

#SLOWYOGAWARMERS

slow yoga warmers



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ABBREVIATIONS:**st(s)** = stitch(es)**k** = knit**p** = purl**RS** = right side

Designed by Vibe Ulrik

Yoga socks worked back and forth:

Right sock:

Cast on 44 sts on a UK size 10½ [3.5 mm] needle. Work 3 rows back and forth in rib [k1, p1].

Work the next 2 rows as follows: *P1, k1*, repeat from * to * to end of row.

Work the next 2 rows as follows: *K1, p1*, repeat from * to * to end of row.

These 4 rows form the pattern. Continue until the work measures 8 cm.

Make a hole for the heel as follows:

Work the first 22 sts in pattern, then bind off the next 22 sts in pattern.

Join the yarn to the remaining sts and cast on 22 new sts in extension of these.

Turn and work in pattern across all 44 sts.

Continue in pattern until the whole work measures 18 cm. Bind off all sts in rib.

Left sock:

Cast on 44 sts on a UK size 10½ [3.5 mm] needle. Work the same as the right sock until the work measures 8 cm.

Make a hole for the heel as follows:

Bind off the first 22 sts in pattern, then work across the last 22 sts in pattern.

Turn the work and work 22 sts in pattern, then cast on 22 new sts in extension of these.

Turn and work in pattern across all 44 sts.

Continue in pattern until the whole work measures 18 cm. Bind off all sts in rib.

Weave in all ends. Fold both socks and sew the sides together from the RS using mattress stitch. Optionally, rinse the finished socks to make them extra soft.

Yoga socks worked in the round:

The yoga socks are worked in the round on a circular needle using the Magic Loop technique or on double-pointed needles.

Cast on 44 sts on a UK size 10½ [3.5 mm], 80 cm circular needle or on double-pointed needles.

Join in the round and place a marker for the beginning of the round. Work 3 rounds in rib [k1, p1].

Work the next 2 rounds as follows: *P1, k1*, repeat from * to * to end of round.

Work the next 2 rounds as follows: *K1, p1*, repeat from * to * to end of round.

These 4 rounds form the pattern. Continue until the work measures 8 cm.

Make a hole for the heel as follows:

Round 1: Work the first 22 sts in pattern, then bind off the next 22 sts in patten.**Round 2:** Work the first 22 sts in patten, then cast on 22 new sts in extension of these sts.

Work in the round in pattern across all 44 sts until the work measures 18 cm. Bind off in rib.

Work a second sock the same way as the first.

Weave in all ends. Optionally, rinse the finished socks to make them extra soft.

SIZES
ONE SIZEMEASUREMENTS
Approx. 10 cm x 18 cmYARN
Lavish Fraya
50% Cashmere + 50% Extrafine
Merino
25 g = 100 mYARDAGE
50 gGAUGE
On UK needle size 10½ [3.5 mm]
22 sts x 44 rows = 10 x 10 cmSUGGESTED NEEDLE SIZE
UK size 10½ [3.5 mm] circular needle, 80 or UK needle size 10½ [3.5 mm] double-pointed needles

Please note: The needle sizes given above are only suggestions. The size of the needles you need depends on your personal gauge. If you knit firmly you might need a large needle size, if you knit loosely you might need a smaller needle size.