

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.



NAYANA PATTERN DESCRIPTION

Nayana is a semi-fitted dress with an accentuated waist and a flare towards the bottom. The skirt is cut on the bias and shaped with waist darts at the back. The dress features a shaped waist seam that sits above the natural waistline. The front of the wrap bodice features waist pleats, while the back is gathered at the waist. The dress has short grown-on sleeves and closes with an invisible zipper in the side seam. The asymmetrical hem has a high-low shape. Nayana is above-ankle length.



IMPORTANT!

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.**

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
cm	26.8–31.7	1.5–3	7.8–10.9
inches	10 1/2–12 1/2	5/8–1 1/8	3 1/8–4 1/4

GARMENT LENGTH, SLEEVE LENGTH

Height, cm	Back length from waist down, cm	Sleeve length including shoulder width, cm
1 (154–160)	102	35.6–38.3
2 (162–168)	105	36.6–39.4
3 (170–176)	108	37.8–40.5
4 (178–184)	111	38.8–41.6

Height, ft	Back length from waist down, in	Sleeve length including shoulder width, in
1 (5'1"–5'3")	40 1/8	14–15 1/8
2 (5'4"–5'6")	41 3/8	14 3/8–15 1/2
3 (5'7"–5'9")	42 1/2	14 7/8–16
4 (5'10"–6'1")	43 3/4	15 1/4–16 3/8

SUGGESTED FABRIC

To sew this dress, choose dress-weight fabrics with the following properties: medium weight, soft, non-stretch or low-stretch. The fiber content can include natural fibers, artificial fibers, blends, or synthetics.

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

The dress in the photo is made of artificial silk. The fabric is soft, flexible, and structured.

The fiber content is 100% polyester. The fabric weight is 250 g/m².

FABRIC AND NOTIONS REQUIREMENTS

1. Main fabric, 140 cm wide, with a directional print/nap, 200–250 g/m², in meters:

Height, cm	Size									
	34	36	38	40	42	44	46	48	50	52
1 (154–160)	2.1	2.15	2.2	2.25	2.35	2.4	2.5	2.55	2.65	2.75
2 (162–168)	2.15	2.2	2.25	2.3	2.4	2.5	2.55	2.6	2.7	2.8
3 (170–176)	2.2	2.25	2.3	2.4	2.45	2.55	2.6	2.7	2.8	2.9
4 (178–184)	2.3	2.35	2.4	2.5	2.55	2.65	2.7	2.8	2.9	3

Main fabric, 55" wide, with a directional print/nap, 200–250 g/m², in yards:

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

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

2. Knit or woven lightweight interfacing, 140 cm wide, 40 g/m², in meters:

Height, cm	Size	
	34–50	52
1 (154–160)	0.1	0.1
2 (162–168)	0.1	0.1
3 (170–176)	0.1	0.1
4 (178–184)	0.1	0.15

Knit or woven lightweight interfacing, 55" wide, 40 g/m², in yards:

Height, ft	Size	
	34–50	52
1 (5'1"–5'3")	1/8	1/8
2 (5'4"–5'6")	1/8	1/8
3 (5'7"–5'9")	1/8	1/8
4 (5'10"–6'1")	1/8	1/8

3. Stitched bias-cut fusible stay tape with stitch reinforcement, 1.5 cm (5/8") wide, for all sizes in all heights — 63–65 cm (3/4 yd)

4. One invisible zipper, 25 cm (9 7/8") long, for all sizes in all heights

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 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 bodice — cut 2
- back bodice — cut 1 on fold
- front skirt — cut 1
- back skirt — cut 1
- back neck facing — cut 1
- front skirt facing — cut 1
- back skirt facing — cut 1

2. From interfacing:

- back neck facing — cut 1
- front skirt facing — cut 1
- back skirt facing — cut 1

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

Additionally, cut two interfacing strips to interface the center seam allowances on the front bodice. The interfacing strips should be cut on the straight grain (parallel to the selvedge).

