

FROM THE FOUNDER OF THE VIKISEWS® BRAND



Back in 2016, when I started making my first sewing patterns and instruction manuals, my main goal was to solve the problems I personally faced at the beginning of my sewing journey: the lack of stylish patterns that provide a great fit and contain clear sewing instructions. That's how Vikisews was born—a brand designed to help you create fashionable, on-trend clothing with your own hands.



The sewing instructions we create is the result of our team's careful, meticulous work. May they help you develop your sewing hobby—or even turn it into your life's work! Enjoy every step of the sewing process and create a thoughtful, stylish wardrobe!

If you have any questions, we're always here to help: info@vikisews.com



YAMUNA PATTERN DESCRIPTION

Yamuna is a close-fitting dress with a stand collar. The front is fitted with waist and bust darts and has a princess seam with a slit at the bottom. The back is fitted with waist darts. On the front, there is an asymmetrical pankou fastening. The shoulders are dropped. The dress closes with an invisible zipper in the left side seam. The pankou fastening, princess seam, collar, and armholes are finished with contrasting piping. Yamuna is above-knee length.



PLEASE READ BEFORE USE

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TOTAL EASE ALLOWANCE

	Bust ease	Waistline ease	Hipline ease
cm	1.1-2.6	0.6-0.5	-0.1
inches	3/8-1	1/4	0

GARMENT LENGTH, SLEEVE LENGTH

Height, cm	Center back length, cm	Height, ft	Center back length, in
1 (154-160)	73.9-78.2	1 (5'1"-5'3")	29 1/8-30 3/4
2 (162-168)	76.9-81.2	2 (5'4"-5'6")	30 1/4-32
3 (170-176)	79.9-84.1	3 (5'7"-5'9")	31 1/2-33 1/8
4 (178-184)	82.9-87.1	4 (5'10"-6'1")	32 5/8-34 1/4

SUGGESTED FABRICS

To sew this dress, choose medium-weight or lightweight, soft, low-stretch or stretchy, opaque dress-weight fabrics made of natural, artificial, blended, or synthetic fibers.

The following fabrics are recommended: natural or artificial silk, sateen, and satin.

Attention! Heavyweight, non-stretch fabrics are not recommended.

The dress in the photo is made of natural silk. The fabric is pliable, soft, and stretchy. The fiber content is 92% silk + 8% elastane. The fabric weight is 95 g/m².

FABRIC AND NOTIONS REQUIREMENTS

1. Main fabric, 140 cm wide, with a directional print/nap, in meters:

Height, cm	Size								
	34-36	38	40	42	44	46	48	50	52
1 (154-160)	0.85	0.85	0.9	0.9	0.95	1	1	1	1.05
2 (162-168)	0.9	0.9	0.9	0.95	1	1	1	1.05	1.05
3 (170-176)	0.9	0.95	0.95	0.95	1	1.05	1.05	1.05	1.1
4 (178-184)	0.95	0.95	0.95	1	1.05	1.05	1.1	1.15	1.15

Main fabric, 55" wide, with a directional print/nap, in yards:

Height, ft	Size						
	34-38	40	42	44	46	48-50	52
1 (5'1"-5'3")	7/8	1	1	1	1 1/8	1 1/8	1.05
2 (5'4"-5'6")	1	1	1	1 1/8	1 1/8	1 1/8	1.05
3 (5'7"-5'9")	1	1	1	1 1/8	1 1/8	1 1/8	1.1
4 (5'10"-6'1")	1	1	1 1/8	1 1/8	1 1/8	1 1/4	1.15

IMPORTANT! When purchasing fabric, please account for shrinkage and buy 5% more than required.

2. Lightweight interfacing, knit or woven, 140 cm (55") wide, for all sizes and heights — 0.1 m (4")
3. Satin piping with cord — 2.11-2.75 m (2 1/4-3 yd), depending on size
4. One invisible zipper, 35 cm (13 3/4") long, for all sizes and heights
5. Two pankou closures
6. Matching thread — 5 spools (1 spool for the sewing machine + 4 spools for the overlocker)

TOOLS AND EQUIPMENT

- sewing machine for construction
- overlocker for finishing raw edges. This may be replaced with a stretch overlock stitch or a zigzag stitch on the sewing machine (overlock or zigzag stitch width 2–3 mm, stitch length 2.5 mm)
- stitch-in-the-ditch foot for the sewing machine (optional)
- invisible zipper foot for the sewing machine
- one-sided foot for the sewing machine

PATTERN PIECES LIST

1. From main fabric:

- front — cut 1
- front yoke — cut 1
- side front — cut 1
- stand collar — cut 2
- back — cut 1
- front yoke binding — cut 1
- top slit binding — cut 1
- armscye binding — cut 2
- bottom slit binding — cut 1
- side front binding — cut 1

Also, cut the following from the main fabric:

- a rectangular piece, 4 cm (1 5/8") wide and 4.5 cm (1 3/4") long, for finishing the zipper edge (zipper binding).

