

FROM THE FOUNDER OF THE #VIKISEWS BRAND



Back in 2016, when I was working on my first set of sewing instructions, I was trying to write them in such a way that even a complete beginner could easily understand and use them to create their very first garment. These instructions laid the foundation for the Vikisews brand, its vision and its mission. I wanted to create modern patterns with the utmost detailed and clear instructions.

Now, with each new collection we are constantly improving our instructions, amending them and adding more relevant details. By the time the final product reaches you, our drafters, correctors, and editors would have spent weeks perfecting every word and every photograph. If you compile a few of our instructions together, you will get a sewing manual that will assist you in sewing all kinds of garments at any difficulty level.

And I would be very happy if these instructions helped you to turn your hobby into a lifelong passion... Enjoy the process! Create your ultimate dream wardrobe! Wear your garments proudly for years to come!

If you have any questions, please contact us at info@vikisews.com — we are always there to help.



SHANTI PATTERN DESCRIPTION

Shanti is a close-fitting long sleeve top. It features a faux wrap front, a deep V-shaped neckline, and a draped left side seam. The one-piece raglan sleeves are long, straight, close-fitting and have openings at the bottom. Shanti is above-hip length.



IMPORTANT!

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You may use Vikisews patterns for commercial use, to sew custom-made garments and/or create fashion collections, on the condition that the patterns are solely used in a manufacturing setting and are not further shared with individuals.

TOTAL EASE ALLOWANCE

	Bust ease	Waistline ease	Hipline ease (estimated)	Upper arm ease
cm	-10.4 – -12.1	-3.4 – -3.8	-12.1 – -14.3	0 – -1.2
inches	-4 1/8 – -4 3/4	-1 3/8 – -1 1/2	-4 3/4 – -5 5/8	0 – -1/2

GARMENT LENGTH, SLEEVE LENGTH

Height, cm	Garment length at center back, cm	Sleeve length, cm
1 (154–160)	60–64.2	66.8–68.6
2 (162–168)	62–66.1	68.4–70.7
3 (170–176)	63.9–68	70.7–72.6
4 (178–184)	65.8–69.9	72.8–74.8

Height, ft	Garment length at center back, in	Sleeve length, in
1 (5'1"–5'3")	23 5/8–25 1/4	26 1/4–27
2 (5'4"–5'6")	24 3/8–26	26 7/8–27 7/8
3 (5'7"–5'9")	25 1/8–26 3/4	27 7/8–28 5/8
4 (5'10"–6'1")	25 7/8–27 1/2	28 5/8–29 1/2

SUGGESTED FABRIC

To sew this long sleeve top, choose knit fabrics with the following properties:

- medium weight, soft, breathable, stretchy (stretch factor 2.2–2.5)
- the fiber content should include elastane or spandex and can also include natural fibers (wool, cotton), artificial fibers (viscose), blends (wool + polyester, cotton + polyester, etc.), and synthetics (polyester, microfiber, polyamide)
- the following fabrics are recommended: knits

Attention! We recommend using only stretchy fabrics for this long sleeve top.

You can determine the stretch factor of your fabric yourself. To do this, 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 long sleeve top in the photo is made of thin knit fabric. The fabric is medium weight, soft, and stretchy. The fiber content is a blend of viscose, polyester, microfiber, and spandex.

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)	0.75	0.8	0.85	1.1	1.2	1.2	1.25	1.25	1.3	1.3
2 (162–168)	0.8	0.8	0.85	1.15	1.25	1.25	1.3	1.3	1.35	1.35
3 (170–176)	0.8	0.85	0.9	1.2	1.3	1.3	1.35	1.35	1.4	1.4
4 (178–184)	0.85	0.85	0.9	1.2	1.3	1.3	1.35	1.35	1.4	1.4

