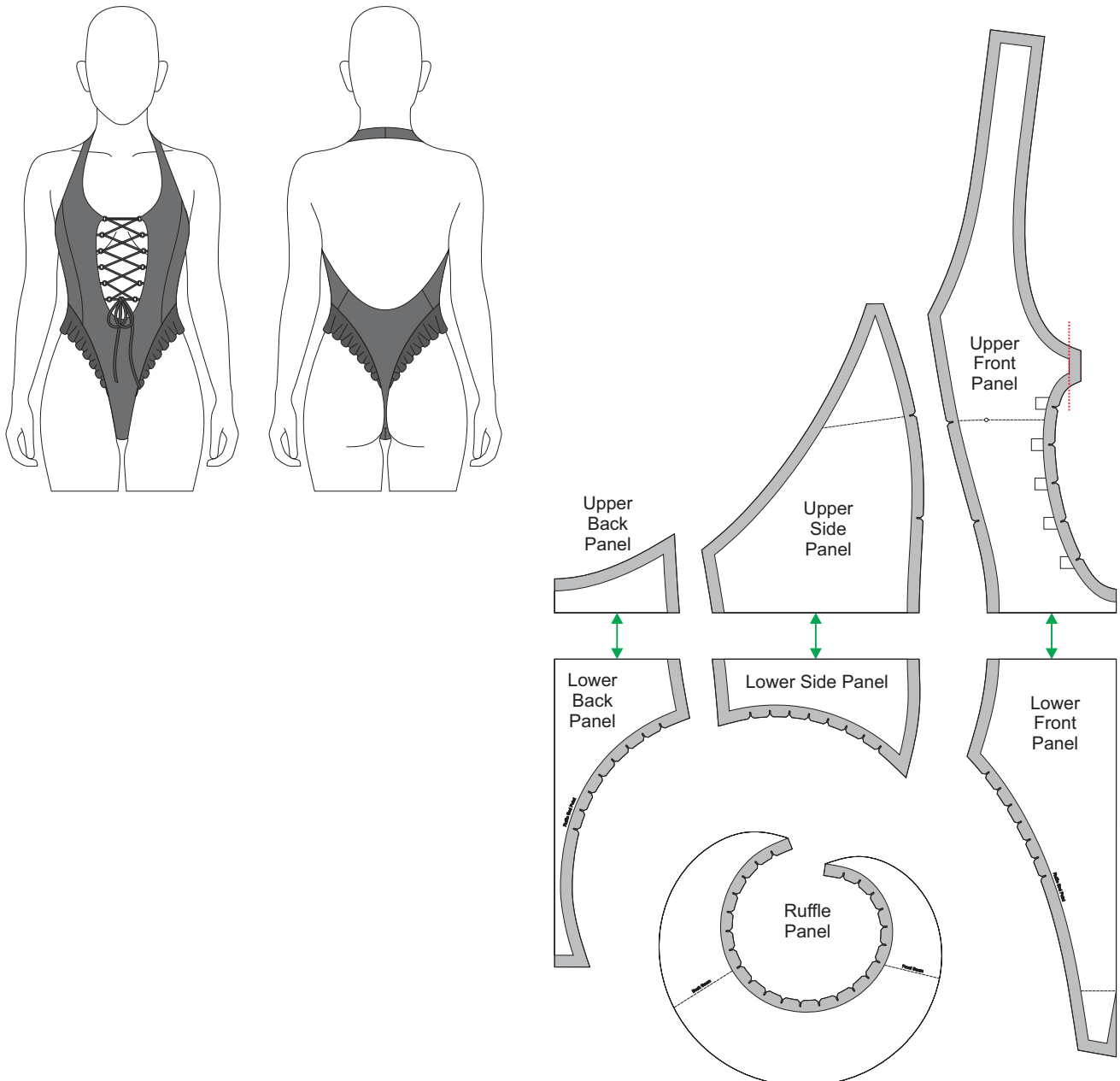


# Lotus Bodysuit

## Before You Start ...

- i. You will need to join some upper panels to lower panels to make a single pattern piece out of the two (for joining different cup sizes to different pelvic tilts) ... which pieces join to which are marked on the pattern and illustrated with green arrows below.*
- ii. Pattern pieces should be placed on the fabric to line up the direction of greatest stretch marker (this is typically selvedge to selvedge).*
- iii. Seam allowances are shaded in grey around the outside of the pattern ... you stitch along the inside line and cut off any excess with your over-locker. If you wish to use binding instead of fold under elastic then remove the seam allowance for that particular edge.*
- iv. The red dotted lines are the fold back position for string attachments or string casings, refer to the individual step.*



# Lotus Bodysuit

## Pattern Notes

Step 1: Serge the crotch seam at the bottom of the **Fabric Front Panel**. To avoid a little point you can also curve the dart a little, using a lightning bolt stitch, but don't go too far up or it will show from the front. Repeat for lining

Step 2: Serge the **Fabric Back Panel** to the **Fabric Front Panel** at the crotch seam. Repeat for lining.

Step 3: Serge the **Fabric Side Panels** to either side of the **Fabric Front Panel** at the princess line, carefully lining up the notches. Repeat for lining. Serge the **Fabric Side Panels** to the **Fabric Back Panels** at the back quarter seam. Repeat for lining.

Step 4: Serge the centre back neck of the **Fabric Front Panel** closed. Repeat for lining

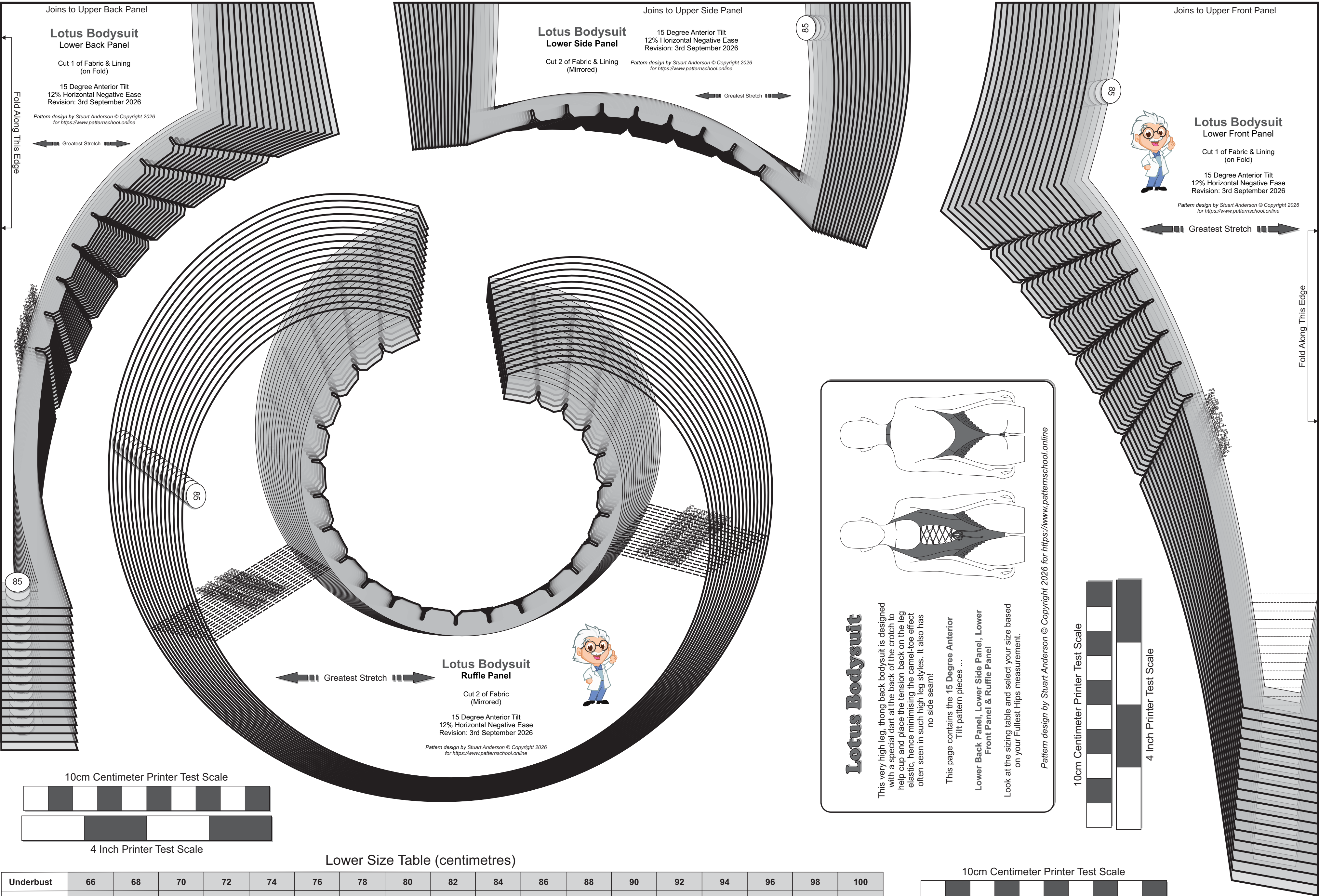
Step 5: Place the lining body section inside the fabric body section, wrong sides together, such that it looks like a right side out garment. Baste the two layers together, carefully lining up the notches, around the leg hole between the lines for the ruffles ... this will hold it in place so you can apply the ruffle. Also, baste the two layers together at the front where all the ties will be applied, carefully lining up the notches. You can use a zig zag stitch in the seam allowance if you prefer.

Step 6: Pin each ruffle to correct side (the pattern is labeled with front and back seam positions), fabric right sides together. Baste lightly.

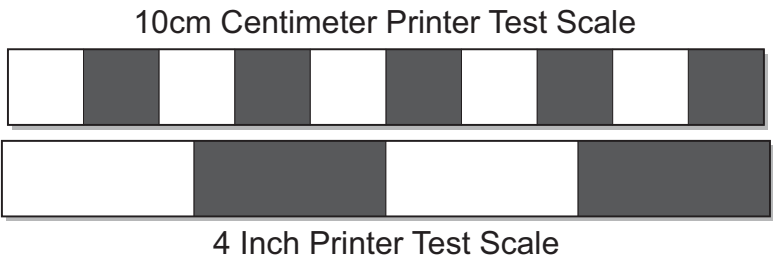
Step 7: You will need ten 6cm lengths of 10mm wide tie strings with elastic inside. I recommend making a 60cm length, marking the 6cm lengths and doing a straight stitch either side of the mark to hold the elastic in place when cut them into smaller pieces. Thread a 12.5mm (half an inch) ring over each piece and fold it in half. Place each to the right side of the body section where indicated on the pattern ... what you want is that when you fold over the elastic later, the little ring tab flips towards the centre, just 10mm beyond the edge of the body section. Straight stitch each in place within the seam allowance ... they will stick over the edge by 10mm which you will cut off with your serger when applying the elastic ... the extra length at this stage makes them easier to handle.

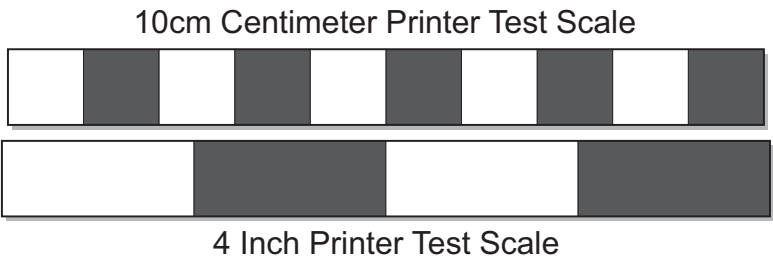
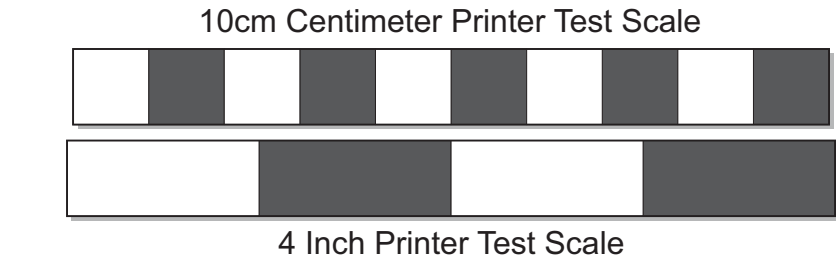
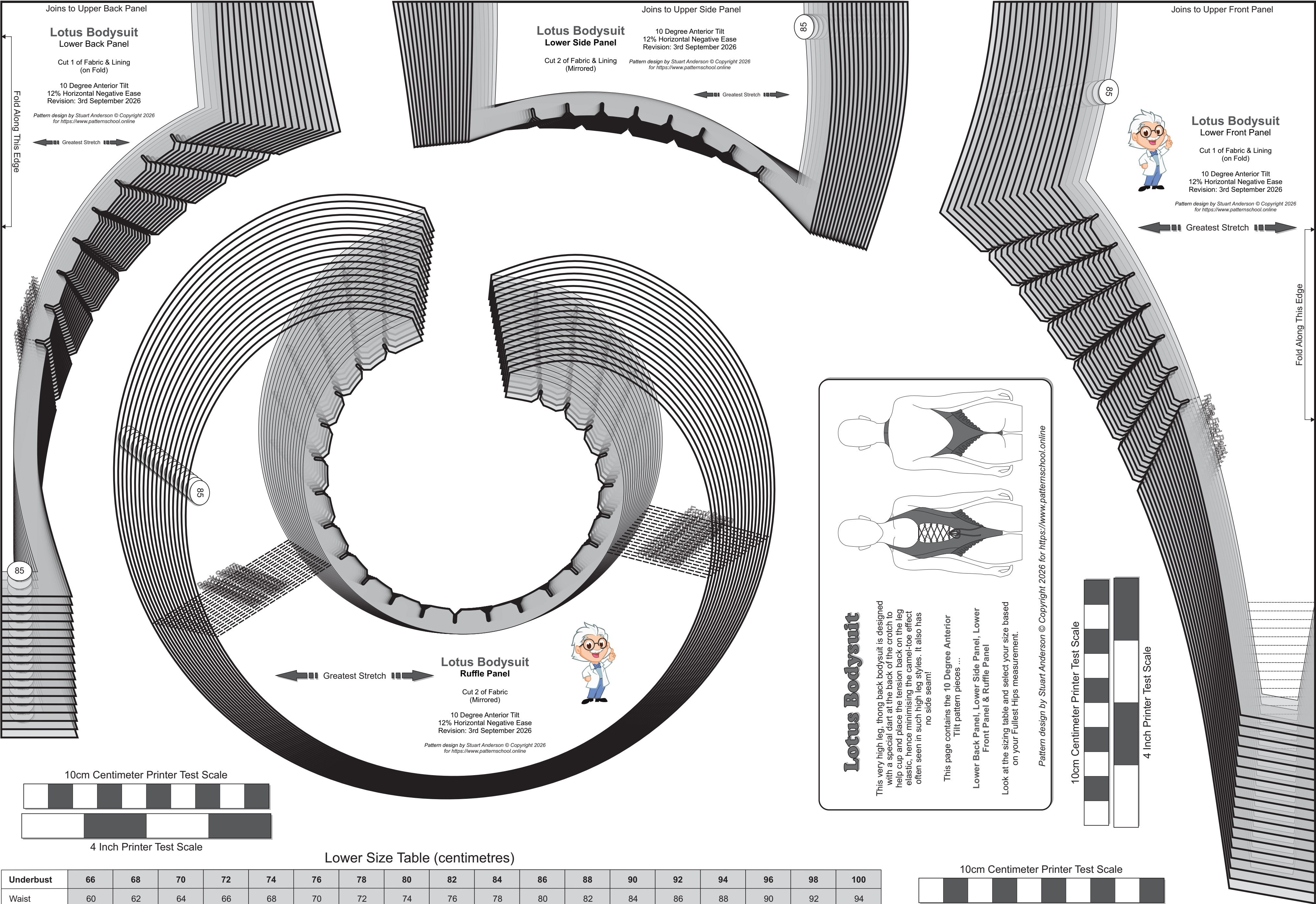
Step 8: Turn the garment inside out. In this step we apply 10mm elastic, at 5% reduction, using your serger, to the lining side of all edges (neck hole, tie section, back and leg holes, catching up the edge of the ruffle and ring tabs as you go. Turn right side out, fold under the elastic and top stitch using a cover stitch or zig zag.

