

# Tadasana Yoga Socks



# *Tadasana Yoga Socks*

Design by Brenda Howald

## **Finished Measurements**

Foot Circumference 9.25 in/ 23.5 cm

Leg Length 5.5 in/ 14 cm to top of heel

## **Yarn**

Misti Alpaca **Pima Silk Hand Paint** (83% pima cotton, 17% silk, 100 g = approx. 327 yards

**1 hank**

## **Needles**

U.S. 3 (3.25 mm) double-pointed needles (set of 5) or size necessary to obtain gauge

## **Notions**

Stitch markers

## **Gauge/Tension**

24 sts = 4 in/ 10 cm in k3, p2 rib

30 sts = 4 in/ 10 cm in slip stitch

## **Stitch Glossary**

### **K3, P2 Rib:**

Round 1: \*k3, p2; rpt from \* to end of round.

Rpt Round 1 for pattern.

### **K3, P1 Rib:**

Round 1: \*k3, p1; rpt from \* to end of round.

Rpt Round 1 for pattern.

### **Slip Stitch Pattern (worked in the round for sole):**

Round 1: \*k1, sl 1 purlwise wyib; rpt from \* to end of round.

Round 2: knit.

Rpt Rounds 1 and 2 for pattern.

### **Slip Stitch Pattern (worked back and forth for heel):**

Row 1 (RS): \*k1, sl 1 purlwise wyib; rep from \* to last st, end k1.

Row 2: sl 1 purlwise wyif, purl to end of row.

Rpt Rows 1 and 2 for pattern.



## Knitting Notes

This sock has an open heel to allow for traction on the yoga mat for the heel of the foot. Stitches for the sole are firmly bound off to keep the sole snug against the foot and from stretching out of shaping.

## To knit

CO 60 sts and divide evenly onto three dpns (20 sts per needle). Join in the round. Place marker at join to indicate that this is the 1st needle of the round.

Work in k3, p2 rib until piece meas approx 5 in/12.5 cm from beg.

Next round: \*k3, p2tog; rpt from \* to end of row = 48 sts. Work 3 rounds in k3, p1 rib. Break yarn, leaving a tail to weave in.

## Divide for heel flap

Slip last 5 sts of 1st needle to 2nd needle, and first 13 sts of 3rd needle to a 4th needle. There should be 23 sts on needles 1 and 4 for heel, and 25 sts on needles 2 and 3 for instep. Evenly divide sts on needles 2 and 3 between the two needles.

Join yarn to heel and work back and forth in Slip Stitch Pattern over 23 sts of needles 1 and 4 until heel meas approx 1.5 in/4 cm, ending with a WS row. BO in k1, p1 rib but do not fasten off last st.

## Gusset

With RS facing, use rem st as first st, and pick up and k7 more sts along side of heel, then 1 st in row below heel, work sts in pattern as established from instep needles, pick up 1 st in row below beg of other side of heel, then pick up and k8 along rem side of heel = 43 sts. Sts should be divided with gusset sts on needles 1 and 4, and instep sts rem on needles 2 and 3. Do not join.

Next row (WS): k2, purl to end of needle, work next 25 sts in pattern as established, purl to last 2 sts of next needle, k2.

Next row (RS): k to last 2 sts of first needle, k2tog, work in pattern over next 25 sts, ssk, then k to end of row = 41 sts.

Keep first 2 and last 2 sts in garter st, cont decreases every RS row 5 more times, ending with a WS row = 31 sts, with 3 sts rem on each gusset needle.

## Sole

With RS facing, Cable cast-on 30 sts. Slip last st just cast on through last st of gusset on opposite side of heel and return to left needle to join work, and turn = 61 sts.

Next row (WS): k30 tbl, k rem 3 gusset sts, turn.



With RS facing, evenly divide new sts between two needles with rem gusset sts. Beg working in the round again. Cont pattern as established over instep sts and work Slip Stitch Pattern over rem sts until sole meas desired length over instep; end before sole reaches the balls of your feet, ending with a round 2.

Next round: k sole sts tbl, BO instep sts in k1, p1 rib = 31 sts. Slip rem sts to same needle. With RS facing, \*slip 2 to right needle purlwise, pass first st over second st and off needle to BO without working the st; rpt from \* to end of row.

## Finishing

Weave in ends.



## Abbreviations

approx = approximately  
beg = begin/beginning  
BO = bind off  
CO = cast on  
cont = continue  
k = knit  
meas = measures  
rem = remain/remaining

rpt = repeat  
RS = right side  
st/sts = stitch/stitches  
tbl = through back of loop(s)  
WS = wrong side  
wyib = with yarn in back  
wyif = with yarn in front

© 2010 Misti International, Inc. All rights reserved. Misti International cannot accept responsibility for typographical errors or misinterpretation of instructions.