



Yoga Shorts Pattern For Women – Zera

This is my seventh pattern of 2018 and part of the [New Year's Resolution Workout Wear collection](#). This is the Yoga shorts pattern for women.

This is my gift to you, a Yoga shorts pattern for women to plunge into a new beginning. They are great for creating a new pain-free you, or simply to wear around the house.

Yoga is an exercise routine that helps your posture, deep muscle tone, concentration and overall happiness. What's not to like?

This project is for advanced beginners to intermediate sewers. The pattern has only two pieces but all of them will be required to be cut twice, so fold your fabric and place the pieces on top of the fabric and use some weights and a rotary cutter for better results.

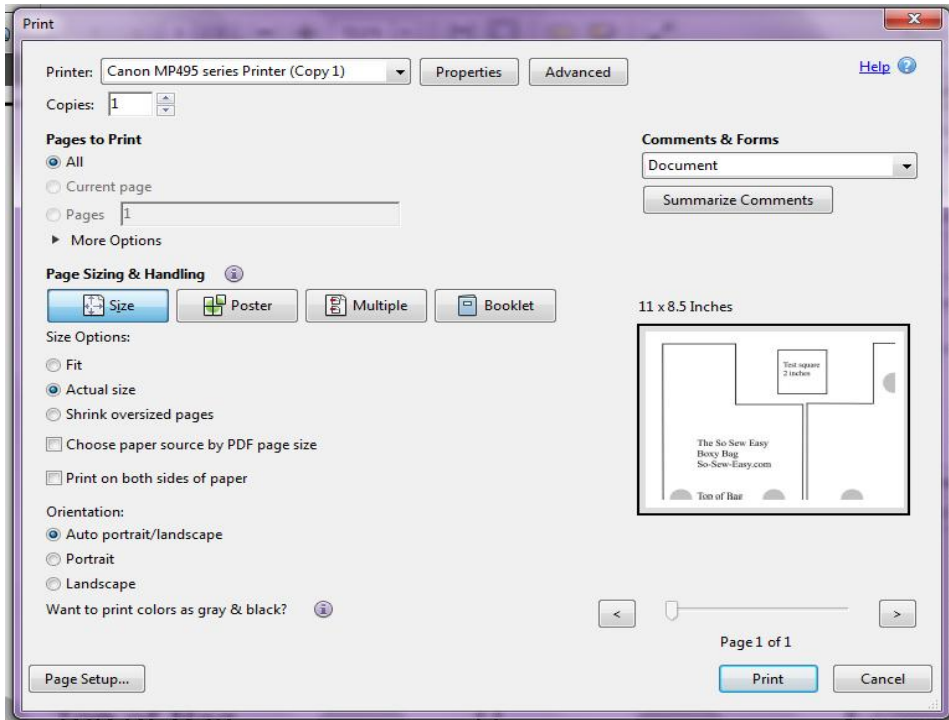
The key to this Yoga shorts pattern is the waistband and hem. Take the 25% stretch of the fabric into consideration when you are choosing your size.

You can read more about this pattern over at So Sew Easy [HERE](#).



Find more great sewing patterns at So Sew Easy – <http://so-sew-easy.com>

To print your PDF pattern



Your pattern pieces come at the end of these instructions. For accurate printing, please make sure you are using the latest version of Adobe Reader. You can [download the latest version here](#) if you need to.

Select File → Print and the print dialogue box opens. Under Page Sizing and Handling, select ACTUAL SIZE . Check the preview in the right hand side illustration. Select the page numbers you want to print. You can print the whole document, or just the pattern pieces.

On the edge of the top left page is a box you can use to test your printing. This box should measure 2 inches square. If yours is wildly different you will need to check your printer options to make sure the pages are not being resized.

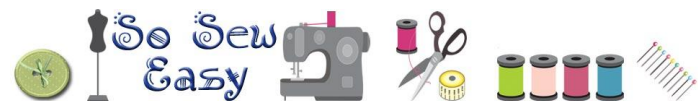
Use the grey guides on the overlap of the sheets to match up the pattern pieces, folding under or cutting off any overlaps, tape together and cut out your pattern pieces.

Help printing and assembling your pattern

You can find helpful tutorials on how to download, print and assemble PDF sewing patterns here:

[How to download and print a PDF sewing pattern](#)

[How to print and assemble a PDF sewing pattern](#)



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Materials

1. One yard of knit fabric with a minimum of 25% stretch
2. Ballpoint needle
3. Thread to match
4. Rotary cutter
5. Cutting mat
6. Overlocker (ideal, but not absolutely necessary)



Find more great sewing patterns at So Sew Easy – <http://so-sew-easy.com>

Thank you for downloading this pattern and tutorial. I hope you enjoyed making this project and remember that I love to see what you made so do upload your completed projects to the pattern page on Craftsy.