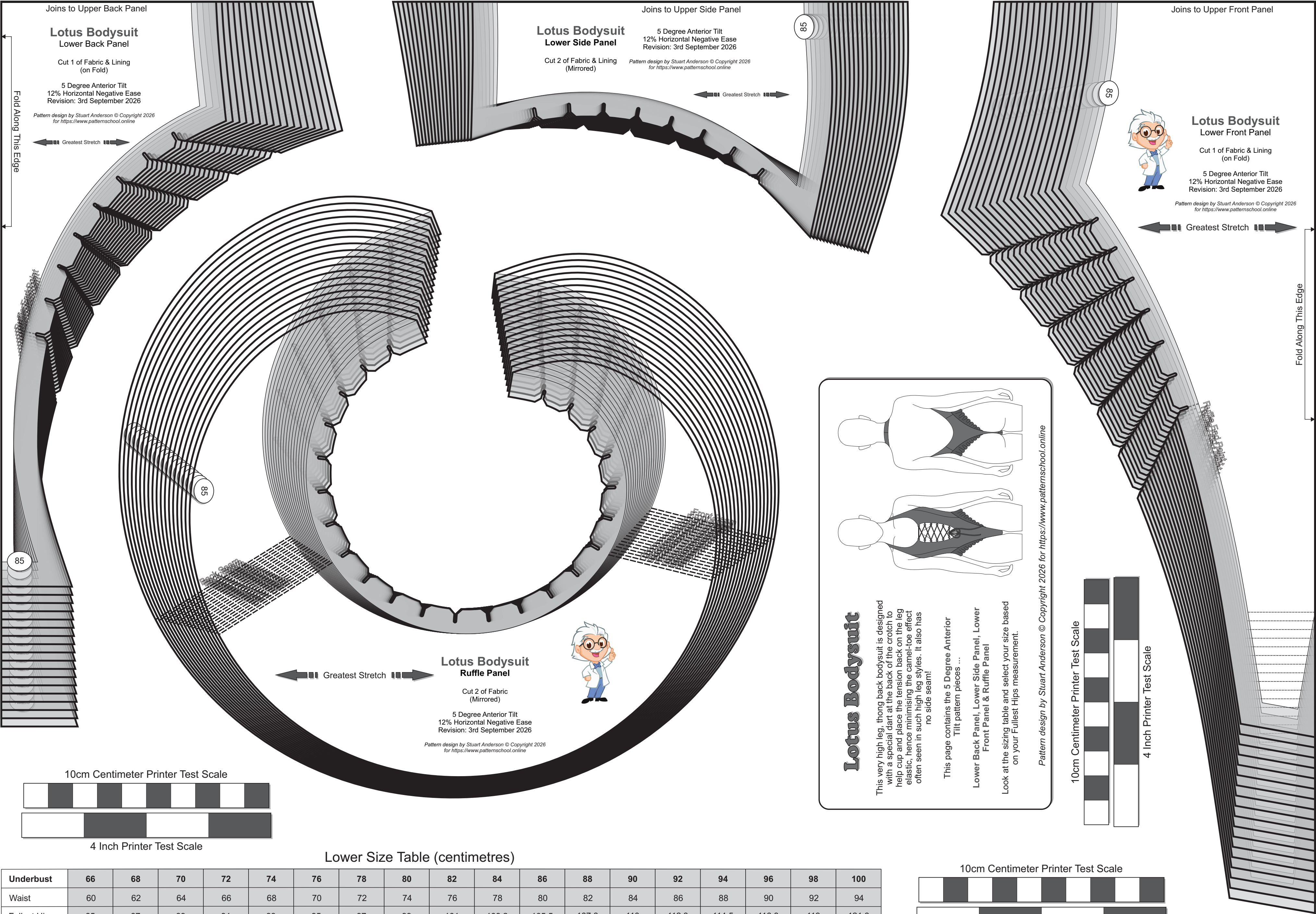
Step 9: Apply another 12.5mm ring to each of the fold overs at the top of the tie string area ... there's only a 10mm seam allowance here so use a straight stitch and zipper foot to get right up to the edge of the ring. Make a 120cm long tie string, 10mm wide with elastic inside and thread it through the rings as per the illustration on the previous page. Try on the garment and adjust the strings to the correct lengths, tie in a bow and trim/knot the ends to your desired length.



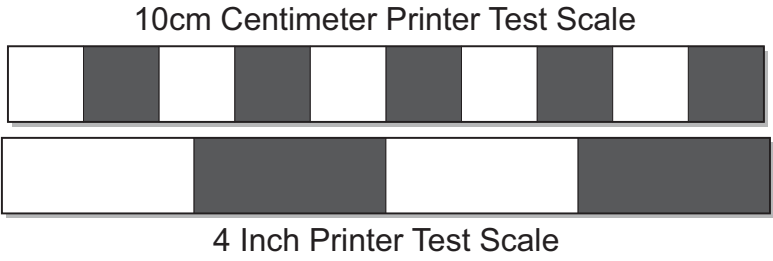
| Underbust    | 66 | 68   | 70   | 72   | 74   | 76   | 78   | 80 | 82   | 84    | 86    | 88    | 90   | 92    | 94    | 96    | 98   | 100   |
|--------------|----|------|------|------|------|------|------|----|------|-------|-------|-------|------|-------|-------|-------|------|-------|
| Waist        | 60 | 62   | 64   | 66   | 68   | 70   | 72   | 74 | 76   | 78    | 80    | 82    | 84   | 86    | 88    | 90    | 92   | 94    |
| Fullest Hips | 85 | 87   | 89   | 91   | 93   | 95   | 97   | 99 | 101  | 103.2 | 105.5 | 107.8 | 110  | 112.3 | 114.5 | 116.8 | 119  | 121.3 |
| Waist-Hips   | 24 | 24.3 | 24.6 | 24.9 | 25.2 | 25.4 | 25.7 | 26 | 26.3 | 26.6  | 26.9  | 27.2  | 27.5 | 27.8  | 28.1  | 28.4  | 28.6 | 28.9  |







| Underbust    | 66 | 68   | 70   | 72   | 74   | 76   | 78   | 80 | 82   | 84    | 86    | 88    | 90   | 92    | 94    | 96    | 98   | 100   |
|--------------|----|------|------|------|------|------|------|----|------|-------|-------|-------|------|-------|-------|-------|------|-------|
| Waist        | 60 | 62   | 64   | 66   | 68   | 70   | 72   | 74 | 76   | 78    | 80    | 82    | 84   | 86    | 88    | 90    | 92   | 94    |
| Fullest Hips | 85 | 87   | 89   | 91   | 93   | 95   | 97   | 99 | 101  | 103.2 | 105.5 | 107.8 | 110  | 112.3 | 114.5 | 116.8 | 119  | 121.3 |
| Waist-Hips   | 24 | 24.3 | 24.6 | 24.9 | 25.2 | 25.4 | 25.7 | 26 | 26.3 | 26.6  | 26.9  | 27.2  | 27.5 | 27.8  | 28.1  | 28.4  | 28.6 | 28.9  |



Joins to Upper Back Panel

Lotus Bodysuit

Lower Back Panel

Cut 1 of Fabric & Lining  
(on Fold)

Neutral Tilt  
12% Horizontal Negative Ease  
Revision: 3rd September 2026

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Greatest Stretch

Fold Along This Edge

Joins to Upper Side Panel

Lotus Bodysuit

Lower Side Panel

Cut 2 of Fabric & Lining  
(Mirrored)

Neutral Tilt  
12% Horizontal Negative Ease  
Revision: 3rd September 2026

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Greatest Stretch

85

Joins to Upper Front Panel

Lotus Bodysuit

Lower Front Panel

Cut 1 of Fabric & Lining  
(on Fold)

Neutral Tilt  
12% Horizontal Negative Ease  
Revision: 3rd September 2026

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Greatest Stretch

Fold Along This Edge

85

85

85

Lotus Bodysuit

Ruffle Panel

Cut 2 of Fabric  
(Mirrored)

Neutral Tilt  
12% Horizontal Negative Ease  
Revision: 3rd September 2026

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Greatest Stretch

85

Lotus Bodysuit

Lower Back Panel, Lower Side Panel, Lower Front Panel & Ruffle Panel

no side seam!

This very high leg, thong back bodysuit is designed with a special dart at the back of the crotch to help cup and place the tension back on the leg elastic, hence minimising the camel-toe effect often seen in such high leg styles. It also has no side seam!

This page contains the Neutral Tilt pattern pieces ...

Look at the sizing table and select your size based on your Fullest Hips measurement.

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10cm Centimeter Printer Test Scale

4 Inch Printer Test Scale

10cm Centimeter Printer Test Scale

4 Inch Printer Test Scale

Lower Size Table (centimetres)

| Underbust    | 66 | 68   | 70   | 72   | 74   | 76   | 78   | 80 | 82   | 84    | 86    | 88    | 90   | 92    | 94    | 96    | 98   | 100   |
|--------------|----|------|------|------|------|------|------|----|------|-------|-------|-------|------|-------|-------|-------|------|-------|
| Waist        | 60 | 62   | 64   | 66   | 68   | 70   | 72   | 74 | 76   | 78    | 80    | 82    | 84   | 86    | 88    | 90    | 92   | 94    |
| Fullest Hips | 85 | 87   | 89   | 91   | 93   | 95   | 97   | 99 | 101  | 103.2 | 105.5 | 107.8 | 110  | 112.3 | 114.5 | 116.8 | 119  | 121.3 |
| Waist-Hips   | 24 | 24.3 | 24.6 | 24.9 | 25.2 | 25.4 | 25.7 | 26 | 26.3 | 26.6  | 26.9  | 27.2  | 27.5 | 27.8  | 28.1  | 28.4  | 28.6 | 28.9  |

| Underbust    | 66 | 68   | 70   | 72   | 74   | 76   | 78   | 80 | 82   | 84    | 86    | 88    | 90   | 92    | 94    | 96    | 98   | 100   |
|--------------|----|------|------|------|------|------|------|----|------|-------|-------|-------|------|-------|-------|-------|------|-------|
| Waist        | 60 | 62   | 64   | 66   | 68   | 70   | 72   | 74 | 76   | 78    | 80    | 82    | 84   | 86    | 88    | 90    | 92   | 94    |
| Fullest Hips | 85 | 87   | 89   | 91   | 93   | 95   | 97   | 99 | 101  | 103.2 | 105.5 | 107.8 | 110  | 112.3 | 114.5 | 116.8 | 119  | 121.3 |
| Waist-Hips   | 24 | 24.3 | 24.6 | 24.9 | 25.2 | 25.4 | 25.7 | 26 | 26.3 | 26.6  | 26.9  | 27.2  | 27.5 | 27.8  | 28.1  | 28.4  | 28.6 | 28.9  |

Joins to Upper Back Panel

Lotus Bodysuit

Lower Back Panel

Cut 1 of Fabric & Lining  
(on Fold)

5 Degree Posterior Tilt  
12% Horizontal Negative Ease  
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Greatest Stretch

Fold Along This Edge

Joins to Upper Side Panel

Lotus Bodysuit

Lower Side Panel

Cut 2 of Fabric & Lining  
(Mirrored)

5 Degree Posterior Tilt  
12% Horizontal Negative Ease  
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Greatest Stretch

85

Joins to Upper Front Panel

Lotus Bodysuit

Lower Front Panel

Cut 1 of Fabric & Lining  
(on Fold)

5 Degree Posterior Tilt  
12% Horizontal Negative Ease  
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Greatest Stretch

85

Fold Along This Edge

85

85

Lotus Bodysuit

Ruffle Panel

Cut 2 of Fabric  
(Mirrored)

5 Degree Posterior Tilt  
12% Horizontal Negative Ease  
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Greatest Stretch

85

Lotus Bodysuit

This very high leg, thong back bodysuit is designed with a special dart at the back of the crotch to help cup and place the tension back on the leg elastic, hence minimising the camel-toe effect often seen in such high leg styles. It also has no side seam!

This page contains the 5 Degree Posterior Tilt pattern pieces ...

Lower Back Panel, Lower Side Panel, Lower Front Panel & Ruffle Panel

Look at the sizing table and select your size based on your Fullest Hips measurement.