***IMPORTANT!** Don't forget to transfer all pattern markings and notches onto the fabric.*

2. From interfacing:

- stand collar — cut 2

***IMPORTANT!** The pattern pieces that have the "face" inscription on them should be placed with the blank side onto the right side of fabric when cutting.*

SEAM ALLOWANCES

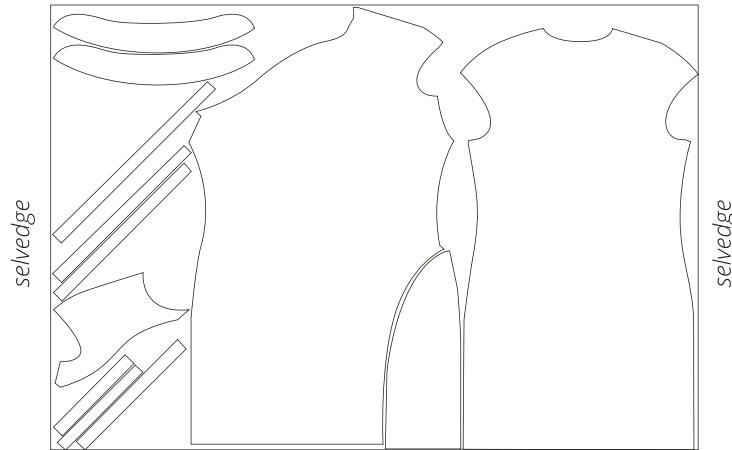
All pattern pieces include seam allowances as follows:

- garment hem allowance — 3 cm (1 1/8")
- all other edges — 1 cm (3/8")

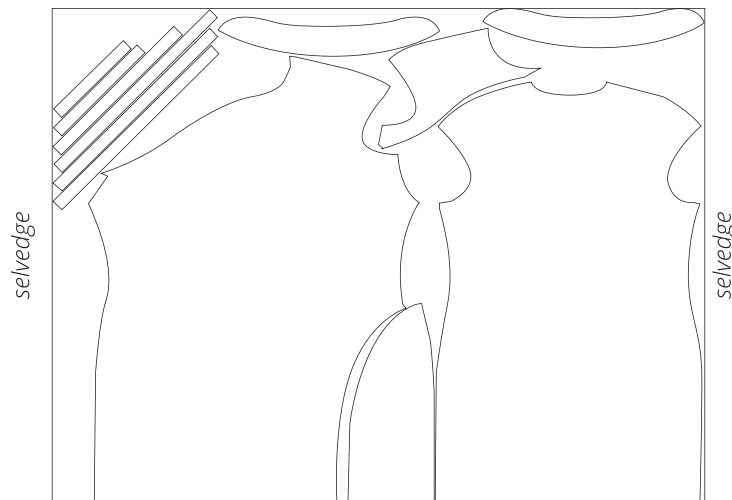
Take this into account when laying out the pattern pieces on the fabric.

CUTTING LAYOUT

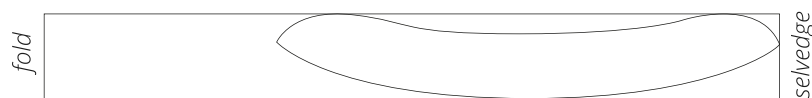
Main fabric, 140 cm (55") wide, with a directional print/nap, cut on a single layer,
for sizes 34–42 in all heights



Main fabric, 140 cm (55") wide, with a directional print/nap, cut on a single layer,
for sizes 44–52 in all heights



Interfacing, 140 cm (55") wide, cut on fold,
for all sizes in all heights



READY? LET'S GET SEWING!



5. Machine-stitch the darts, backstitching at the raw edge of the bust dart only.. Leave long thread tails at the dart points of both the bust and waist darts.

Remove the basting stitches.

Tie the thread tails into knots and hide them inside the dart bulk using a needle.



6. Press the waist darts flat.
Stretch the waist darts while pressing.



7. Press the waist darts towards the center front.



8. Press the bust darts flat.