Keep up with all the latest news and sewing projects at [So Sew Easy](#).

We also have a really great sewing chat group where you can ask questions, share your completed projects, and get 24 hr sewing inspiration. It's not just for So Sew Easy projects – you can chat about all sewing there, whether a newbie just starting out, or an advanced and experienced sewer, there's something for everyone in the sewing chat group. Join us here.

[SEWING CHAT GROUP](#)

For the latest list of both free and paid patterns available, pop on over to [my designer page at Craftsy](#).

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Usage – you ARE allowed to use this pattern to make things to sell on a small handmade basis, such as for craft fairs and for your Etsy shop. However it may not be used for larger scale commercial purposes without a commercial license.



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Zera Yoga Shorts

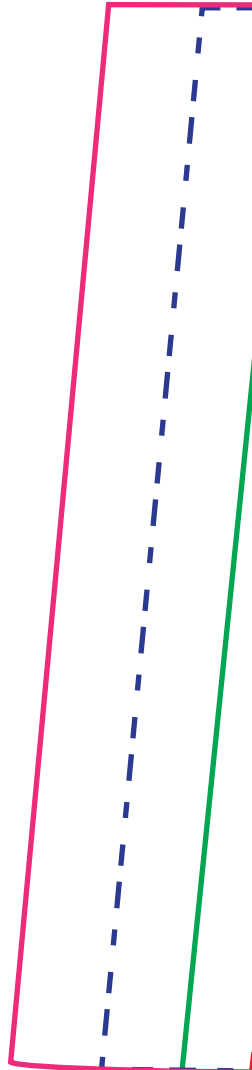
2" X 2"