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10cm Centimeter Printer Test Scale

4 Inch Printer Test Scale

10cm Centimeter Printer Test Scale

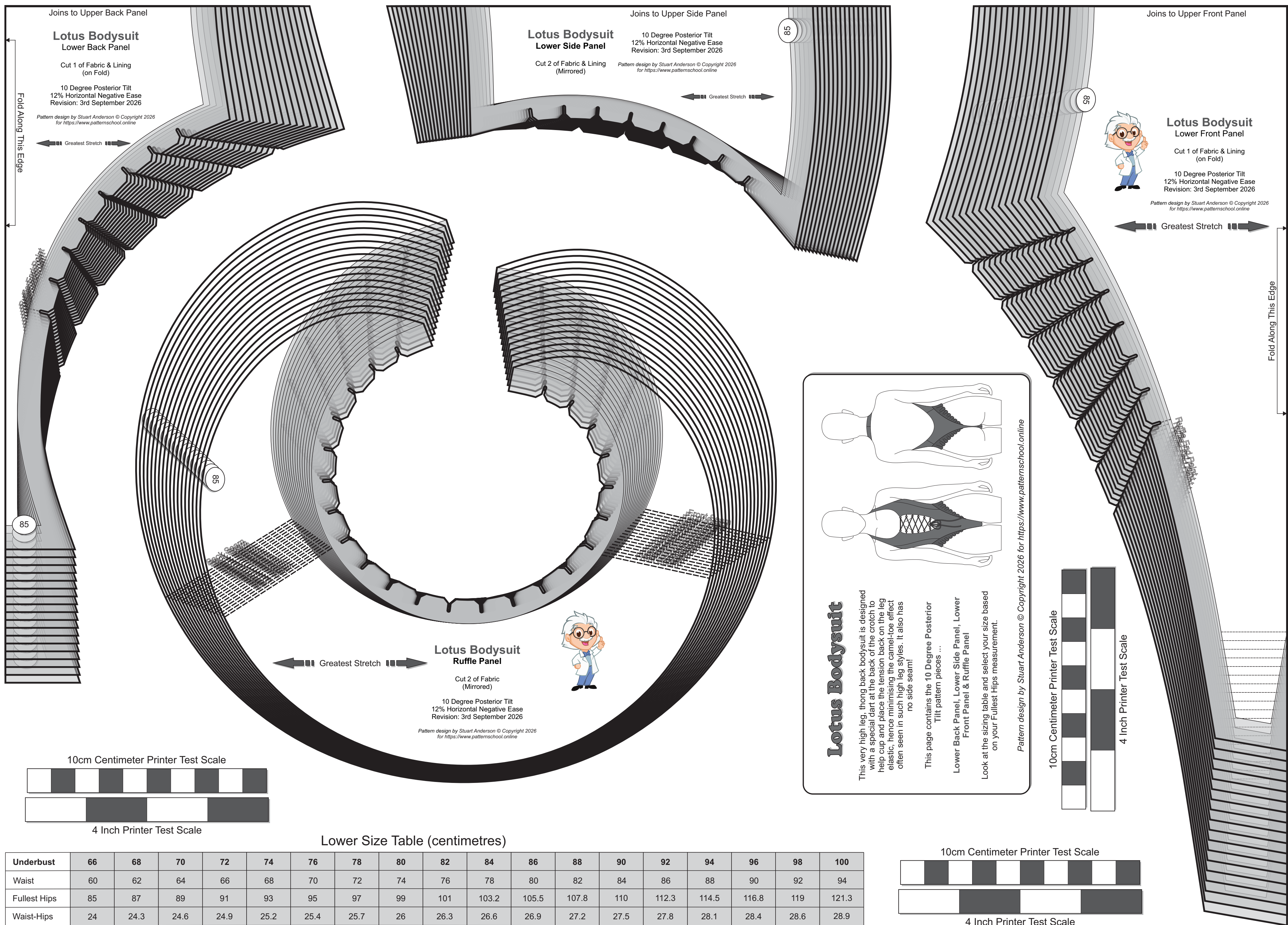
4 Inch Printer Test Scale

10cm Centimeter Printer Test Scale

4 Inch Printer Test Scale

Lower Size Table (centimetres)

| Underbust    | 66 | 68   | 70   | 72   | 74   | 76   | 78   | 80 | 82   | 84    | 86    | 88    | 90   | 92    | 94    | 96    | 98   | 100   |
|--------------|----|------|------|------|------|------|------|----|------|-------|-------|-------|------|-------|-------|-------|------|-------|
| Waist        | 60 | 62   | 64   | 66   | 68   | 70   | 72   | 74 | 76   | 78    | 80    | 82    | 84   | 86    | 88    | 90    | 92   | 94    |
| Fullest Hips | 85 | 87   | 89   | 91   | 93   | 95   | 97   | 99 | 101  | 103.2 | 105.5 | 107.8 | 110  | 112.3 | 114.5 | 116.8 | 119  | 121.3 |
| Waist-Hips   | 24 | 24.3 | 24.6 | 24.9 | 25.2 | 25.4 | 25.7 | 26 | 26.3 | 26.6  | 26.9  | 27.2  | 27.5 | 27.8  | 28.1  | 28.4  | 28.6 | 28.9  |



| Underbust    | 66   | 68   | 70   | 72   | 74   | 76    | 78    | 80    | 82    | 84    | 86    | 88    | 90    | 92    | 94    | 96    | 98    | 100   |
|--------------|------|------|------|------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Bust (B Cup) | 78   | 80   | 82   | 84   | 86   | 88    | 90    | 92    | 94    | 96    | 98    | 100   | 102   | 104   | 106   | 108   | 110   | 112   |
| Bust (C Cup) | 80.5 | 82.5 | 84.5 | 86.5 | 88.5 | 90.5  | 92.5  | 94.5  | 96.5  | 98.5  | 100.5 | 102.5 | 104.5 | 106.5 | 108.5 | 110.5 | 112.5 | 114.5 |
| Bust (D Cup) | 83   | 85   | 87   | 89   | 91   | 93    | 95    | 97    | 99    | 101   | 103   | 105   | 107   | 109   | 111   | 113   | 115   | 117   |
| Bust (E Cup) | 85.5 | 87.5 | 89.5 | 91.5 | 93.5 | 95.5  | 97.5  | 99.5  | 101.5 | 103.5 | 105.5 | 107.5 | 109.5 | 111.5 | 113.5 | 115.5 | 117.5 | 119.5 |
| Bust (F Cup) | 88   | 90   | 92   | 94   | 96   | 98    | 100   | 102   | 104   | 106   | 108   | 110   | 112   | 114   | 116   | 118   | 120   | 122   |
| Bust (G Cup) | 90.5 | 92.5 | 94.5 | 96.5 | 98.5 | 100.5 | 102.5 | 104.5 | 106.5 | 108.5 | 110.5 | 112.5 | 114.5 | 116.5 | 118.5 | 120.5 | 122.5 | 124.5 |
| Waist        | 60   | 62   | 64   | 66   | 68   | 70    | 72    | 74    | 76    | 78    | 80    | 82    | 84    | 86    | 88    | 90    | 92    | 94    |
| Nape-Waist   | 37.4 | 37.6 | 37.8 | 38   | 38.2 | 38.5  | 38.7  | 38.9  | 39.1  | 39.3  | 39.5  | 39.7  | 39.9  | 40.1  | 40.3  | 40.5  | 40.8  | 41    |

Upper Size Table (centimetres)

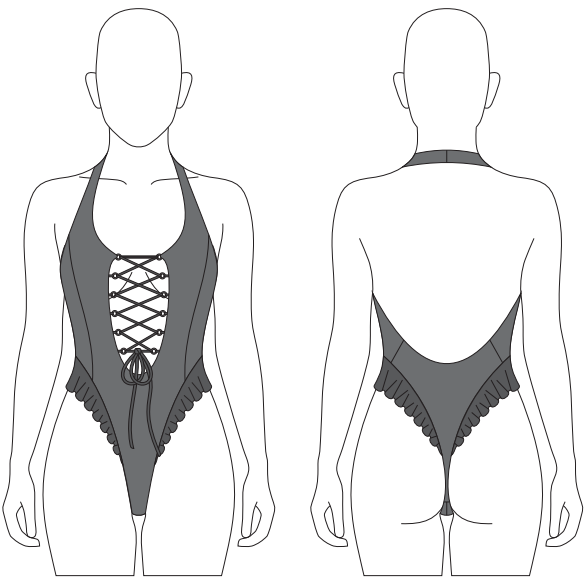
## Lotus Bodysuit

This very high leg, thong back bodysuit is designed with a special dart at the back of the crotch to help cup and place the tension back on the leg elastic, hence minimising the camel-toe effect often seen in such high leg styles. It also has no side seam!

This page contains the B Cup pattern pieces ...

Upper Back Panel, Upper Side Panel & Upper Front Panel

Look at the sizing table and select your size based on your Bust and Under Bust measurements. Don't just choose by what you think is your normal cup size

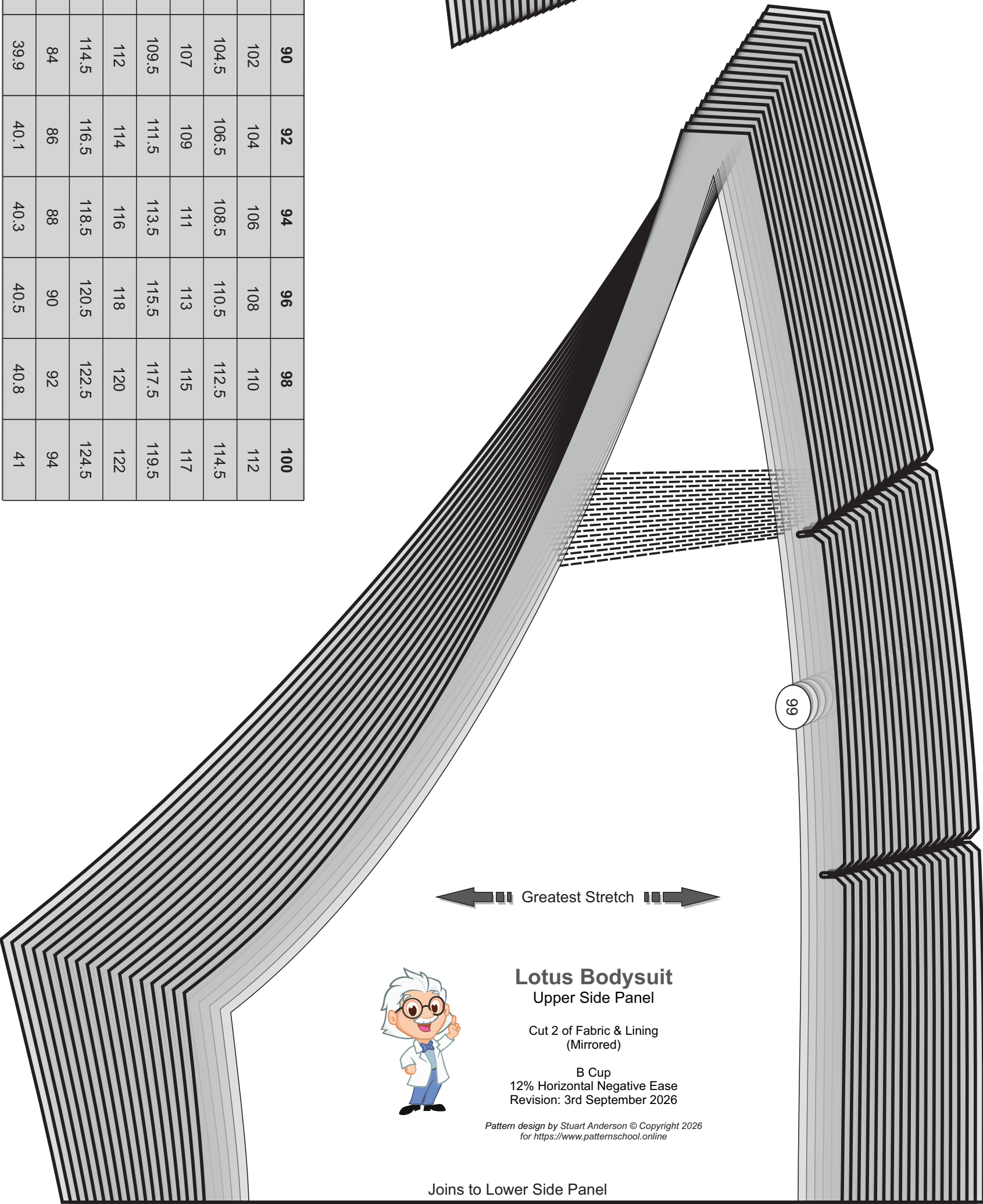
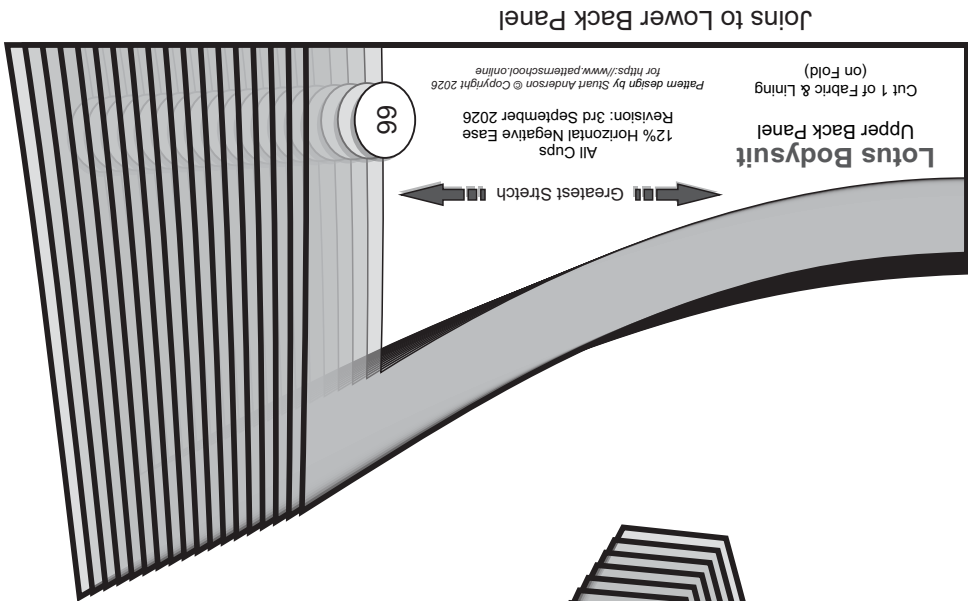


