

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



YESENIA PATTERN DESCRIPTION

Yesenia is a close-fitting, double-layer dress with an accentuated waist. The outer layer is made of sheer knit mesh. There are gathers along the side seams at the bust and waist. At the front and back, the dress has a deep rounded square neckline finished with a gathered overlay. There are decorative flounces at the shoulders. Yesenia is ankle-length.



PLEASE READ BEFORE USE

The contents of this pattern are copyright protected and belong exclusively to Vikisews. You may use Vikisews patterns for personal use. It is prohibited to share Vikisews patterns and instructions with third parties, as well as to publish patterns and instructions online for public access. **Non-compliance with the mentioned rules is a violation of the US copyright law and may result in civil liability and criminal prosecution.**

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TOTAL EASE ALLOWANCE

	Bust ease	Waistline ease	Hipline ease
cm	-2.6 to -3.3	-2 to -4.3	-0.5 to -1.8
inches	-1 to -1 1/4	-3/4 to -1 3/4	-1/4 to -3/4

GARMENT LENGTH, SLEEVE LENGTH

Height, cm	Back length from waist down, cm	Height, ft	Back length from waist down, in
1 (154–160)	89.1	1 (5'1"–5'3")	35 1/8
2 (162–168)	92.1	2 (5'4"–5'6")	36 1/4
3 (170–176)	95.1	3 (5'7"–5'9")	37 1/2
4 (178–184)	98.1	4 (5'10"–6'1")	38 5/8

SUGGESTED FABRICS

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

The following fabrics are recommended: knit mesh, viscose knits, and viscose single jersey. The stretch factor should be 1.5–2.

You can determine the stretch factor of your fabric yourself. Mark 10 cm (4") along the crosswise grain of the fabric, lay a ruler next to the marked section, and stretch the fabric. Divide the measurement you get by 10.

The dress in the photo is made of knit mesh. The fabric is soft and stretchy. The fiber content is 95% polyester + 5% elastane. The fabric weight is 90 g/m².

The lining is made of 95% viscose + 5% elastane. The fabric weight is 140 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)	2.15	2.2	2.2	2.3	2.35	2.85	3	3.05	3.1	3.1
2 (162–168)	2.2	2.25	2.25	2.4	2.45	2.9	3.1	3.15	3.2	3.2
3 (170–176)	2.3	2.3	2.3	2.5	2.55	3	3.2	3.2	3.3	3.3
4 (178–184)	2.35	2.4	2.4	2.55	2.6	3.05	3.25	3.3	3.35	3.35

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

Height, ft	Size									
	34	36–38	40	42	44	46	48	50	52	
1 (5'1"–5'3")	2 3/8	2 3/8	2 1/2	2 5/8	3 1/8	3 1/4	3 3/8	3 3/8	3 3/8	
2 (5'4"–5'6")	2 3/8	2 1/2	2 5/8	2 5/8	3 1/8	3 3/8	3 1/2	3 1/2	3 1/2	
3 (5'7"–5'9")	2 1/2	2 1/2	2 3/4	2 3/4	3 1/4	3 1/2	3 1/2	3 5/8	3 5/8	
4 (5'10"–6'1")	2 5/8	2 5/8	2 3/4	2 7/8	3 3/8	3 1/2	3 5/8	3 5/8	3 5/8	

2. Lining fabric, 140 cm wide, in meters:

Height, cm	Size								
	34–36	38	40	42	44	46	48	50	52
1 (154–160)	1.3	1.45	1.6	1.75	1.9	2	2.1	2.45	2.45
2 (162–168)	1.35	1.5	1.65	1.8	1.95	2.1	2.15	2.5	2.55
3 (170–176)	1.4	1.55	1.7	1.85	2	2.15	2.2	2.6	2.6
4 (178–184)	1.4	1.6	1.75	1.9	2.05	2.2	2.3	2.7	2.7

Lining fabric, 55" wide, in yards:

Height, ft	Size							
	34–36	38	40	42	44	46	48	50–52
1 (5'1"–5'3")	1 3/8	1 5/8	1 3/4	1 7/8	2 1/8	2 1/8	2 1/4	2 5/8
2 (5'4"–5'6")	1 1/2	1 5/8	1 3/4	2	2 1/8	2 1/4	2 3/8	2 3/4
3 (5'7"–5'9")	1 1/2	1 3/4	1 7/8	2	2 1/8	2 3/8	2 3/8	2 7/8
4 (5'10"–6'1")	1 1/2	1 3/4	1 7/8	2 1/8	2 1/4	2 3/8	2 1/2	3

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

3. Silicone tape, 6 mm (1/4") wide — 1.03–1.41 m (1 1/8–1 1/2 yd), depending on the size
4. Matching thread — 5 spools (1 spool for the sewing machine + 4 spools for the overlocker)

