



YOGA WAIST KNIT SKIRT

Supply list

1. **2 yards of knit fabric – make sure it has pretty good stretch both ways**

Choose the right knit fabric. For this particular pattern you are going to want to use a resilient knit fabric like lycra blends, **with at least 75% stretch for the waistband and any knit with at least a 50% stretch for the rest of the skirt.** (50% will work)

Pick-a-Knit Rule. Determine which direction of the fabric is stretchiest.

With the fabric on your cutting mat, grab the 0" mark and the 4" mark. Pull it until you feel resistance and measure the width the fabric is stretched.

The inches it stretches beyond 4" determines the stretch of the fabric.

· 1"=25% stretch · 2"=50% stretch · 3"=75% stretch · 4"=100% stretch

2. **All purpose thread to match and bobbins**
3. **Package of ¾ to 1 inch wide elastic – you can get knit elastic or PJ waist elastic.**