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10cm Centimeter Printer Test Scale



4 Inch Printer Test Scale



10cm Centimeter Printer Test Scale



4 Inch Printer Test Scale

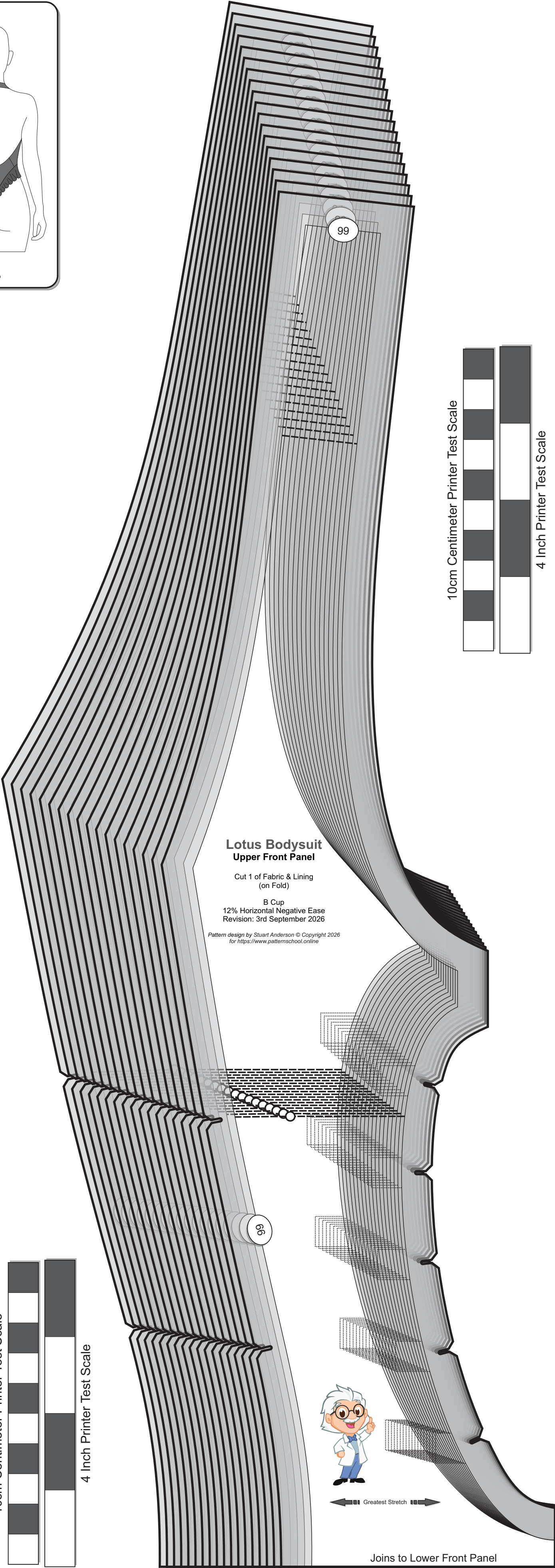


## Lotus Bodysuit Upper Front Panel

Cut 1 of Fabric & Lining (on Fold)

B Cup  
12% Horizontal Negative Ease  
Revision: 3rd September 2026

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10cm Centimeter Printer Test Scale



4 Inch Printer Test Scale



| Underbust    | 66   | 68   | 70   | 72   | 74   | 76    | 78    | 80    | 82    | 84    | 86    | 88    | 90    | 92    | 94    | 96    | 98    | 100   |
|--------------|------|------|------|------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Bust (B Cup) | 78   | 80   | 82   | 84   | 86   | 88    | 90    | 92    | 94    | 96    | 98    | 100   | 102   | 104   | 106   | 108   | 110   | 112   |
| Bust (C Cup) | 80.5 | 82.5 | 84.5 | 86.5 | 88.5 | 90.5  | 92.5  | 94.5  | 96.5  | 98.5  | 100.5 | 102.5 | 104.5 | 106.5 | 108.5 | 110.5 | 112.5 | 114.5 |
| Bust (D Cup) | 83   | 85   | 87   | 89   | 91   | 93    | 95    | 97    | 99    | 101   | 103   | 105   | 107   | 109   | 111   | 113   | 115   | 117   |
| Bust (E Cup) | 85.5 | 87.5 | 89.5 | 91.5 | 93.5 | 95.5  | 97.5  | 99.5  | 101.5 | 103.5 | 105.5 | 107.5 | 109.5 | 111.5 | 113.5 | 115.5 | 117.5 | 119.5 |
| Bust (F Cup) | 88   | 90   | 92   | 94   | 96   | 98    | 100   | 102   | 104   | 106   | 108   | 110   | 112   | 114   | 116   | 118   | 120   | 122   |
| Bust (G Cup) | 90.5 | 92.5 | 94.5 | 96.5 | 98.5 | 100.5 | 102.5 | 104.5 | 106.5 | 108.5 | 110.5 | 112.5 | 114.5 | 116.5 | 118.5 | 120.5 | 122.5 | 124.5 |
| Waist        | 60   | 62   | 64   | 66   | 68   | 70    | 72    | 74    | 76    | 78    | 80    | 82    | 84    | 86    | 88    | 90    | 92    | 94    |
| Nape-Waist   | 37.4 | 37.6 | 37.8 | 38   | 38.2 | 38.5  | 38.7  | 38.9  | 39.1  | 39.3  | 39.5  | 39.7  | 39.9  | 40.1  | 40.3  | 40.5  | 40.8  | 41    |

Upper Size Table (centimetres)

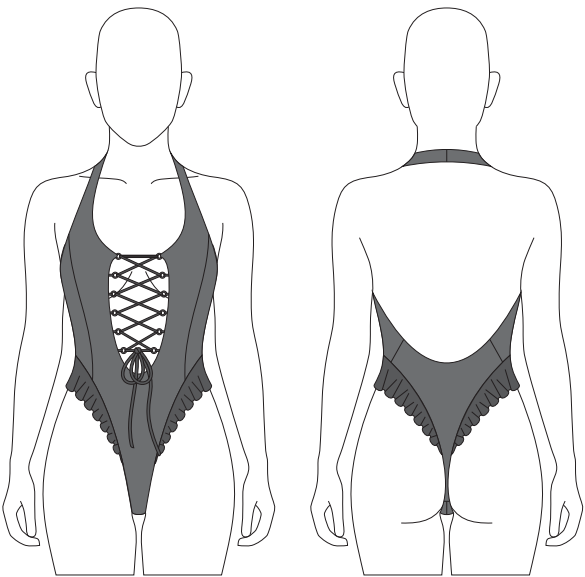
## Lotus Bodysuit

This very high leg, thong back bodysuit is designed with a special dart at the back of the crotch to help cup and place the tension back on the leg elastic, hence minimising the camel-toe effect often seen in such high leg styles. It also has no side seam!

This page contains the C Cup pattern pieces ...

Upper Back Panel, Upper Side Panel  
& Upper Front Panel

Look at the sizing table and select your size based on your Bust and Under Bust measurements. Don't just choose by what you think is your normal cup size

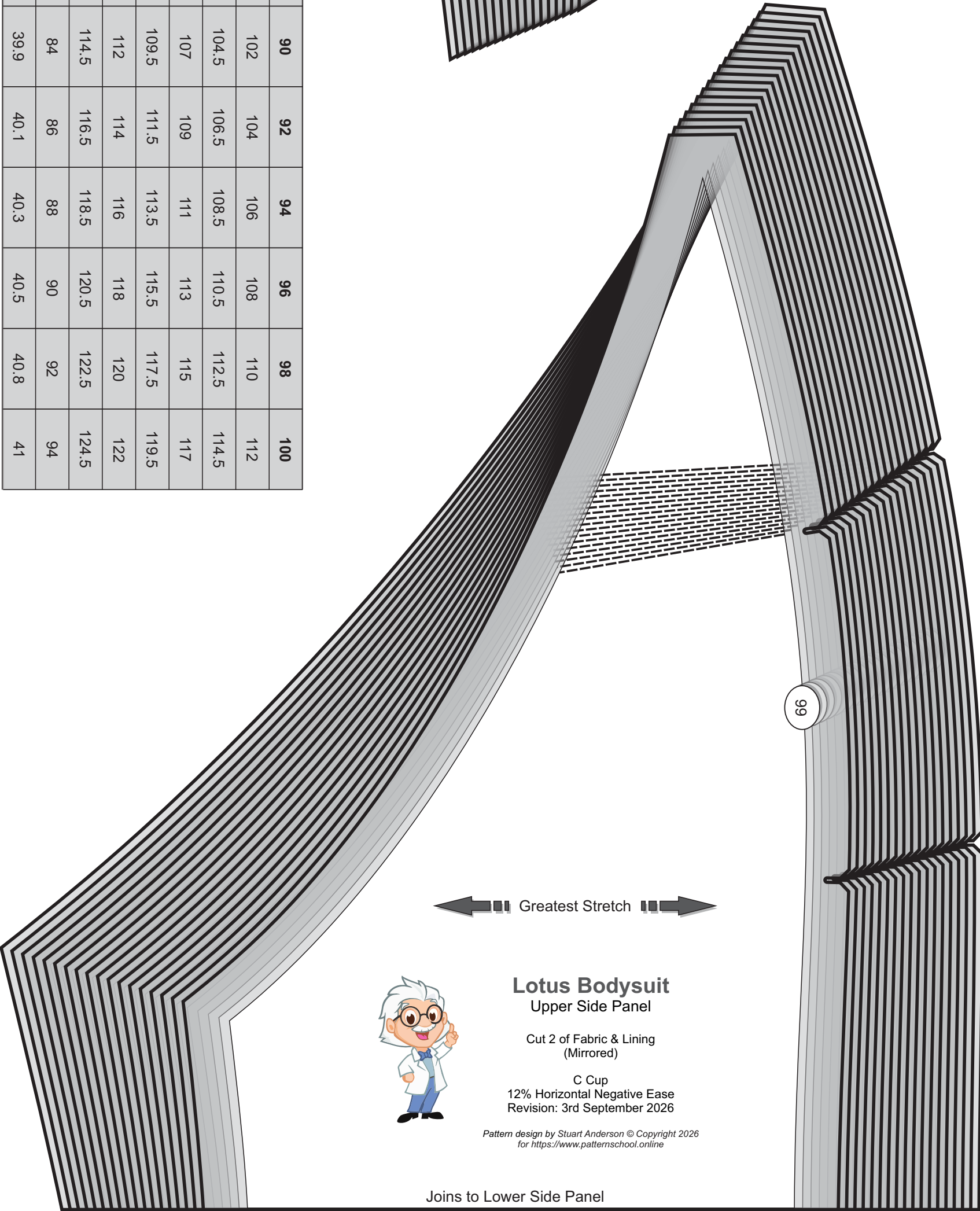
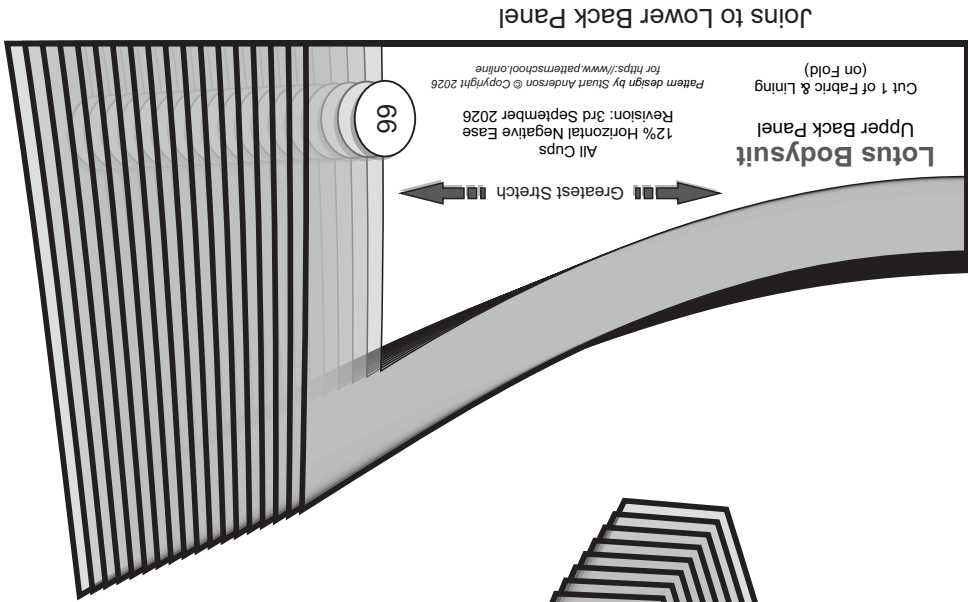


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10cm Centimeter Printer Test Scale



4 Inch Printer Test Scale



Lotus Bodysuit  
Upper Side Panel

Cut 2 of Fabric & Lining  
(Mirrored)

C Cup  
12% Horizontal Negative Ease  
Revision: 3rd September 2026

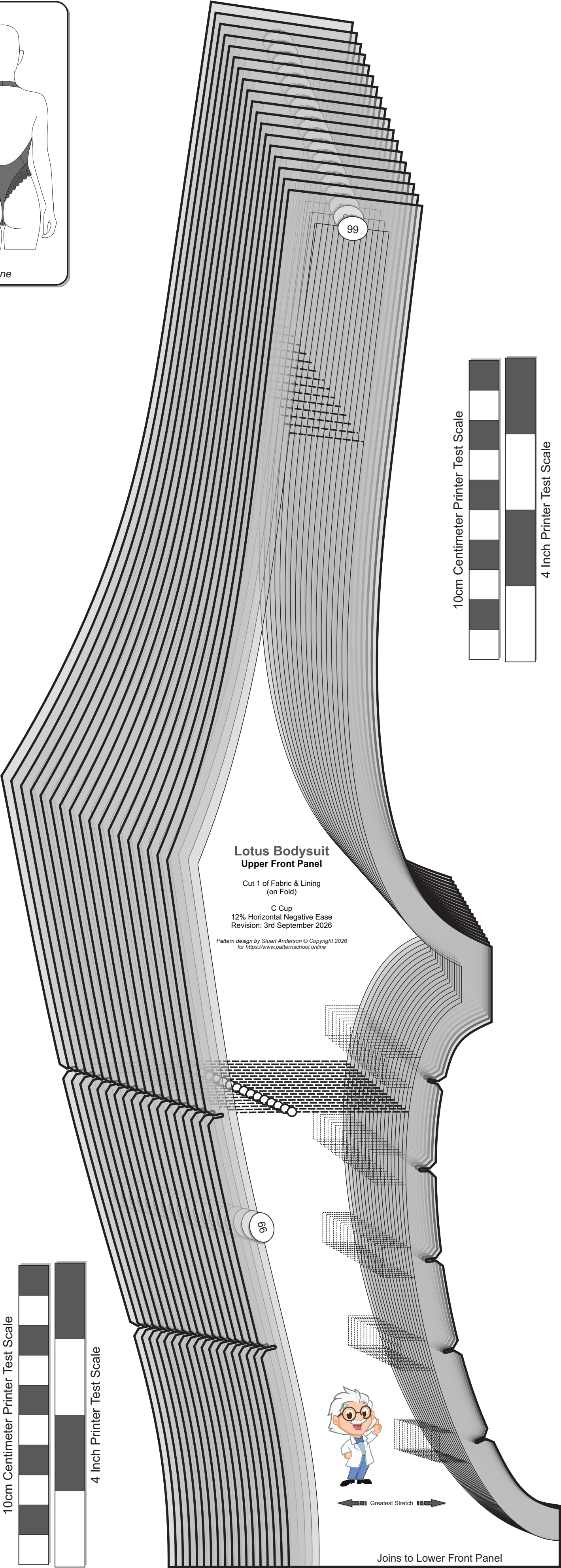
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Joins to Lower Side Panel

