



### Asana yoga socks



Find this yarn

<p><b>SKILL LEVEL</b> INTERMEDIATE</p>	<p><b>FINISHED MEASUREMENTS</b></p> <p>Length – 9½" (24.1 cm)</p>	<p><b>GAUGE</b></p> <p>24 sts = 4" (10.2 cm); 26 rows = 4" (10.2 cm) in St. John's Wort Pattern 20 sts = 4" (10.2 cm); 26 rows = 4" (10.2 cm) in St st</p> <p>TO SAVE TIME, TAKE TIME TO CHECK GAUGE</p>
<p><b>ONE SIZE</b></p>		<p><b>MATERIALS</b></p> <p>2 Hanks AMANO COLCA (50 grs), #7003 Folklore Pink Double pointed knitting needles (dpr), size 7 (4.5 mm) OR SIZE TO OBTAIN GAUGE Stitch holders Stitch marker Tapestry needle Waste yarn</p>



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**NOTE**

The socks are knit seamlessly from the cuff to the open toe. Stitches are put on hold using waste yarn. After completing the sock, the waste yarn is removed to reveal live stitches which are then bound off for the heel opening.

**TWISTED RIB PATTERN**

**Rnd 1:** \*K tbl, p1; rep from \* around.  
Rep rnd 1 for Twisted Rib Pattern.

**ST. JOHN'S WORT PATTERN**

Worked over 6 sts. Stitch count reduces to 5 and increases back to 6 on following rnd.

**Rnd 1:** \*Sl1 purlwise, k2, pss0, k3; rep from \* to end.

**Rnd 2:** \*K1, YO, k4; rep from \* to end.

**Rnd 3:** \*K3, sl1 purlwise, k2, pss0; rep from \* to end.

**Rnd 4:** \*K4, YO, k1; rep from \* to end.

**SOCKS (make 2)**

Using dpn, cast on 48 sts. Divide sts among three needles. Join, mark for beg of rnd and carry marker up.

**Rnd 1:** \*K tbl, p1; rep from \* around.  
Rep rnd 1 (Twisted Rib Pattern) for 4½" (11.4 cm).

**Next Rnd:** Work Rnd 1 of St John's Wort pattern over 24 sts, PM, work remaining 24 sts in est Twisted Rib pattern.

**Rnd 2:** \*K1, YO, k4; rep from \* to marker, SM, work in est Twisted Rib pattern.

**Rnd 3:** \*K3, sl1 purlwise, k2, pss0; rep from \* to marker, SM, work in est Twisted Rib pattern.

**Rnd 4:** \*K4, YO, k1; rep from \* to marker, SM, work in est Twisted Rib pattern.

Rep last 4 rnds two times more. (3 reps of St. John's Wort pattern)

**Heel section:** Work Rnd 1 of St John's Wort pattern to marker, SM, using waste yarn, k24. Using working yarn, knit these 24 sts again.

**Rnd 2:** \*K1, YO, k4; rep from \* to marker, SM, k24.

**Rnd 3:** \*K3, sl1 purlwise, k2, pss0; rep from \* to marker, SM, work in est Twisted Rib pattern.

**Rnd 4:** \*K4, YO, k1; rep from \* to marker, SM, work in est Twisted Rib pattern.

Continue in patterns as est until piece measures 3" (7.6 cm) from waste yarn or desired length. End with working rnd 4 of St. John's Wort pattern. The bottom of the sock should span from under the ball of your foot to the heel.  
BO loosely in pattern.

**FINISHING**

Carefully remove waste yarn placing the 48 sts onto dpns. Divide sts onto 3 dpns, join yarn and BO in pattern. Use tapestry needle to weave in ends and reinforce the side of the heel area with a few extra whip sts.

**ABBREVIATIONS & TERMS**

**beg:** beginning

**BO:** bind off

**CC:** contrasting color

**CO:** cast on

**cn:** cable needle

**dec:** decrease

**dpn:** double pointed needles

**inc:** increase

**K:** knit

**k tbl:** knit through the back loop(s)

**k2tog:** Knit 2 stitches together

**k3tog:** Knit 3 stitches together

**LH:** left hand

**MC:** main color

**M1:** Pick up horizontal strand between stitch just worked and next stitch from front to back, place on left hand needle, knit this stitch through the back (1 stitch increased).

**M1L:** Work as for M1.

**M1p:** Pick up horizontal strand between stitch just worked and next stitch from front to back, place on left hand needle, purl this stitch through the back (1 stitch increased).

**M1R:** Pick up horizontal strand between stitch just worked and next stitch from back to front, place on left hand needle, knit this stitch through the front (1 stitch increased).

**p:** purl

**PM:** place marker

**pss0:** pass slip stitch over knit stitch

**p1d:** purl 1 st by going under the stitch below and working through both sts.

**p2tog:** purl 2 stitches together

**rep:** repeat

**RH:** right hand

**rnd(s):** round(s)

**RS:** right side

**sl:** slip

**sl2tog-k1-pss0:** Slip 2 together (as if to k2tog), knit 1, pass the 2 slipped stitches over.

**SM:** slip marker

**ssk:** Slip 2 stitches knitwise, insert point of left hand needle through fronts of these 2 stitches and knit 2 together.

**sssk:** Slip 3 stitches knitwise, insert point of left hand needle through fronts of these 3 stitches and knit 2 together.

**st(s):** stitch(es)

**TBL:** through back loop(s)

**tog:** together

**WS:** wrong side

**wyib:** with yarn in back

**wyif:** with yarn in front

**yo:** yarn over

**end on WS:** end having just completed a Wrong Side row.

**end on RS:** end having just completed a Right Side row

**STOCKINETTE ST (St st):** Knit 1 row, purl 1 row alternately when working on straight needles. The knit side is the right side of work. Knit EVERY round when working in the round on a circular needle.

**Reverse St st (Rev St st):** Purl 1 row, knit 1 row alternately when working on straight needles. The purl side is the right side of the work. Purl EVERY round when working in the round on a circular needle.

**GARTER ST:** Knit EVERY row when working on straight needles. Knit 1 round, purl 1 round when working on a circular needle.

**K1, p1 Rib:** Knit 1 st, purl 1 st.

**3 Needle Bind Off:** With RS together, hold in one hand two needles with the same number of sts on each. With third needle, knit tog 1 st from each needle, \* knit tog one st from each needle, pass first st over second to bind off, repeat from \* to last st.