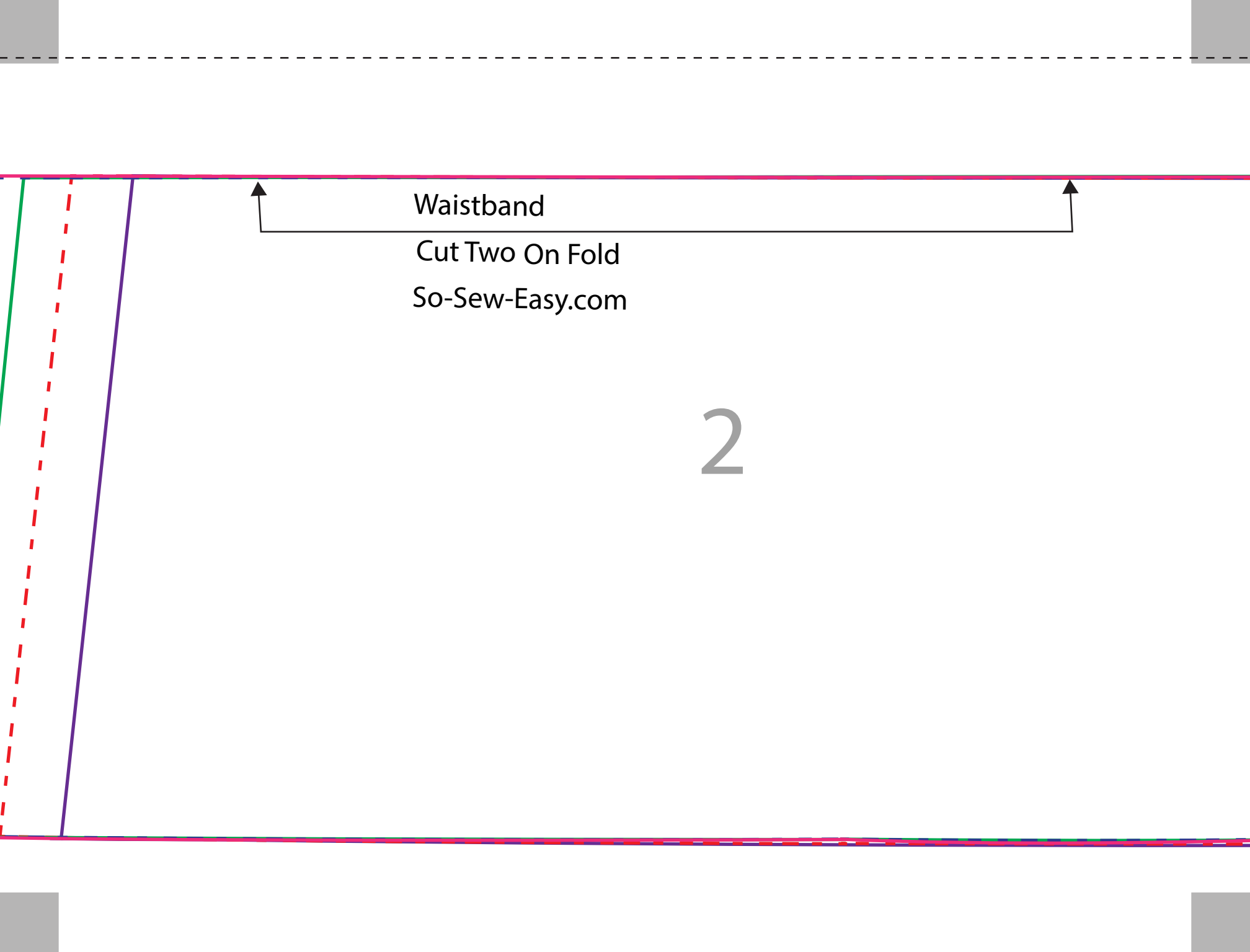
Square Test

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1



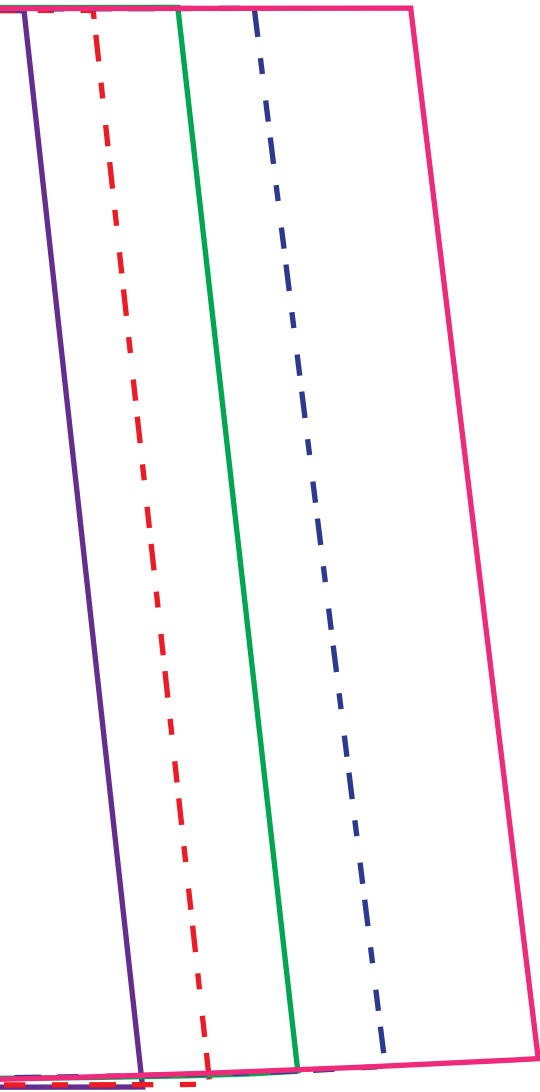


Waistband