10cm Centimeter Printer Test Scale



4 Inch Printer Test Scale



Lotus Bodysuit  
Upper Front Panel

Cut 1 of Fabric & Lining  
(on Fold)

C Cup  
12% Horizontal Negative Ease  
Revision: 3rd September 2026

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Joins to Lower Front Panel

10cm Centimeter Printer Test Scale



4 Inch Printer Test Scale



| Underbust    | 66   | 68   | 70   | 72   | 74   | 76    | 78    | 80    | 82    | 84    | 86    | 88    | 90    | 92    | 94    | 96    | 98    | 100   |
|--------------|------|------|------|------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Bust (B Cup) | 78   | 80   | 82   | 84   | 86   | 88    | 90    | 92    | 94    | 96    | 98    | 100   | 102   | 104   | 106   | 108   | 110   | 112   |
| Bust (C Cup) | 80.5 | 82.5 | 84.5 | 86.5 | 88.5 | 90.5  | 92.5  | 94.5  | 96.5  | 98.5  | 100.5 | 102.5 | 104.5 | 106.5 | 108.5 | 110.5 | 112.5 | 114.5 |
| Bust (D Cup) | 83   | 85   | 87   | 89   | 91   | 93    | 95    | 97    | 99    | 101   | 103   | 105   | 107   | 109   | 111   | 113   | 115   | 117   |
| Bust (E Cup) | 85.5 | 87.5 | 89.5 | 91.5 | 93.5 | 95.5  | 97.5  | 99.5  | 101.5 | 103.5 | 105.5 | 107.5 | 109.5 | 111.5 | 113.5 | 115.5 | 117.5 | 119.5 |
| Bust (F Cup) | 88   | 90   | 92   | 94   | 96   | 98    | 100   | 102   | 104   | 106   | 108   | 110   | 112   | 114   | 116   | 118   | 120   | 122   |
| Bust (G Cup) | 90.5 | 92.5 | 94.5 | 96.5 | 98.5 | 100.5 | 102.5 | 104.5 | 106.5 | 108.5 | 110.5 | 112.5 | 114.5 | 116.5 | 118.5 | 120.5 | 122.5 | 124.5 |
| Waist        | 60   | 62   | 64   | 66   | 68   | 70    | 72    | 74    | 76    | 78    | 80    | 82    | 84    | 86    | 88    | 90    | 92    | 94    |
| Nape-Waist   | 37.4 | 37.6 | 37.8 | 38   | 38.2 | 38.5  | 38.7  | 38.9  | 39.1  | 39.3  | 39.5  | 39.7  | 39.9  | 40.1  | 40.3  | 40.5  | 40.8  | 41    |

Upper Size Table (centimetres)

## Lotus Bodysuit

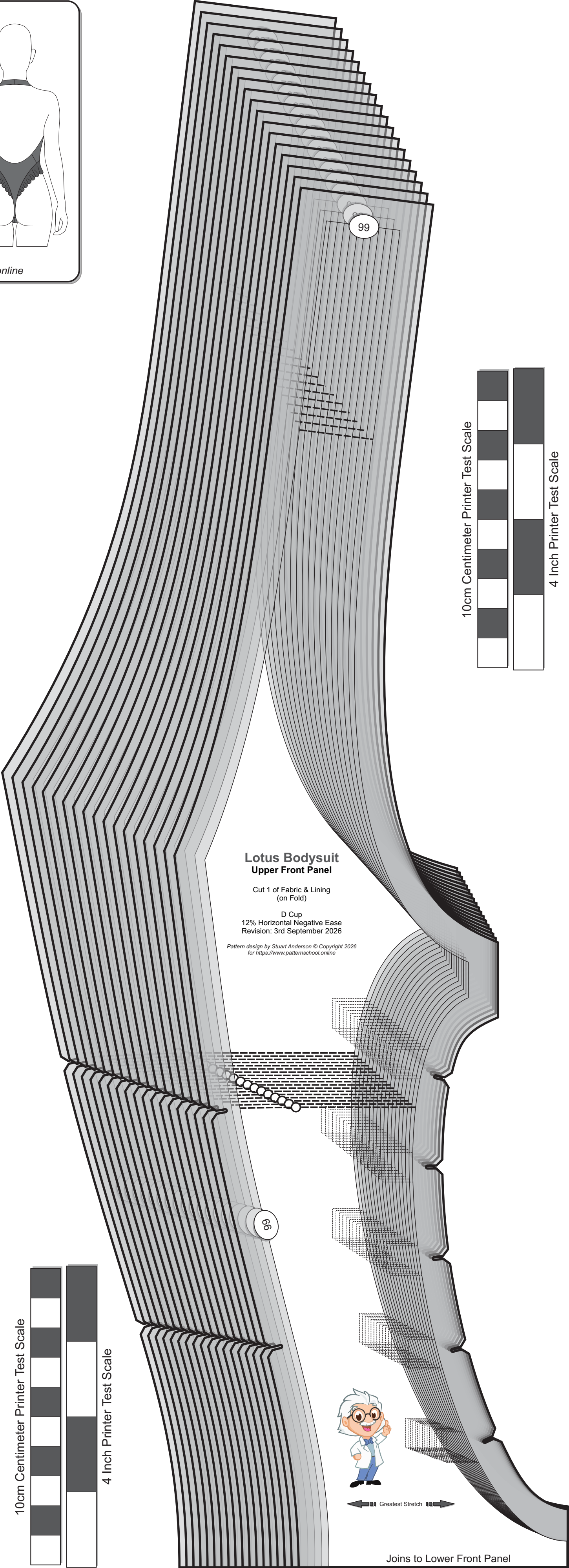
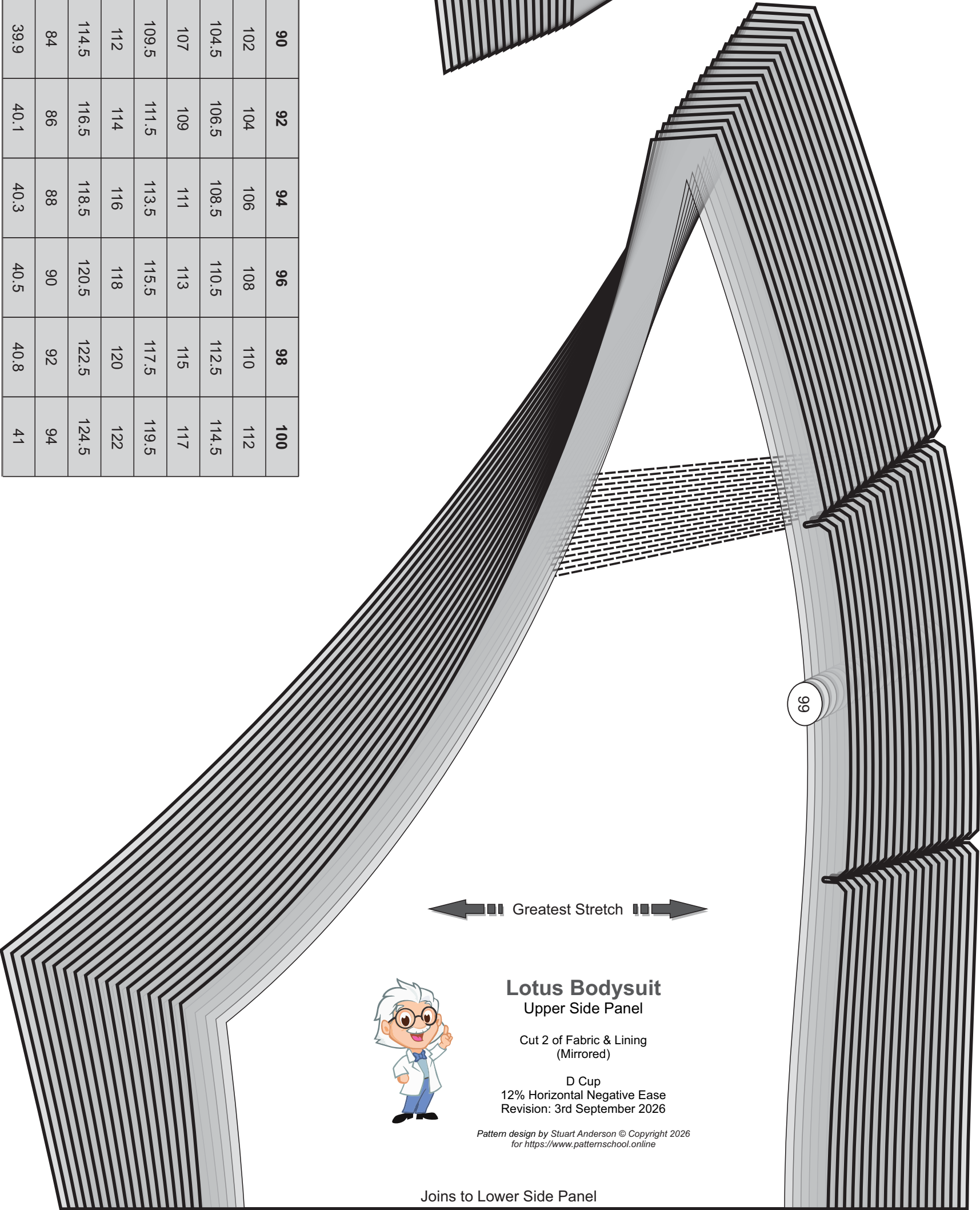
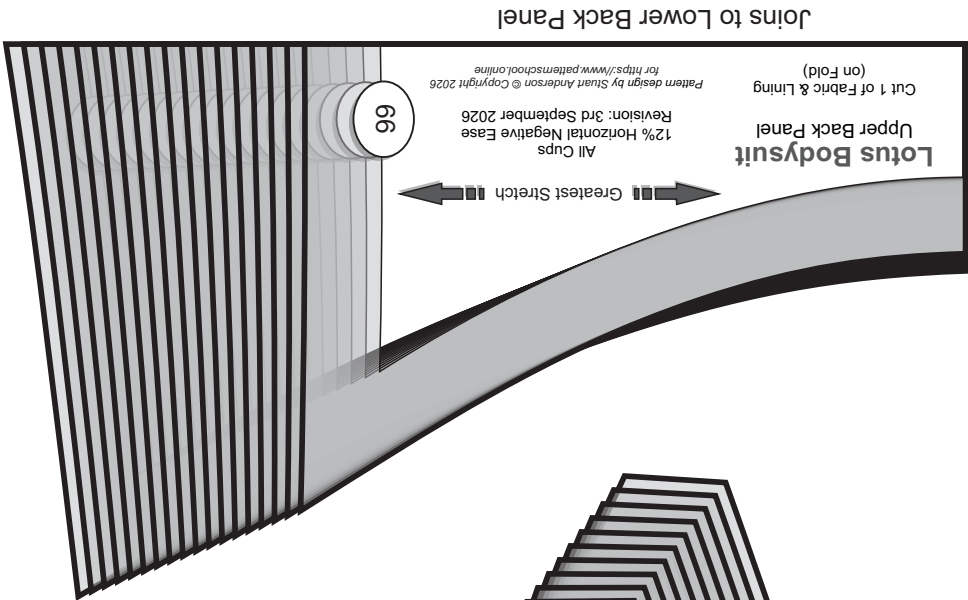
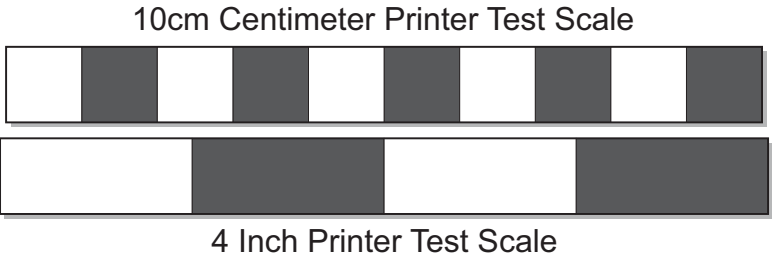
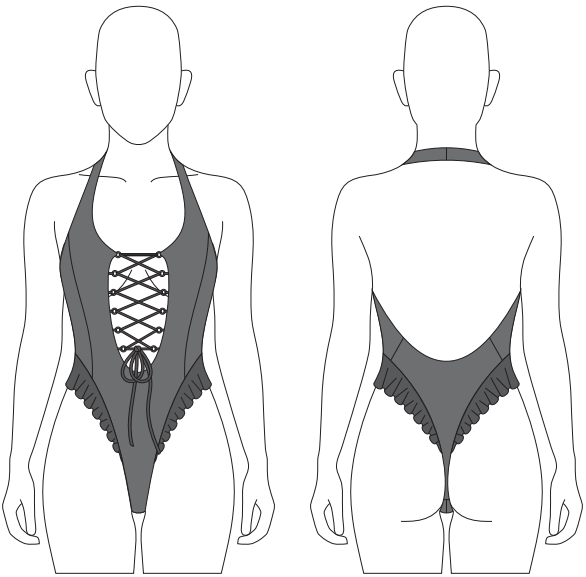
This very high leg, thong back bodysuit is designed with a special dart at the back of the crotch to help cup and place the tension back on the leg elastic, hence minimising the camel-toe effect often seen in such high leg styles. It also has no side seam!