TOOLS AND EQUIPMENT

- sewing machine for construction
- overlocker for stitching and finishing seam allowances. This may be replaced with a stretch overlock stitch or a zigzag stitch on a regular 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)

***IMPORTANT!** We recommend using specialty needles when working with knit fabrics (for example, STRETCH, SUPER STRETCH, JERSEY, etc.). These are ballpoint needles, so they part the threads of the fabric you are stitching without piercing them.*

PATTERN PIECES LIST

1. From main fabric:

- front — cut 1 on fold
- back — cut 2
- front overlay — cut 1
- back overlay — cut 1
- flounce — cut 4

2. From lining fabric:

- front lining — cut 1 on fold
- back lining — cut 2

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

SEAM ALLOWANCES

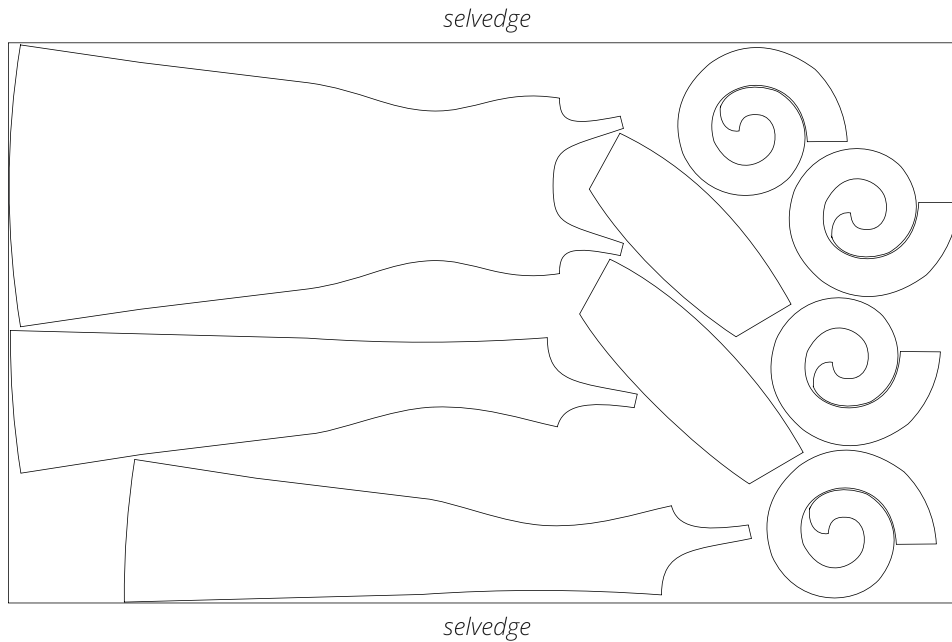
All pattern pieces include 1 cm (3/8") seam allowances.

***IMPORTANT!** The garment hem, inner and outer edges of the flounces, and the bottom edge of the overlay have no seam allowances (the edges are left unfinished as per the design).*

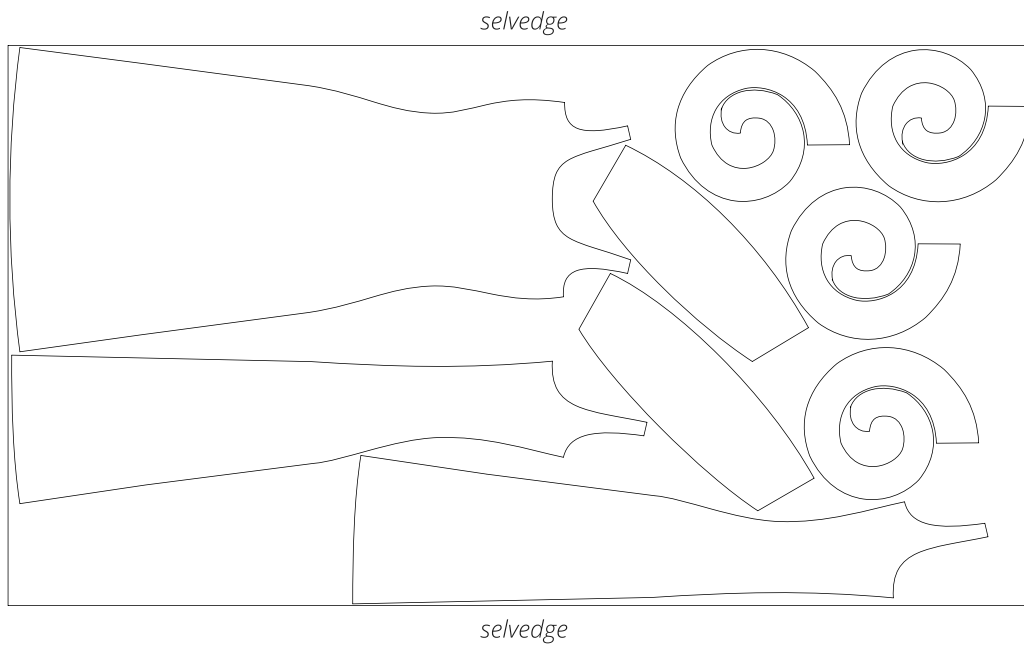
Take this into account when laying out the pattern pieces on the fabric.

