

Yoga Wrap

Made in America Yarns
X

Materials: 4 Skeins Florafil Chocolate Lily Super Soft Cotton Yarn
2 markers

Needles: One Size 11 24" circular needle
One Size 9 24" circular needle (For Cuffs)

Size: 22"W x 56"L

Swirling Trellis Pattern

Row 1 (Right Side): Knit

Row 2: * K2tog, Yo *, repeat * to * across.

Row 3: * Knit stitch, dropping Yo *, repeat * to * across

Row 4: * K1, P1 in each stitch *, repeat * to * across.

Rows 1-4 = 1 Pattern repeat

Note: On row 3 you will be decreasing stitches by 1/2, on Row 4 you will be increasing stitches to original number which creates the swirling effect.

Yoga Wrap

Beginning with cuff, using #9 needle cast on 33 sts. Work in garter stitch for 2-1/2".

Next Row:(Inc. Row): *K2, M1 *, repeat * to * across row ending with K1—49 sts.

Next Row: Increase 17 stitches evenly spaced across row—66 sts.

Change to #11 needle and continue to work even in garter stitch for a total length of 5" from cast on edge.

Begin center wrap section:

Knit 9 sts (these are border stitches and are always knitted garter stitch every row throughout), place marker, begin working Swirling Trellis pattern across next 48 sts,



place marker, work last 9 sts in garter stitch as in beginning.

Work a total of 7 repeats of Swirling Trellis stitch.

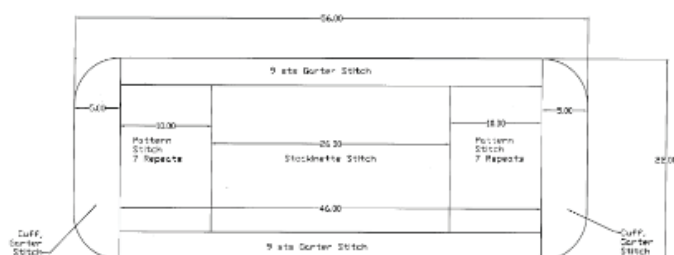
Next row: work border stitches on each side in garter stitch, work center 48 stitches in stockinette stitch for 26"

Next Row Work border stitches in garter stitch, work 7 repeats of Swirling Trellis pattern on 48 sts.

Cuff: continue working across 66 sts in garter stitch for 2-1/2".

Changing to #9 needle Decrease 17 sts evenly spaced across next row—49 sts.

Next Row work as follows: *K1, K2tog *, repeat * to * across end K1 = 33 sts. Continue working in garter stitch on 33 sts until cuff measures 3" from last decrease (total cuff should measure 5"). Bind off loosely. Weave in ends. Sew cuff on each end 5" up side of wrap.



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