Yoga Wrap

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 pat-
tern 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
derst 5” up side of wrap.

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