Cut Two On Fold

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2

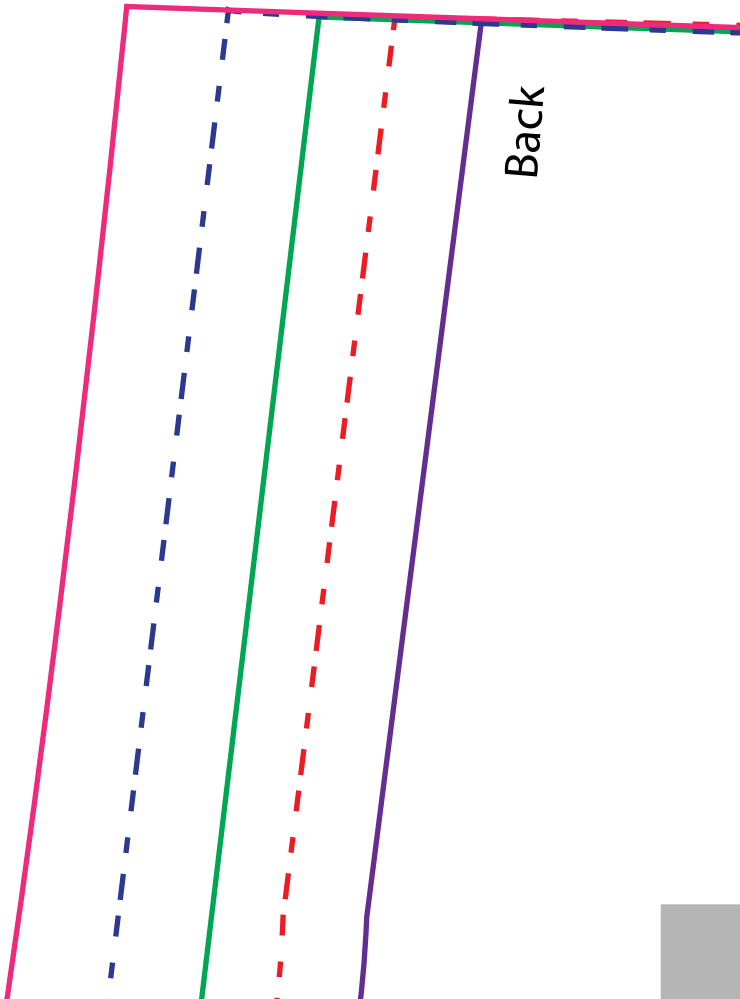


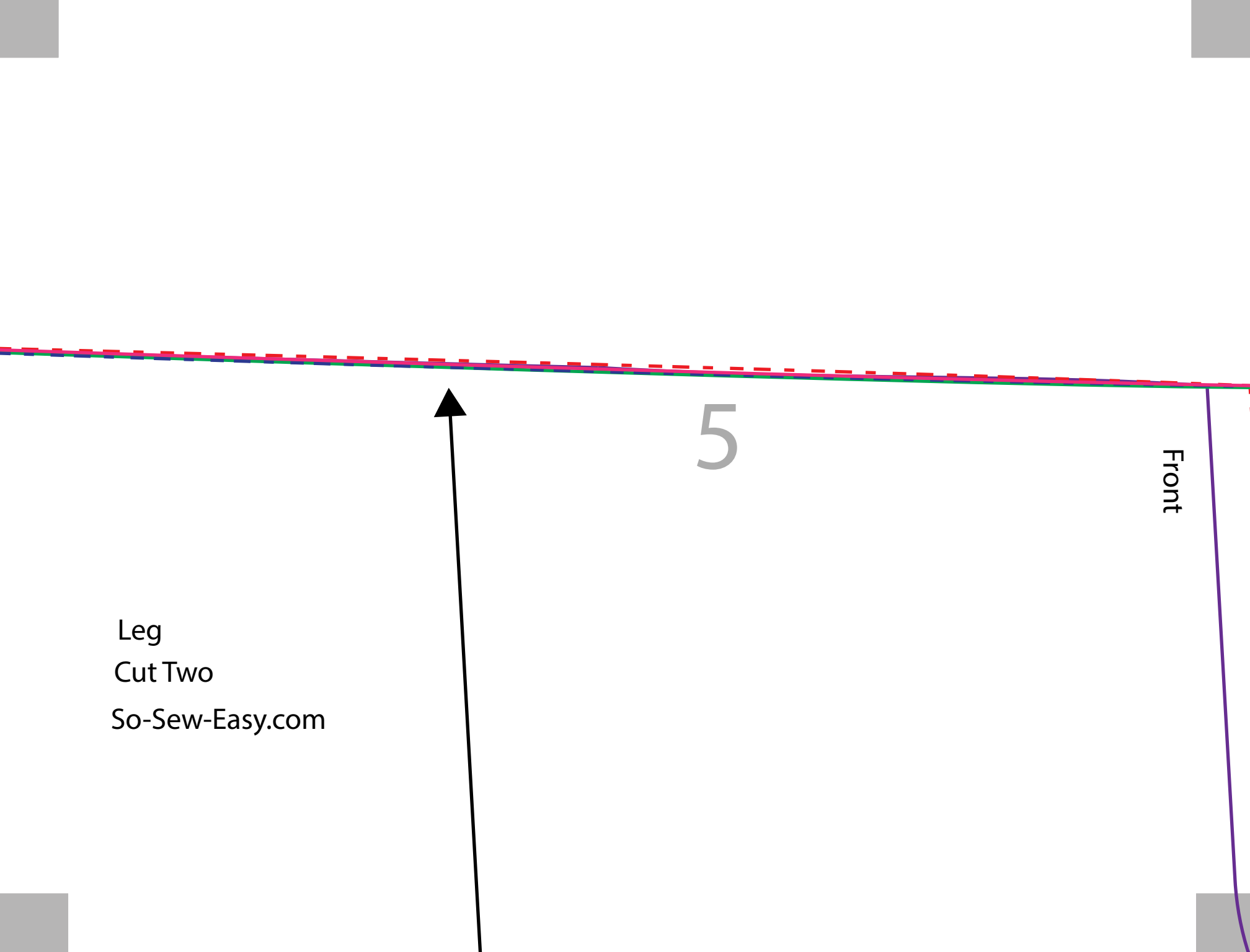
3



4

Back