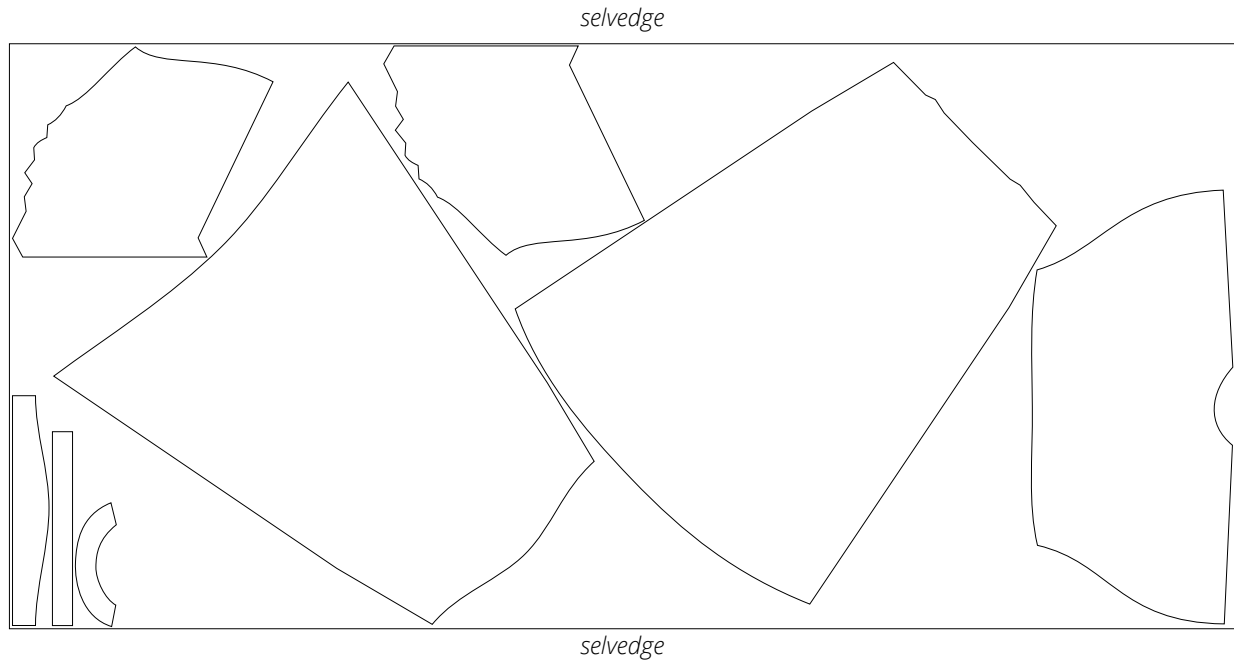
SEAM ALLOWANCES

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

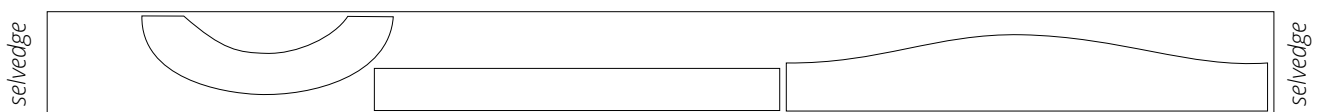
Take this into account when laying out pattern pieces on the fabric.

CUTTING LAYOUT

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



Interfacing, 140 cm (55") wide, cut on a single layer in one direction,
for all sizes in all heights



READY? LET'S GET SEWING!



Fold the back neck facing to the wrong side of the back bodice piece. Press the neckline edge while forming a 2 mm seam roll towards the back neck facing.



With the right side facing up, overlock the shoulder edges on the front bodice, back bodice, and back neck facing pieces.



Place the front bodice and back bodice pieces right sides together. Align the shoulder edges and match the notches. Align the back neck facing seam with the pressed center seam allowance fold on the front bodice piece. Pin and machine-stitch. Backstitch at the beginning and end of the seam.