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")	7/8	7/8	7/8	1 1/4	1 1/4	1 1/4	1 3/8	1 3/8	1 3/8	1 3/8
2 (5'4"–5'6")	7/8	7/8	7/8	1 1/4	1 3/8	1 3/8	1 3/8	1 3/8	1 1/2	1 1/2
3 (5'7"–5'9")	7/8	7/8	1	1 1/4	1 3/8	1 3/8	1 1/2	1 1/2	1 1/2	1 1/2
4 (5'10"–6'1")	7/8	7/8	1	1 1/4	1 3/8	1 3/8	1 1/2	1 1/2	1 1/2	1 1/2

2. Clear elastic, 1 cm wide, for stabilizing the neckline, in centimeters:

Height, cm	Size									
	34	36	38	40	42	44	46	48	50	52
1 (154–160)	116.9	120.3	123.7	127.1	130.5	133.9	137.3	140.7	144.1	147.5
2 (162–168)	118.2	121.4	124.8	128.2	131.6	135	138.4	141.8	145.2	148.6
3 (170–176)	119.5	122.6	126	129.4	132.8	136.2	139.6	143	146.4	149.8
4 (178–184)	119.7	122.8	126.2	129.6	133	136.4	139.8	143.2	146.6	150

Clear elastic, 3/8" wide, for stabilizing the neckline, in inches:

Height, ft	Size									
	34	36	38	40	42	44	46	48	50	52
1 (5'1"–5'3")	46	47 3/8	48 3/4	50	51 3/8	52 3/4	54	55 3/8	56 3/4	58 1/8
2 (5'4"–5'6")	46 1/2	47 3/4	49 1/8	50 1/2	51 3/4	53 1/8	54 1/2	55 7/8	57 1/8	58 1/2
3 (5'7"–5'9")	47	48 1/4	49 5/8	51	52 1/4	53 5/8	55	56 1/4	57 5/8	59
4 (5'10"–6'1")	47 1/8	48 3/8	49 5/8	51	52 3/8	53 3/4	55	56 3/8	57 3/4	59

3. Clear elastic, 1 cm wide, for stabilizing the side seam, in centimeters:

Height, cm	Size									
	34	36	38	40	42	44	46	48	50	52
1 (154–160)	19.8	19.6	19.4	19.2	19	18.8	18.6	18.4	18.2	18
2 (162–168)	21.1	20.9	20.7	20.4	20.2	20	19.8	19.6	19.4	19.2
3 (170–176)	22.6	22.4	22.2	22	21.8	21.6	21.4	21.2	21	20.8
4 (178–184)	24.2	23.9	23.7	23.5	23.3	23.1	22.9	22.7	22.5	22.3

Clear elastic, 3/8" wide, for stabilizing the side seam, in inches:

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

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

- 4. Straight-grain fusible stay tape, 1 cm (3/8") wide — 0.5 m (1/2 yd)
- 5. Matching thread — 5 spools (1 spool for the sewing machine + 4 spools for the overlocker)

TOOLS AND EQUIPMENT

- sewing machine for construction
- overlocker for construction and finishing raw edges. It can 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)
- coverstitch or coverlock machine for finishing the garment hem. If you don't have a coverstitch machine, it can be replaced with a twin needle on any regular sewing machine that can do a zigzag stitch

IMPORTANT! We recommend using specialty needles when working with knit fabrics (for example, STRETCH, SUPER STRETCH, JERSEY, etc.). When sewing, a ball-shaped needle point pushes the knit loops apart without piercing the threads.



Match the dart legs on the wrong side of the left front piece and pin.

Important! Use a stretch or zigzag stitch on the sewing machine when stitching the dart to prevent pulling or distortion of the seam when stretching.



Set a 2.5 mm stitch length and a 2 mm stitch width on the sewing machine and stitch the dart using a stretch or zigzag stitch.

Backstitch at the raw edge only.

Press the dart flat.



Tie the thread tails at the dart point into a knot and hide them inside the dart bulk using a needle.