CUTTING LAYOUT

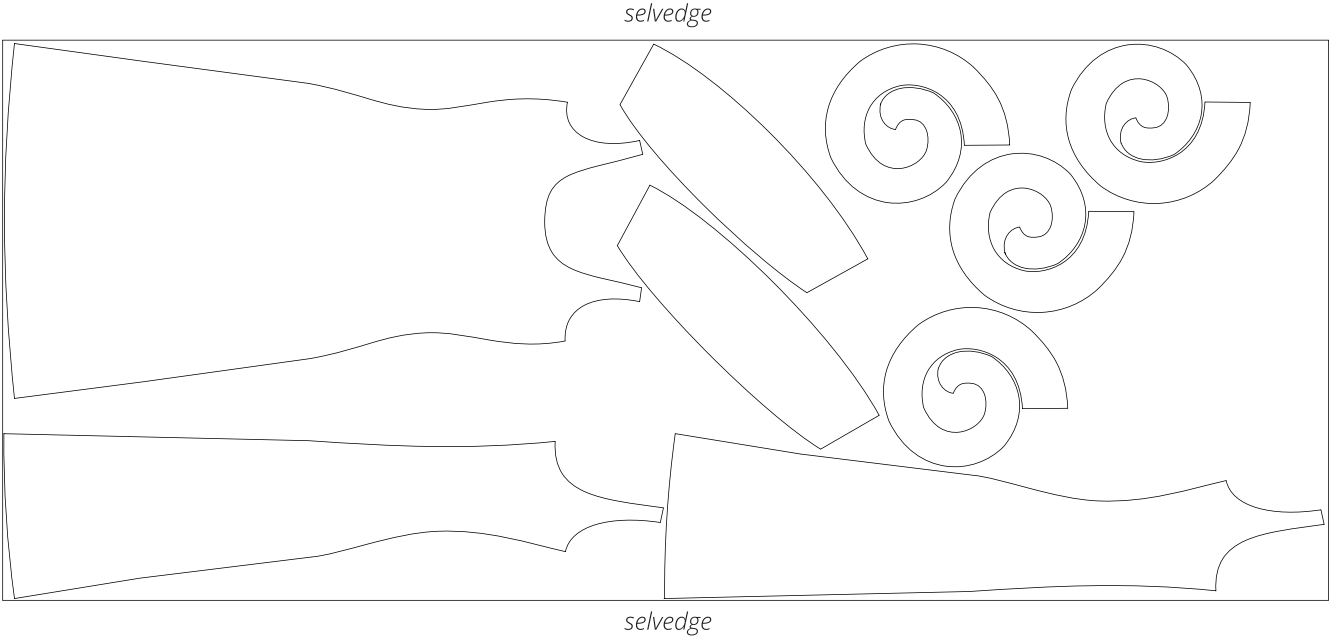
Main fabric, 140 cm (55") wide, with a directional print/nap, cut on a single layer,
for sizes 34–38 in all heights



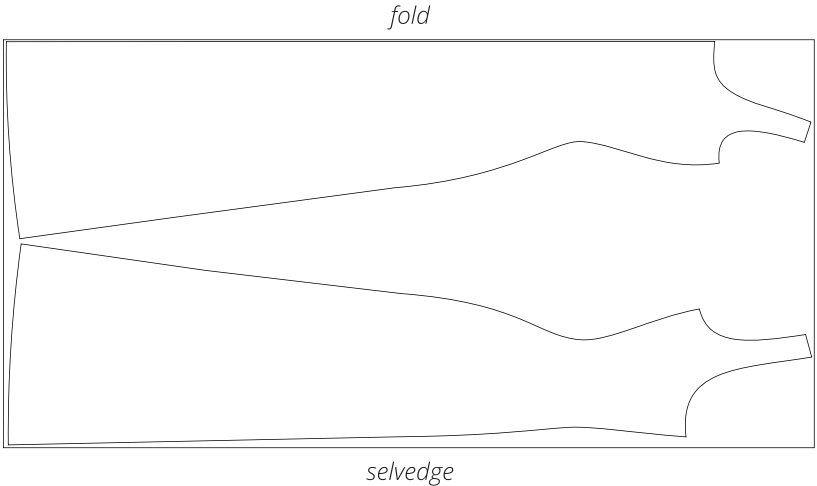
Main fabric, 140 cm (55") wide, with a directional print/nap, cut on a single layer,
for sizes 40–42 in all heights