This page contains the D Cup pattern pieces ...

Upper Back Panel, Upper Side Panel  
& Upper Front Panel

Look at the sizing table and select your size based on your Bust and Under Bust measurements. Don't just choose by what you think is your normal cup size

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| Underbust    | 66   | 68   | 70   | 72   | 74   | 76    | 78    | 80    | 82    | 84    | 86    | 88    | 90    | 92    | 94    | 96    | 98    | 100   |
|--------------|------|------|------|------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Bust (B Cup) | 78   | 80   | 82   | 84   | 86   | 88    | 90    | 92    | 94    | 96    | 98    | 100   | 102   | 104   | 106   | 108   | 110   | 112   |
| Bust (C Cup) | 80.5 | 82.5 | 84.5 | 86.5 | 88.5 | 90.5  | 92.5  | 94.5  | 96.5  | 98.5  | 100.5 | 102.5 | 104.5 | 106.5 | 108.5 | 110.5 | 112.5 | 114.5 |
| Bust (D Cup) | 83   | 85   | 87   | 89   | 91   | 93    | 95    | 97    | 99    | 101   | 103   | 105   | 107   | 109   | 111   | 113   | 115   | 117   |
| Bust (E Cup) | 85.5 | 87.5 | 89.5 | 91.5 | 93.5 | 95.5  | 97.5  | 99.5  | 101.5 | 103.5 | 105.5 | 107.5 | 109.5 | 111.5 | 113.5 | 115.5 | 117.5 | 119.5 |
| Bust (F Cup) | 88   | 90   | 92   | 94   | 96   | 98    | 100   | 102   | 104   | 106   | 108   | 110   | 112   | 114   | 116   | 118   | 120   | 122   |
| Bust (G Cup) | 90.5 | 92.5 | 94.5 | 96.5 | 98.5 | 100.5 | 102.5 | 104.5 | 106.5 | 108.5 | 110.5 | 112.5 | 114.5 | 116.5 | 118.5 | 120.5 | 122.5 | 124.5 |
| Waist        | 60   | 62   | 64   | 66   | 68   | 70    | 72    | 74    | 76    | 78    | 80    | 82    | 84    | 86    | 88    | 90    | 92    | 94    |
| Nepe-Waist   | 37.4 | 37.6 | 37.8 | 38   | 38.2 | 38.5  | 38.7  | 38.9  | 39.1  | 39.3  | 39.5  | 39.7  | 39.9  | 40.1  | 40.3  | 40.5  | 40.8  | 41    |

Upper Size Table (centimetres)

## Lotus Bodysuit

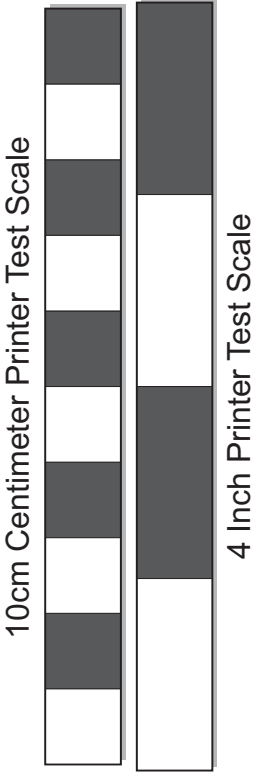
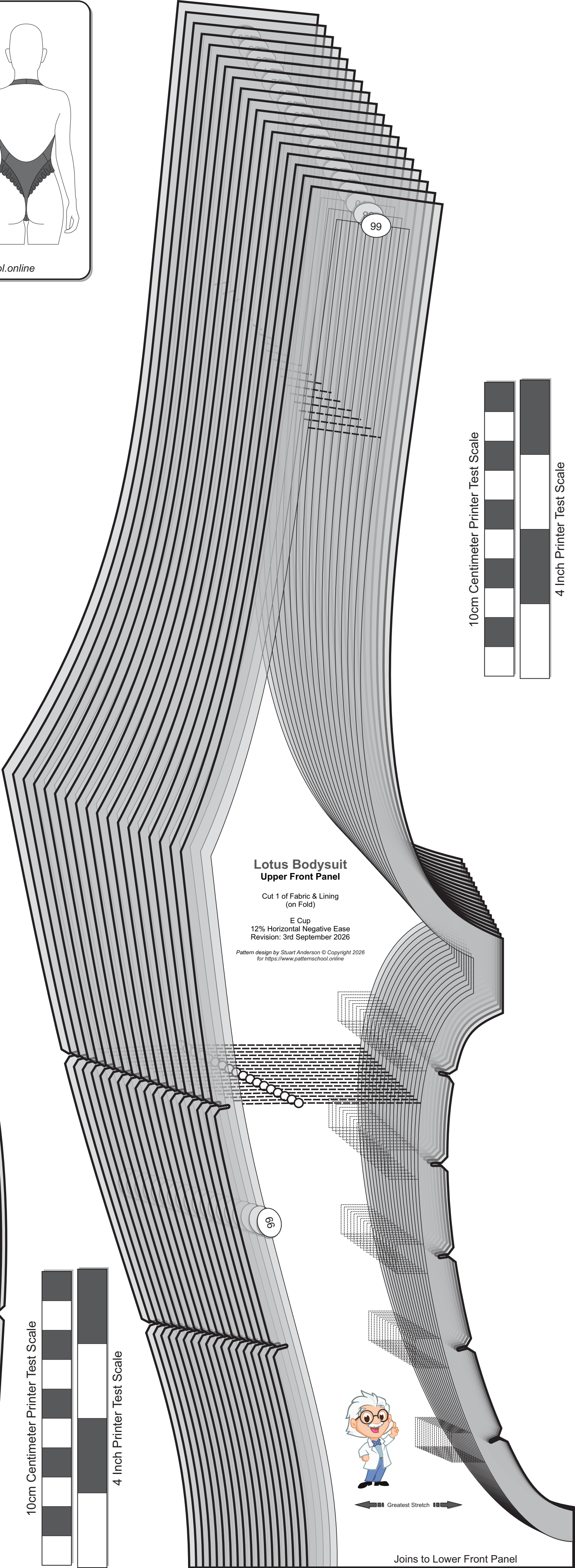
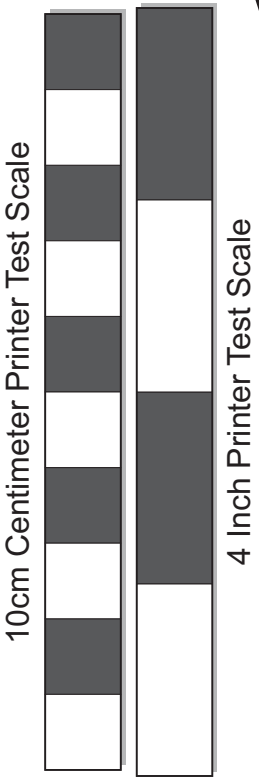
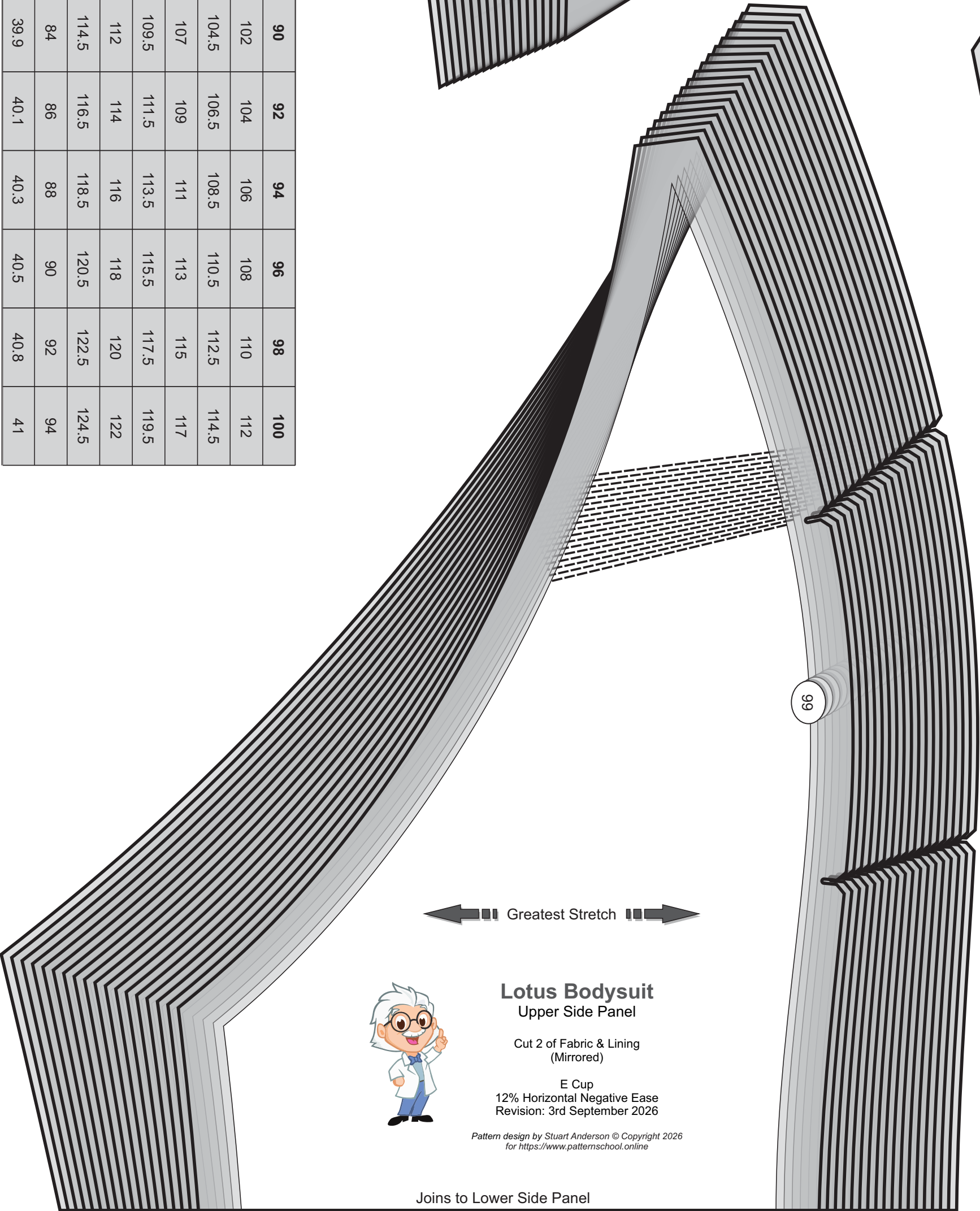
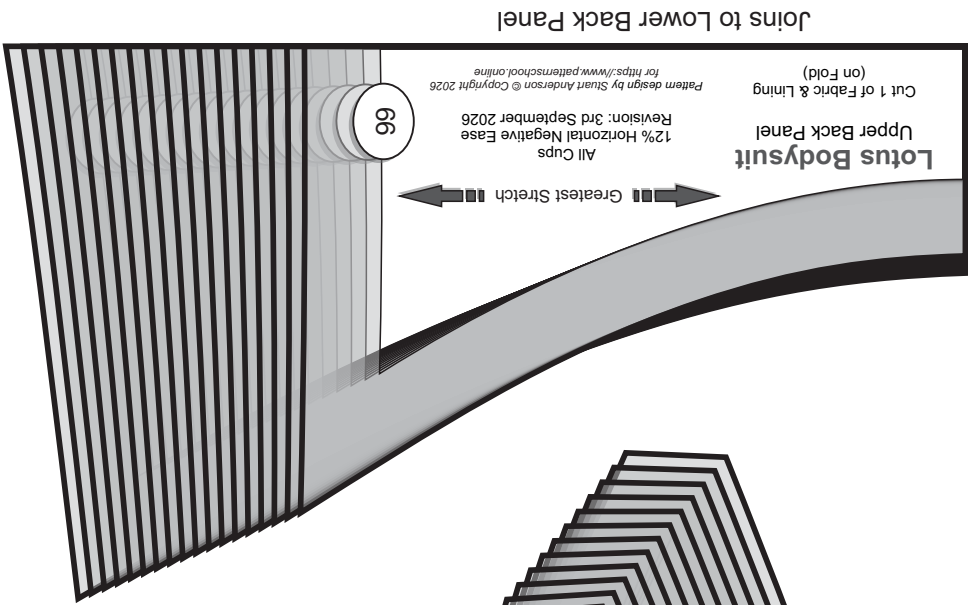
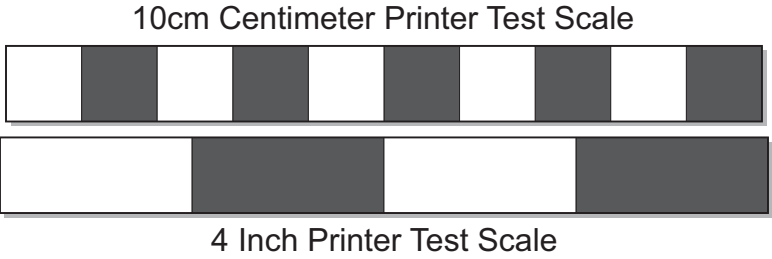
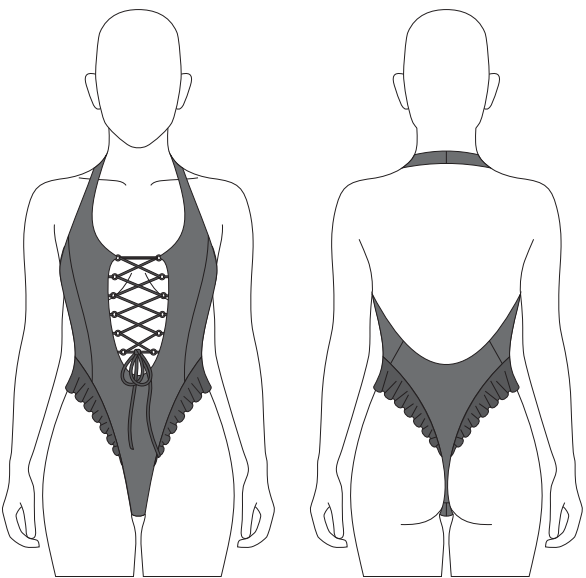
This very high leg, thong back bodysuit is designed with a special dart at the back of the crotch to help cup and place the tension back on the leg elastic, hence minimising the camel-toe effect often seen in such high leg styles. It also has no side seam!

