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## Sewing for Yoga

Stretch Fabric Leggings and Tops

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A simple approach to technical fabrics, with helpful patterns ranging in size from S to XL. All you need to sew the perfect athletic attire!

10 comfortable outfits from size 34 to 54 and 5 accessories.

To practice a physical activity, you have to wear comfortable clothes designed with breathable fabrics. And what is better than wearing outfits perfectly adapted to your morphology and your tastes?

Stretch fabrics offer a wide range of possibilities and are perfect for creating this style of comfortable outfit or clothing dedicated to the practice of sport. With a simple sewing machine and a series of original clothes, Vanessa shares all the techniques specific to sewing these materials. All the step-by-step explanations and technical focus are accompanied with detailed diagrams to better support you during your creations.

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