so you get a good billow when it's all gathered.



## Step 2:

Using a French curve (ideal for people who might be insecure about freehand cutting) measure the crotch and cut it out. I find that about 10-12 inches in the front is a good place to be. Use the top measurement on the French curve as your starting point and line that up with a spot about 10 inches down the fabric from the waist. As you'll see I have 23 on the curve ruler at the spot the yellow ruler measures about 10 inches down and from there I pivot to get 12 inches with the curve and place the 11 from the clear ruler along the waist. This creates a 12 inch curve that is 10 inches vertical but because of the curve it gains a couple inches.





### Step 3:

Now we do a tiny bit of math. Measure the waist of the front (mine was 10 inches from fold to front cut I just made) and figure out what you need to add to get to one half of the desired waist size. My waist measurement for this is 34 and I wanted to extra room so I'm going with 36. Therefore, I want 18 inches in the waist per leg. That means I'll need 10 inches on the front and 8 inches on the back. Now I'll measure from fold to center back by folding over what we just cut for the front crotch and basically doing the same thing with the curve ruler that we did in the front.

For the back I want about 2 more inches than the front to accommodate for butt. So front crotch curve is 12, back is 14. I made sure that the curves line up with eachother at the 10" down the leg line without needing to cut anything more than the two curves based on the waist measurement and how far down I want the crotch to go (also called the rise and 10" in this case)

When we have the front and back cut we will go straight down and cut out the entire leg. Just straight down the selvedge of the fabric as shown in the pics.





#### Step 4:

You will now have a leg! Congrats! This is a big step. Now take this and take the right side (the side of the fabric you want facing outside) and place that against the right side of the rest of your fabric in order to cut out a mirror copy for the other leg. In this step I will double check the waist and trim away from the waist into the curve in order to get a tighter waist but be careful to not take too much right now or you might have pants that are really tight on the butt.









Step 5:

Cut out the waist band and ankle bands. My fabric has lots of stretch but is a little lightweight so I cut two 30" by 4" rectangles for the waist band and two 13" by 4" rectangles for the ankle bands. I made the waistband double layered because I want it to be thicker in order to hold the waist in place better.







Step 7:

Sew the legs down the inseam of the fabric. Make sure you have the right side (the outside of the fabric) facing each other when you sew down from the bottom of the crotch to the hem of the leg.



Step 8:

Connect the legs by facing each of the finished legs at each other starting at the front waist and make sure that the inseams match up at the bottom of the curve. When you're done sewing this you should have a recognizable pair of legs



#### Step 9:

The final step is going to be to attach the waistband and the ankle bands. Gathering fabric can be tricky but a little tricky to do it without needing pins would be to connect the back seam of the waist band and the back seam of the pants with some quick stitches and then find the halfway point of the waistband and connect that to the center front seam with a few stitches. This way you aren't trying to gauge how much to gather and just have to stretch the waistband one leg at a time. This should help you get an easier gather in the waist. Do the same thing with the ankle bands if you want. I needed to pleat some of my fabric to fit the half sized ankle bands I cut but that was because I cut the leg wide and ankle bands small.









Hopefully you have a pair of yoga/Sweatpants that you enjoy and can love for awhile. I'll edit this document as I come up with additional details to make the process easier. Thanks for following along!