This page contains the E Cup pattern pieces ...

Upper Back Panel, Upper Side Panel  
& Upper Front Panel

Look at the sizing table and select your size based on your Bust and Under Bust measurements. Don't just choose by what you think is your normal cup size

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| Underbust    | 66   | 68   | 70   | 72   | 74   | 76    | 78    | 80    | 82    | 84    | 86    | 88    | 90    | 92    | 94    | 96    | 98    | 100   |
|--------------|------|------|------|------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Bust (B Cup) | 78   | 80   | 82   | 84   | 86   | 88    | 90    | 92    | 94    | 96    | 98    | 100   | 102   | 104   | 106   | 108   | 110   | 112   |
| Bust (C Cup) | 80.5 | 82.5 | 84.5 | 86.5 | 88.5 | 90.5  | 92.5  | 94.5  | 96.5  | 98.5  | 100.5 | 102.5 | 104.5 | 106.5 | 108.5 | 110.5 | 112.5 | 114.5 |
| Bust (D Cup) | 83   | 85   | 87   | 89   | 91   | 93    | 95    | 97    | 99    | 101   | 103   | 105   | 107   | 109   | 111   | 113   | 115   | 117   |
| Bust (E Cup) | 85.5 | 87.5 | 89.5 | 91.5 | 93.5 | 95.5  | 97.5  | 99.5  | 101.5 | 103.5 | 105.5 | 107.5 | 109.5 | 111.5 | 113.5 | 115.5 | 117.5 | 119.5 |
| Bust (F Cup) | 88   | 90   | 92   | 94   | 96   | 98    | 100   | 102   | 104   | 106   | 108   | 110   | 112   | 114   | 116   | 118   | 120   | 122   |
| Bust (G Cup) | 90.5 | 92.5 | 94.5 | 96.5 | 98.5 | 100.5 | 102.5 | 104.5 | 106.5 | 108.5 | 110.5 | 112.5 | 114.5 | 116.5 | 118.5 | 120.5 | 122.5 | 124.5 |
| Waist        | 60   | 62   | 64   | 66   | 68   | 70    | 72    | 74    | 76    | 78    | 80    | 82    | 84    | 86    | 88    | 90    | 92    | 94    |
| Nepe-Waist   | 37.4 | 37.6 | 37.8 | 38   | 38.2 | 38.5  | 38.7  | 38.9  | 39.1  | 39.3  | 39.5  | 39.7  | 39.9  | 40.1  | 40.3  | 40.5  | 40.8  | 41    |

Upper Size Table (centimetres)

## Lotus Bodysuit

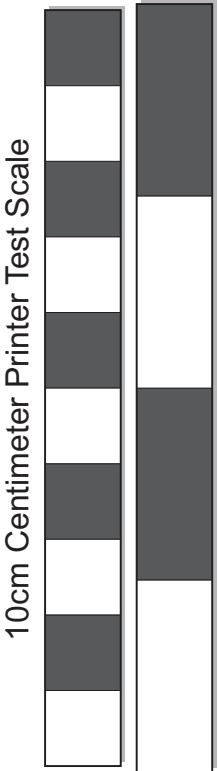
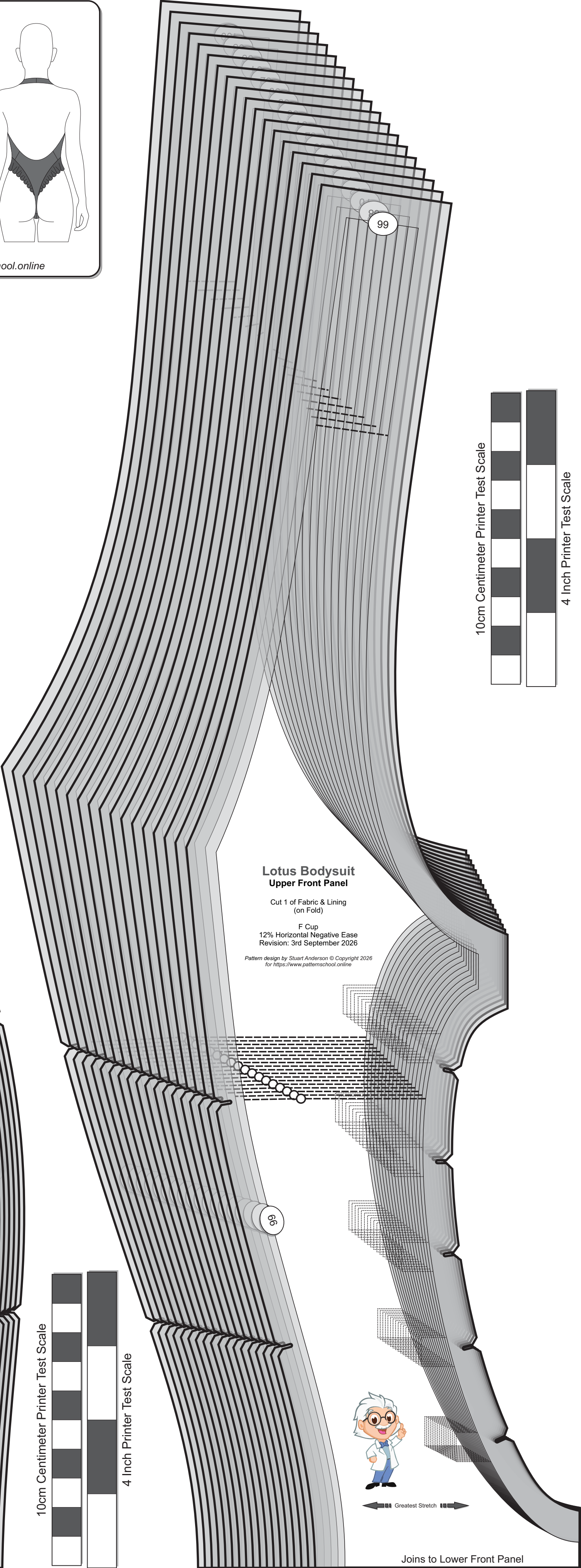
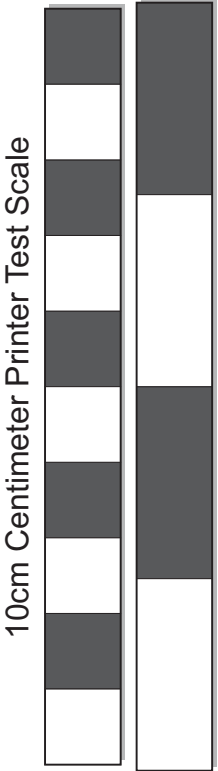
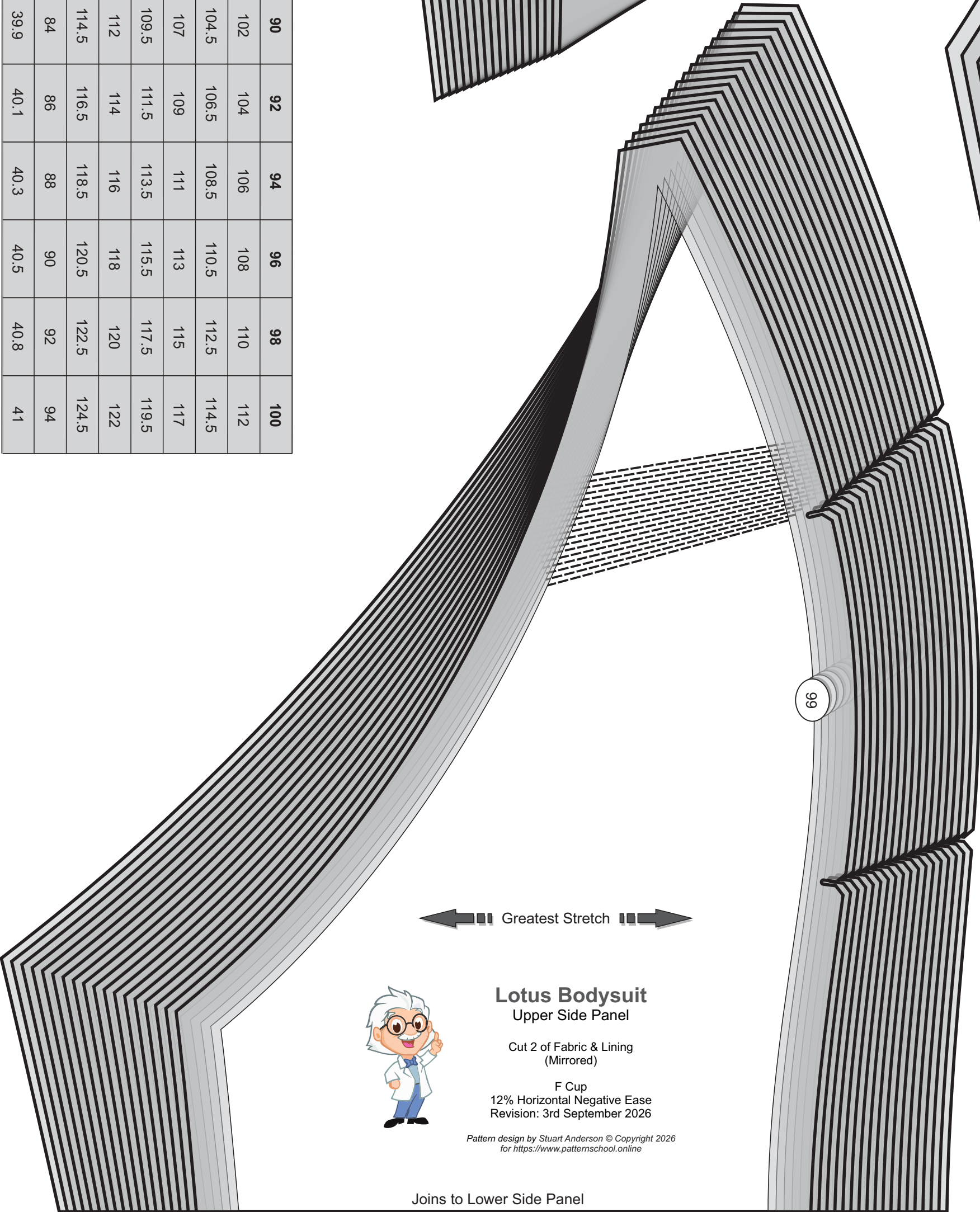
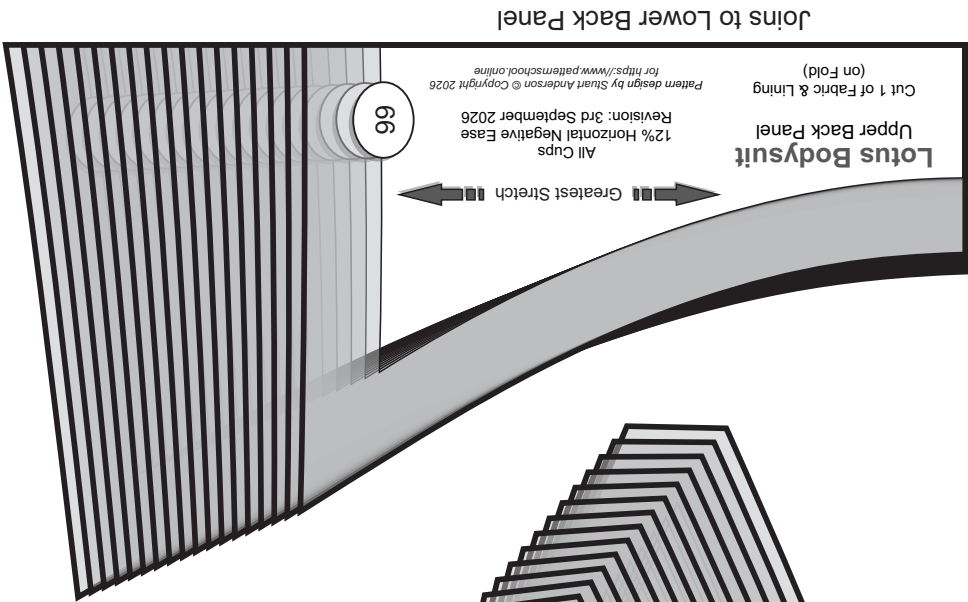
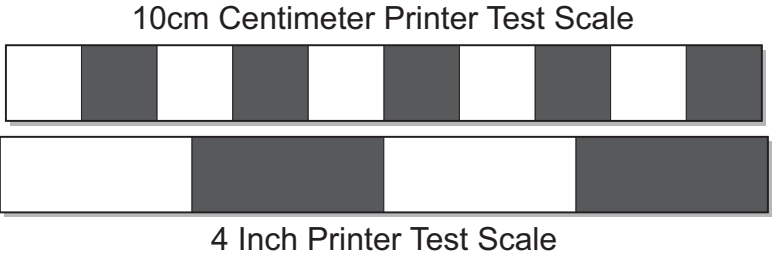
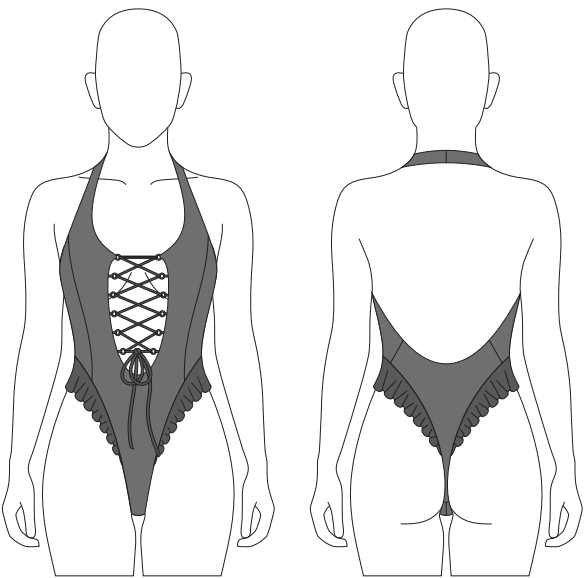
This very high leg, thong back bodysuit is designed with a special dart at the back of the crotch to help cup and place the tension back on the leg elastic, hence minimising the camel-toe effect often seen in such high leg styles. It also has no side seam!