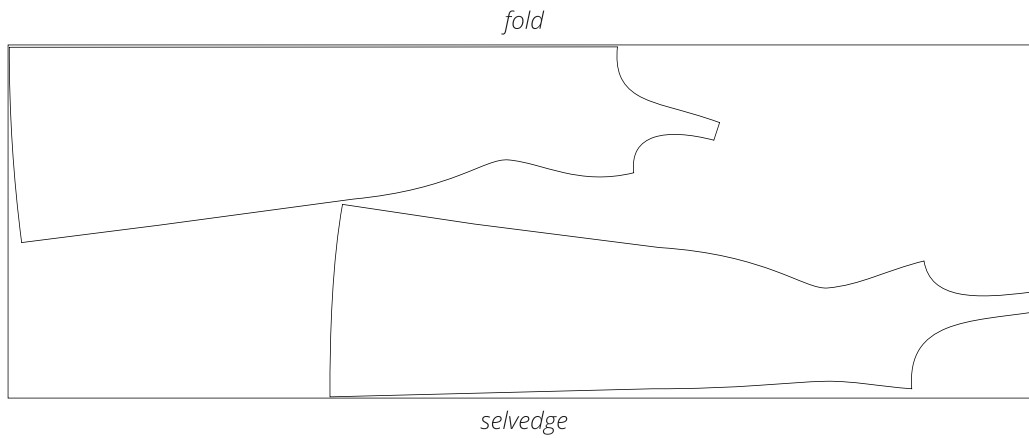
Main fabric, 140 cm (55") wide, with a directional print/nap, cut on a single layer,
for sizes 44-52 in all heights



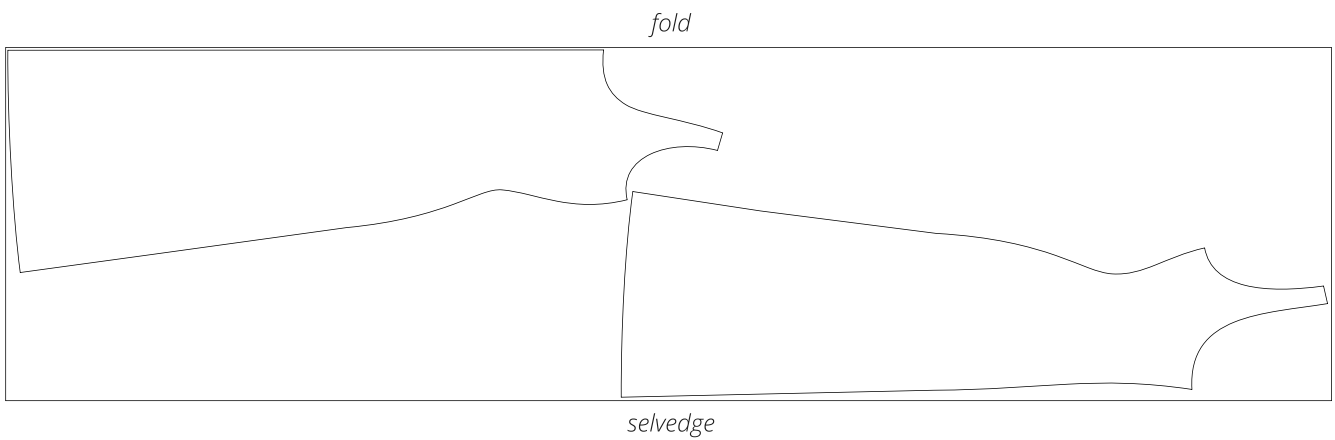
Lining fabric, 140 cm (55") wide, with a directional print, cut on fold,
for sizes 34-36 in all heights



Lining fabric, 140 cm (55") wide, with a directional print, cut on fold,
for sizes 38-44 in all heights



Lining fabric, 140 cm (55") wide, with a directional print, cut on fold,
for sizes 46-52 in all heights



READY? LET'S GET SEWING!



10. Place the garment and lining wrong sides together. Align the neckline edges, match the notches and seams, and pin. Hand-baste the neckline area.



11. Pull the bobbin threads simultaneously to form gathers on the front and front lining pieces. Gather to the length indicated on the pattern. Tie the bobbin threads of both rows into knots to prevent the gathering from coming loose.



12. Place the front and front lining pieces wrong sides together. Align the side edges, match the notches, and pin. Hand-baste.



13. Pull the bobbin threads simultaneously to form gathers on the back pieces. Gather to the length indicated on the pattern. Tie the bobbin threads of both rows into knots to prevent the gathering from coming loose.