

Handcrafted with love  
(and just a touch of magic)



StitchWizardry



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## “Knitting is my Yoga” socks

**Yarn:** 50g fingering Stardust Magic sock yarn  
“Rosemary Boxer” colourway.  
Alternatively 50g - 4ply fingering weight  
of choice

**Needles:** 2.5 mm

**Gauge:** 10cm x 10cm - 32 sts x 44 rows

**Notions:** Tapestry Needle  
Scissors

### Abbreviations:

St(s)	Stitch(es)	CO	Cast on
K	Knit	P	Purl
K2tog	Knit two sts together	Yo	Yarn over
Skp	Slip st knitwise, K1, pass slipped st over knitted st	Rep	Repeat
Sk2p	Slip st knitwise, K2tog, pass lipped st over knitted st	PM	Place marker

It has been years since I did my last yoga session, but that doesn't deter me from wearing and LOVING my yoga socks!! They are just too comfy not to, and on top of that they are a great quick knit and make great presents too!!

And the best thing, you can adapt this pattern to a full sock, by simply adding your favourite heel and toe!! How good is that?!

This pattern is written based on knitting with DPNS, as personally I feel that knitting socks on circulars is some crazy witchcraft!! How do you do it?!?! However if you are one of these incredible sorcerers that has mastered the dark arts of Magic Loop socks, you will be able to adapt the pattern to your needs.

I hope you enjoy this pattern as much as I do. If you have any problems, find a mistakes or would like to get in touch, please contact me through Ravelry, Instagram, or by any of the means above in the header. 😊

Happy Knitting!

### *Pattern Directions*

Cast on (56) 64 (72)

#### **Ribbing:**

Row 1: \*K 1, P1\*, rep \*\* all around

Row 2-15: rep row 1 (or until desired length)

#### **Leg:**

Row 1: (K5) K7 (K9), PM, K1, yo, K3, skp, P5, K2tog, K3, yo, K1, PM, K to end (from here, always slip your marker!)

Row 2: K all knit sts and yo sts, and p all purl stitches from the previous round

Row 3: K to marker, K2, yo, K3, skp, P3, K2tog, K3, yo, K2, K to end

Row 4: K all knit sts and yo sts, and p all purl stitches from the previous round

Row 5: K to marker, K3, yo, K3, skp, P1, K2tog, K3, yo, K3, K to end

Row 6: K all knit sts and yo sts, and p all purl stitches from the previous round

Row 7: K to marker, K4, yo, K3, sk2p, K3, yo, K4, K to end

Row 8: K all sts

Repeat rows 1-8 for 3 more time (or to desired length).

Repeat rows 1-4 one more time, then:

Row 5: K to marker, K3, yo, K3, skp, P1, K2tog, K3, yo, K3, (K6) K8 (K10), \*K1, P1\* to end

Row 6: K all knit sts and yo sts, and p all purl stitches from the previous round

Row 7: K to marker, K4, yo, K3, sk2p, K3, yo, K4, (K6) K8 (K10), \*K1, P1\* to end

Row 8: K (K28) K32 (K36), cast off remaining sts [(28) 32 (36)]

**Foot:**

Row 1: K to marker, K1, yo, K3, skp, P5, K2tog, K3, yo, K1, K to end, then CO (29) 33 (37) and connect your cast on to the established pattern by knitting the next stitch and passing your last cast on st over the knitted st

I find this tutorial very helpful as visual: <https://www.youtube.com/watch?v=LFRw415xhPg>

Row 2: K all knit sts and yo sts, and p all purl stitches from the previous round until your CO sts, then \*K1, P1\* to end

Row 3: K to marker, K2, yo, K3, skp, P3, K2tog, K3, yo, K2, \*K1, P1\* to end

Row 4: K all knit sts and yo sts, and p all purl stitches from the previous round

Row 5: K to marker, K3, yo, K3, skp, P1, K2tog, K3, yo, K3, \*K1, P1\* to end

Row 6: K all knit sts and yo sts, and p all purl stitches from the previous round for (28) 32 (36), K to end (28) 32 (36) sts

Row 7: K to marker, K4, yo, K3, sk2p, K3, yo, K4, K to end

Row 8: K all sts

Resume original pattern which is:

Row 1: (K5) K7 (K9), K1, yo, K3, skp, P5, K2tog, K3, yo, K1, K to end

Row 2: K all knit sts and yo sts, and p all purl stitches from the previous round

Row 3: K to marker, K2, yo, K3, skp, P3, K2tog, K3, yo, K2, K to end

Row 4: K all knit sts and yo sts, and p all purl stitches from the previous round

Row 5: K to marker, K3, yo, K3, skp, P1, K2tog, K3, yo, K3, K to end

Row 6: K all knit sts and yo sts, and p all purl stitches from the previous round

Row 7: K to marker, K4, yo, K3, sk2p, K3, yo, K4, K to end

Row 8: K all sts

Repeat rows 1-8 for 2 more times (or until desired length)

Finish off with 6 rows of ribbing (or desired length) and cast off.

Weave in your ends, and TADAAAAAAA :)

I hope you enjoyed this free pattern and I cannot wait to see all your finished makes. Please tag us on Instagram, Facebook and Ravelry in all your makes, so we can share in the magic you created!