This page contains the F Cup pattern pieces ...

Upper Back Panel, Upper Side Panel  
& Upper Front Panel

Look at the sizing table and select your size based on your Bust and Under Bust measurements. Don't just choose by what you think is your normal cup size

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| Underbust    | 66   | 68   | 70   | 72   | 74   | 76    | 78    | 80    | 82    | 84    | 86    | 88    | 90    | 92    | 94    | 96    | 98    | 100   |
|--------------|------|------|------|------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Bust (B Cup) | 78   | 80   | 82   | 84   | 86   | 88    | 90    | 92    | 94    | 96    | 98    | 100   | 102   | 104   | 106   | 108   | 110   | 112   |
| Bust (C Cup) | 80.5 | 82.5 | 84.5 | 86.5 | 88.5 | 90.5  | 92.5  | 94.5  | 96.5  | 98.5  | 100.5 | 102.5 | 104.5 | 106.5 | 108.5 | 110.5 | 112.5 | 114.5 |
| Bust (D Cup) | 83   | 85   | 87   | 89   | 91   | 93    | 95    | 97    | 99    | 101   | 103   | 105   | 107   | 109   | 111   | 113   | 115   | 117   |
| Bust (E Cup) | 85.5 | 87.5 | 89.5 | 91.5 | 93.5 | 95.5  | 97.5  | 99.5  | 101.5 | 103.5 | 105.5 | 107.5 | 109.5 | 111.5 | 113.5 | 115.5 | 117.5 | 119.5 |
| Bust (F Cup) | 88   | 90   | 92   | 94   | 96   | 98    | 100   | 102   | 104   | 106   | 108   | 110   | 112   | 114   | 116   | 118   | 120   | 122   |
| Bust (G Cup) | 90.5 | 92.5 | 94.5 | 96.5 | 98.5 | 100.5 | 102.5 | 104.5 | 106.5 | 108.5 | 110.5 | 112.5 | 114.5 | 116.5 | 118.5 | 120.5 | 122.5 | 124.5 |
| Waist        | 60   | 62   | 64   | 66   | 68   | 70    | 72    | 74    | 76    | 78    | 80    | 82    | 84    | 86    | 88    | 90    | 92    | 94    |
| Nape-Waist   | 37.4 | 37.6 | 37.8 | 38   | 38.2 | 38.5  | 38.7  | 38.9  | 39.1  | 39.3  | 39.5  | 39.7  | 39.9  | 40.1  | 40.3  | 40.5  | 40.8  | 41    |

Upper Size Table (centimetres)

## Lotus Bodysuit

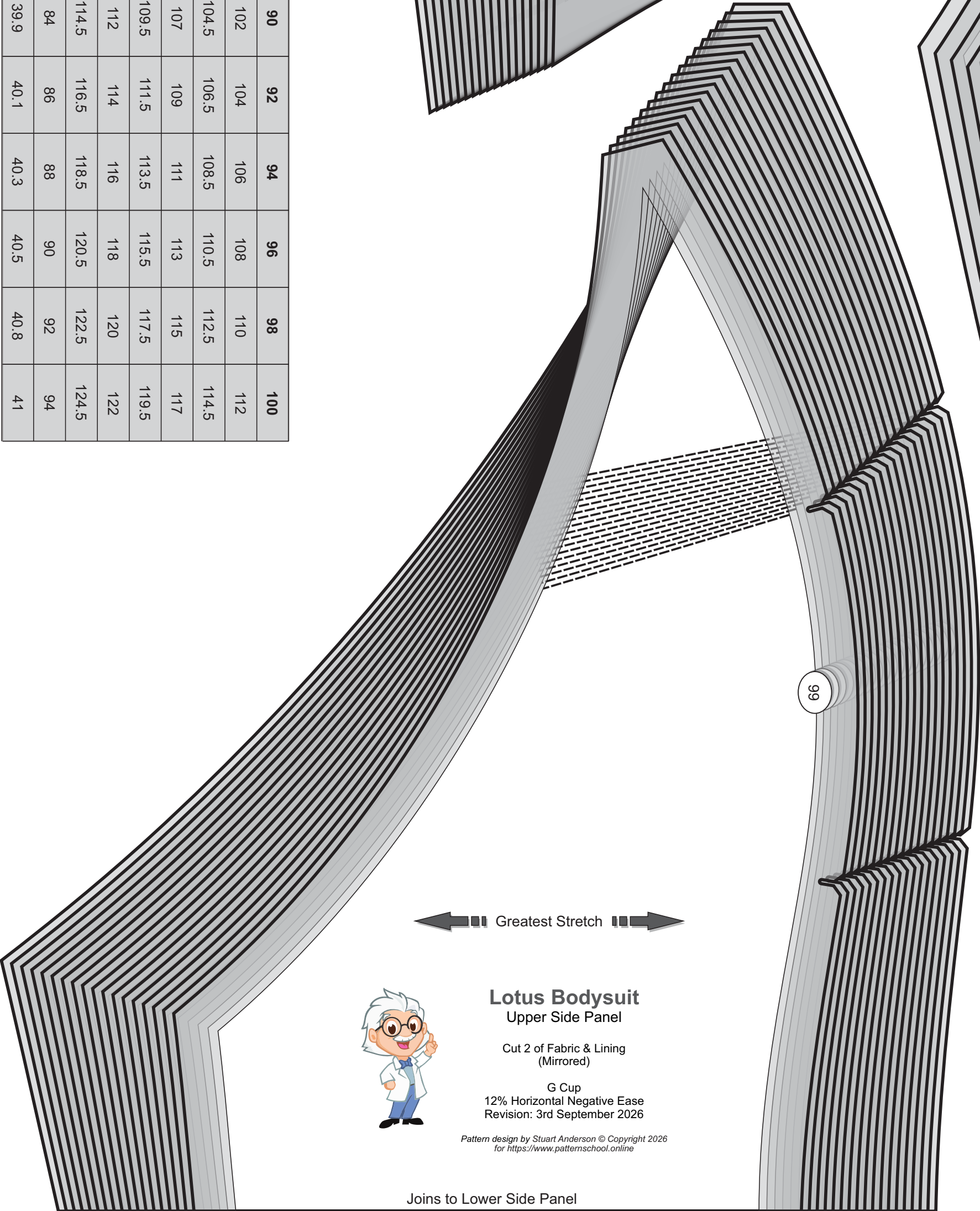
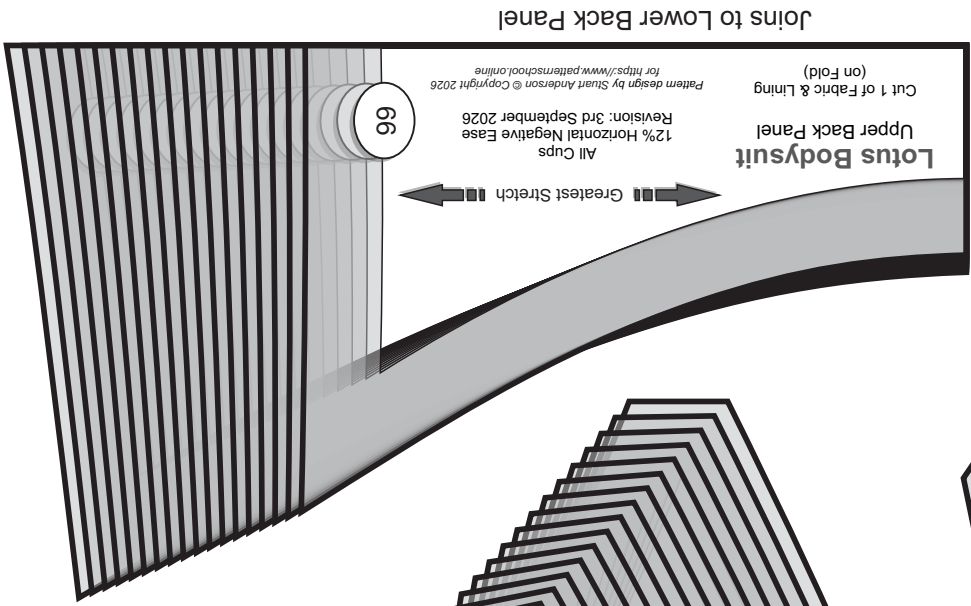
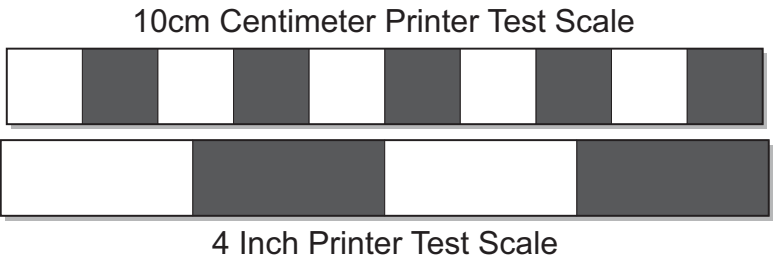
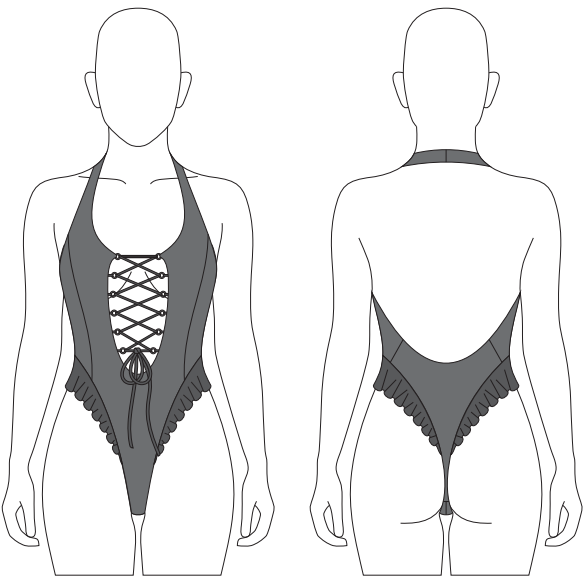
This very high leg, thong back bodysuit is designed with a special dart at the back of the crotch to help cup and place the tension back on the leg elastic, hence minimising the camel-toe effect often seen in such high leg styles. It also has no side seam!

This page contains the G Cup pattern pieces ...

Upper Back Panel, Upper Side Panel  
& Upper Front Panel

Look at the sizing table and select your size based on your Bust and Under Bust measurements. Don't just choose by what you think is your normal cup size

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Lotus Bodysuit  
Upper Side Panel

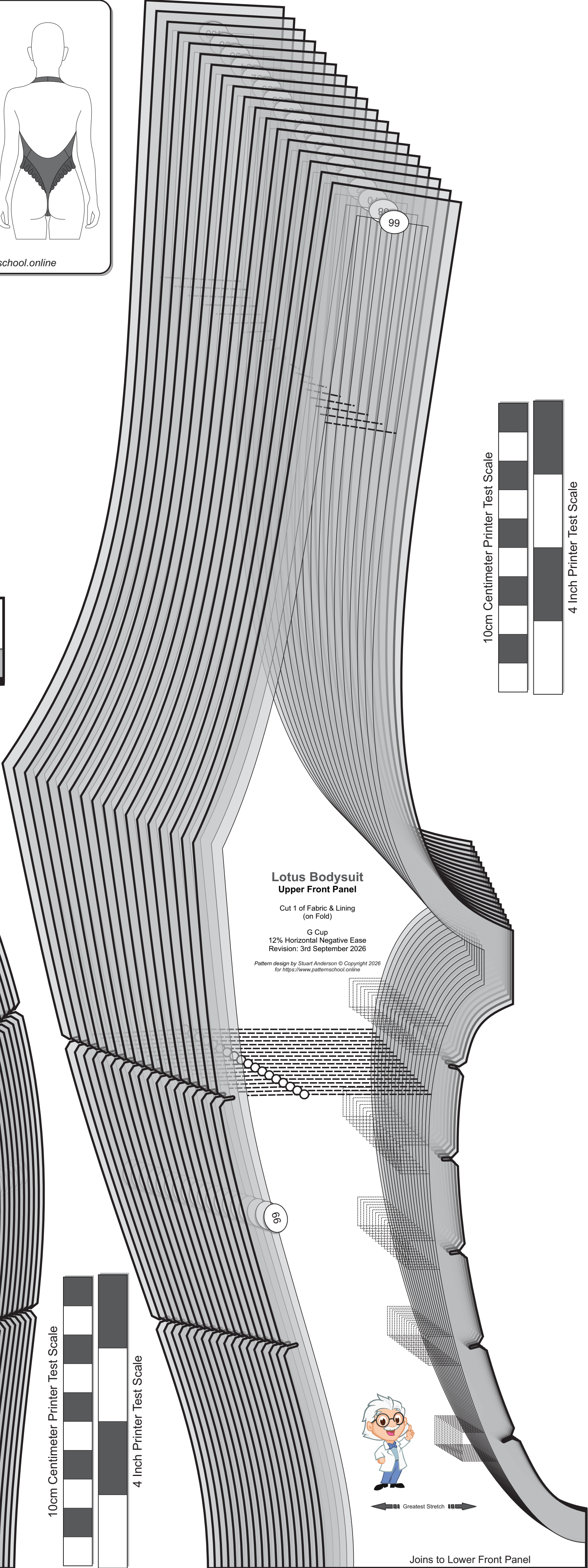
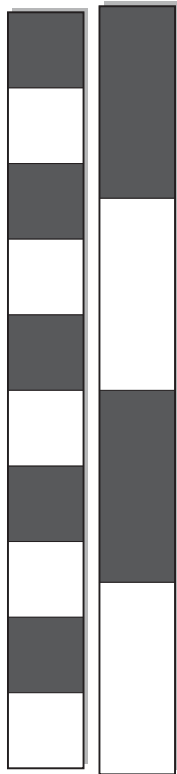
Cut 2 of Fabric & Lining  
(Mirrored)

G Cup  
12% Horizontal Negative Ease  
Revision: 3rd September 2026

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for <https://www.patternschool.online>

10cm Centimeter Printer Test Scale

4 Inch Printer Test Scale



Lotus Bodysuit  
Upper Front Panel

Cut 1 of Fabric & Lining  
(on Fold)

G Cup  
12% Horizontal Negative Ease  
Revision: 3rd September 2026

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Joins to Lower Front Panel

10cm Centimeter Printer Test Scale

4 Inch Printer Test Scale