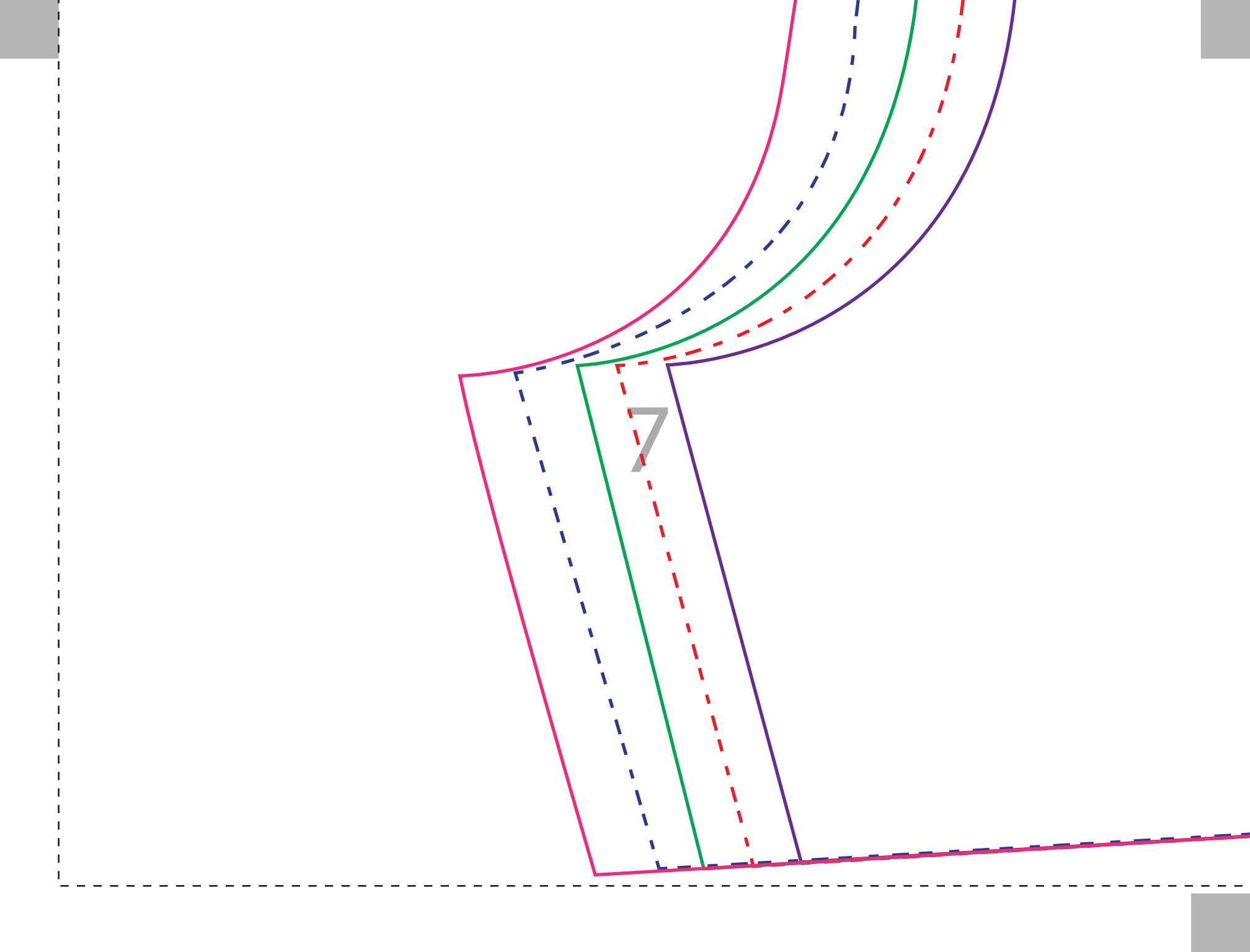


5

Front

Leg
Cut Two
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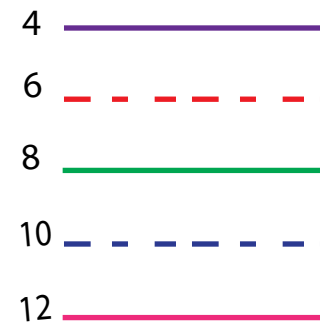
6



8



Sizes



9