



Knitterly Arts
jenniferedwards.com

Pattern Introduction

The perfect pairing of yoga and knitting. Warmth for your feet and peace for your mind, as you knit these simple socks. Chain stitch a leafy vine for growth and renewal! You'll have these made in a jiffy for your next yoga session.



What you need

1 ball of aran weight yarn. OR use 2 strands of DK weight yarn. *For pair pictured, I used Cascade Eco Wool. Small amount of DK weight yarn for the embroidered vine. Size 9 double pointed needles (dpns). Yarn Needle

Stitches you need to know

Knit & Purl

Techniques you need to know

Cast On

Bind Off

Gauge 16 sts=4" Using size 9 dpns.

Measurements Approximately 4 1/4" wide when laid out flat.

From the top of the sock to the ankle, measures approx. 5".

From the ankle to the toe area, measures approx. 4".

**You may adjust each of these lengths according to your desire. I designed the foot area length to allow your feet to grip the mat during yoga poses. But if you have small feet, you may need to shorten this section.

Abbreviations (also see abbreviations in Memory Refreshers)

CO-Cast On

P-Purl

DPNS-Double Pointed Needles

Sts-Stitches

K-Knit

Memory Refreshers

*Remember that when you Knit in the round, you are creating the stockinette stitch!

*BO (Bind Off): Knit two sts. Take the first stitch that you knitted (which is now on your right hand needle, if you are right-handed) and pass this stitch over the second stitch, either using your needle or your finger. Repeat as needed.

Tips & Tricks

The Knitted Cast On: place a slip knot on your needle, knit into this stitch **without pulling it off** the needle, then place the new loop of yarn you've made onto this needle. You now have 2 stitches on the needle. Continue knitting each newly added stitch and placing the new loop onto the needle with all the stitches until you have the required number of stitches.

**Use the Knitted Cast On when you can't remember Long Tail or others!

Walkthrough

[You will be making TWO of the following. (Of course!)]

*You are beginning at the top of the sock. Loosely CO 27 sts using LONG TAIL or Knitted Cast On.

Row 1: Knit these 27 sts across the dpn. Divide these sts evenly over 3 dpns. 9 sts on each dpn.

Round 2: Join sts in a round without twisting sts. Using a fourth dpn, Knit all sts.

*I let the remaining tail from the Cast On row be my marker for the beginning of each round.

Round 3: Purl

Round 4 and following: Knit until piece measures 4 1/2" from beginning. **If you want this section to be longer, continue to knit rounds until you achieve desired length.

Next Round: Purl

Next Round: Knit

Next Round: Purl

Next Round: Bind Off 13 sts in Knit. Knit remaining sts.

Next Round: Using Knitted Cast On (See [Tips & Tricks](#). But you will not need to make a slip knot, just work into the stitch on the needle!), CO 13 sts. Then place these sts back onto dpns so that you again have 27 sts: 9 sts on each dpn. ****Continue this round by Purling** remaining sts.

Next Round: Knit

Next Round: Purl

Next and following rounds: Knit until this section measures 3 ½" from beginning of this Cast On section (foot area). ****If you want this section to be longer, continue to knit rounds until you achieve desired length. OR shorten!**

Next Round: Purl

Next Round: Knit

Next Round: Purl

Final Round: Bind Off all sts loosely in Knit.

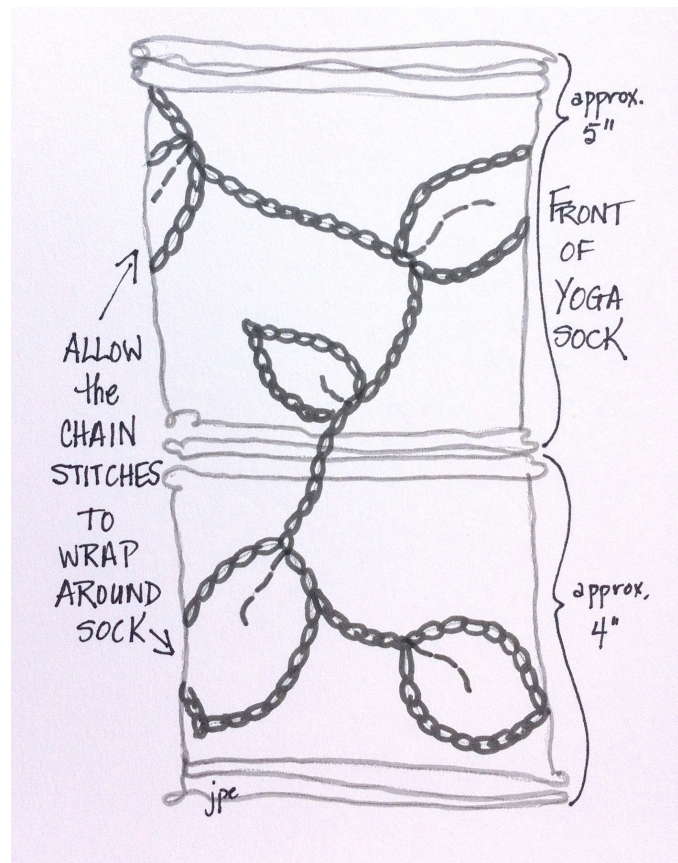
Fasten Off. Weave in Ends.

Leafy Vine Embellishment

*Using the DK weight yarn with Yarn Needle, chain stitch the following line onto the front of your Yoga Socks. Switch to Running Stitch for the vein of each leaf. OR, use Running Stitch for the entire vine! The Drawing is included as a guide. Or create your own vine! Don't feel like you have to adhere strictly to this drawing. Nor should you feel like you have to make a perfect mirror image for the other sock. Just let it flow and BREATHE!! Weave in all ends when finished.

*For a Running Stitch tutorial, see my blog:

<http://drawn2knit.wordpress.com/2011/06/28/embellishments/>



Variations on a Theme

*Consider striping this sock for a bold, colorful look!

*Make with or without the embellished vine. Or create your own design using the chain stitch or any other embroidery technique you desire!

